

BIRTH COMPANIONS

England & Wales · Charity number 1120934

Details

Other names	BIRTH COMPANIONS LTD, BIRTH COMPANIONS
Status	Registered
Legal form	Charitable company
Company number	06269047
Registered	2007-09-21
Register	View on the Charity Commission register

Contact

Address	Office 118 372 Old Street London EC1V 9LT
Phone	020 7117 2824
Email	info@birthcompanions.org.uk
Website	www.birthcompanions.org.uk

Activities

Objects: (1) 'TO PRESERVE AND PROTECT THE MENTAL AND PHYSICAL WELFARE OF PREGNANT WOMEN AND NEW MOTHERS WHO EXPERIENCE SEVERE AND MULTIPLE HEALTH AND SOCIAL INEQUALITIES BY THE PROVISION OF PHYSICAL, EMOTIONAL AND PRACTICAL SUPPORT DURING PREGNANCY, LABOUR, CHILDBIRTH AND THE POST-NATAL PERIOD.'In these objects "pregnant women and new mothers who experience severe and multiple health and social inequalities" shall be defined as pregnant women and new mothers in need by reason of their health, disability, financial hardship or social or economic circumstances.(2) ADVANCE AND EDUCATE THE PUBLIC IN PARTICULAR THE BENEFICIAL CLASS IN MATERNITY CHILDBIRTH AND PARENTING.

Activities: We support women experiencing severe disadvantages in the period before, during and after the birth of their babies. We run groups and give one to one support to women in four prisons and in the community in London. We have a national remit to improve the experiences and care of women facing health and social inequalities in the perinatal period through training, research and influencing change.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Other Charitable Purposes
- **Who:** Other Defined Groups

Geography

- **Area of benefit:** NOT DEFINED. IN PRACTICE NATIONALLY IN ENGLAND AND WALES.
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£829,433	£726,976	£694,487	15
2024-03-31	£603,775	£643,594	£592,030	16
2023-03-31	£548,699	£588,547	£631,849	11
2022-03-31	£591,589	£470,097	£671,697	10
2021-03-31	£610,826	£420,687	£550,205	8

Trustees

Name	Role	Appointed
Sally Anne Matthews	Chair	2018-02-21
Anne Stephens		2014-03-12
Chloe Geoghegan		2026-03-25
Diana Jane Parkinson		
Jennifer Kerr-Davis		2019-02-27
Julie Juliff		2020-06-10
Klare Emma Meyer		2022-06-15
Lydia Fowles		2024-03-13
Tuesdae Moncrieffe		2021-03-10

BIRTH COMPANIONS

England & Wales - Charity number 1120934

Accounts

Company no. 06269047
Charity no. 1120934

Birth Companions
Report and Unaudited Financial Statements
31 March 2025

Birth Companions

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Birth Companions

Reference and administrative details

For the year ended 31 March 2025

Company number 06269047

Charity number 1120934

Registered office Office 118
372 Old Street
London
EC1V 9LT

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Lucy Ball	(resigned 19 March 2025)
Lydia Fowles	
Vivienne Gray	(resigned 30 October 2024)
Elizabeth Hogarth, O.B.E.	
Julie Juliff	
Jennifer Kerr-Davis	
Sally Anne Matthews	Chair
Klare Meyer	
Tuesdae Moncrieffe	
Diana Parkinson	
Anne Stephens	

Company secretary and director Naomi Delap

Bankers	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill, West Malling Kent ME19 4JQ	Charity Bank Fosse House 182 High Street Tonbridge TN9 1BE
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Independent examiners Godfrey Wilson Limited
Chartered accountants and statutory auditors
5th Floor Mariner House
62 Prince Street
Bristol
BS1 4QD

Birth Companions

Report of the Trustees

For the year ended 31 March 2025

OBJECTIVES AND ACTIVITIES

Objectives and Aims

In our Memorandum of Association, our objects are listed as:

- To preserve and protect the mental and physical welfare of pregnant women and new mothers who experience severe and multiple health and social inequalities by the provision of physical, emotional and practical support during pregnancy, labour, childbirth and the post-natal period. In these objects “pregnant women and new mothers who experience severe and multiple health and social inequalities” shall be defined as pregnant women and new mothers in need by reason of their health, disability, financial hardship or social or economic circumstances.
- To advance and educate the public, in particular the beneficial class in maternity, childbirth and parenting.

Birth Companions aims to improve the lives of mothers and babies facing severe disadvantage. We seek to achieve this by:

- Improving the physical and emotional well-being of pregnant women and new mothers;
- Enabling new mothers to give their babies the best possible start in life;
- Empowering women through engagement;
- Shaping the local and national policy and practice which impacts on mothers and their babies.

Birth Companions is built on three interlocking areas of work: frontline services; policy and campaigning; and engagement, with the women we support at the heart of everything we do.

Services

Through the work of our staff team and specialist volunteers, we offer practical and emotional support to women before, during and after their baby’s birth. This year we supported women in two prisons (HMP Bronzefield, HMP Foston Hall) and in the community in London and the south east. We work in a variety of ways that include:

- One-to-one practical and emotional support;
- Birth support;
- Practical essential items;
- Trauma-informed antenatal courses;
- Mother and baby groups;
- Support for women experiencing bereavement and loss through miscarriage, stillbirth and separation from their children;
- Support for women accessing abortions;
- A peer support programme.

Policy and campaigning

The unique insight we gain from delivering services in prisons and the community and working alongside women with lived experience shapes our research, policy and campaigning. We commission academic and peer-led research and direct the attention of local and national policy-makers, commissioners and service providers to what really matters, what needs to change, and how. We work with journalists to uncover injustice and practice that breaches women’s human rights, and we campaign to address these inequalities.

Engagement

Women with lived experience of inequality and disadvantage during pregnancy and early motherhood play many key roles at Birth Companions, including serving as trustees and working as peer supporters to help others through similar experiences.

Birth Companions

Report of the Trustees

For the year ended 31 March 2025

Our Lived Experience Team (LET) is a group of fifty women who work to make positive change. LET members and the engagement staff supporting them:

- increase understanding and awareness by contributing to research, inquiries and serving on expert reference groups;
- work with journalists and documentary makers in a range of media;
- inform and shape policy through consultations, meetings and conferences;
- improve practice by meeting providers and commissioners; facilitating training; conducting service evaluations; and
- support other organisations to develop their engagement work effectively.

ACHIEVEMENTS AND PERFORMANCE

Significant activities

We continued to support women through our services in prisons and the community. Our unique woman-centred, trauma-informed approach ensures mothers receive consistent, high-quality support wherever and however we work with them.

Our support service for women in contact with the criminal justice system in the community, delivered in partnership with the charity Advance, continues to go from strength to strength. This service has allowed us to offer several women leaving HMP Bronzefield continuity of support through their return to the community. We recently co-hosted a webinar about this specialist support, and the value of voluntary sector partnerships.

In March 2025, we launched our new service for women in HMP Eastwood Park where we will run groups, 1-2-1 support and peer support.

Our Mother and Baby group in London continues to provide a safe and welcoming space for women to get support, meet friends and build on their parenting knowledge. Women are also offered remote support where needed.

In May 2024 we launched the Izzy Project, our new Hackney-based service for mothers at risk of separation from their babies because of involvement with children's social care. This service was co-designed in 2022/23 with a team of women with personal experience of social care involvement and/or separation during the first 1001 days and over 40 professional stakeholders from across the Borough of Hackney. We recently hosted a webinar about some of the early insights coming out of this innovative new service.

Volunteers play a key role in the delivery of our birth support and mother and baby groups in London. This includes one-to-one support for women during labour and birth, practical and emotional support after their babies are born, and support with infant feeding, sleep safety and baby massage. We have developed a new Volunteers strategy and started to recruit a new cohort of Birth Companions volunteers.

"The support I have received has changed my whole experience and gave me the strength to carry on."

Birth Companions

Report of the Trustees

For the year ended 31 March 2025

The support we offered

From 1st April 2024 to 31st March 2025 we supported **211** women and birthing people during the perinatal period:

- **89** women in prisons in England

We provided support to pregnant women, mothers on Mother and Baby Units, and separated mothers through peer support, one-to-one and group-based services in HMP Bronzefield and HMP Foston Hall.

- **125** women in the community in London and the Southeast
 - 21 women through our community antenatal services
 - 25 women through our community birth services
 - 47 women through our community Mother and Baby group
 - 37 women through our community criminal justice support service
 - 16 women through the Izzy Project, a service for women in Hackney who are experiencing or at risk from separation from their baby through involvement from children's social care.

Across all our services we supported:

- **43** women during separation from their baby
- **28** women with breastfeeding
- **9** women following baby loss
- **3** women through termination.

This year we provided practical support to **108** women. This included taxis for travelling to or from hospital, phone credit, nursing bras and wellbeing packs, and supplying **30** baby boxes, containing everything a woman needs for her baby in the first two weeks after birth, through a partner charity [Pram Depot](#).

The impact of our services

Evaluation data collected from 84 forms completed by women showed that:

- 100% of those who responded felt our support improved their mental health and wellbeing;
- 100% of those who responded said they our support helped them feel less isolated;
- 100% of those who responded felt our support helped them give their baby the best possible start in life;
- 96% of those who responded were very satisfied with the support they had been given. Women said they particularly valued the way our services made them feel.

"The Birth Companions angels made me feel less alone in my journey of being a first-time mum without any support...I felt so much more comfortable and relaxed with your support being a first-time mum. Honestly, you have really helped me out with certain situations, and supporting me in getting little things for baby, also for getting me into antenatal classes, classes for feeding baby, and so much more. I'm definitely going to be the best mum I can be knowing I've received the best support from you guys."

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Report of the Trustees

For the year ended 31 March 2025

Lived Experience Engagement

Birth Companions' 50-strong Lived Experience Team (LET) have used their expertise to shape and contribute to a range of deeply impactful projects over the past year. Amongst these includes:

- Work to shape and disseminate the Lost Mothers Project, an INHR-funded research project to understand the impact of maternal separation due to imprisonment. LET members' work included informing a major new play by Clean Break Theatre Company.
- The roll-out of the [baby box programme](#) by Giving HOPE CIC, a not-for-profit social enterprise dedicated to reducing the trauma experienced by mothers and babies separated at birth due to safeguarding concerns.

Changing systems, policy and practice

In 2024/25, our efforts to change systems and improve policy and practice included:



- In 2024/25, we successfully secured a specific mitigating factor on pregnancy and the postnatal period in Sentencing Council guidelines, and submitted a detailed response to the Government's Sentencing Review, foregrounding the specific risks and concerns relating to women's contact with the CJS in the 1001 days from conception to their child's second birthday, in order to ensure these women are kept out of prison wherever possible.
- In February 2025, we launched a major campaign, [1001 days in the CJS](#), calling for an ambitious new approach to pregnancy, birth and early motherhood across the whole criminal justice system. Evidence shows that what happens in the first 1001 days from conception to a child's second birthday lays the foundations for their long-term physical and mental health and wellbeing. Yet the criminal justice system – policing, courts, prison and probation – is ill-equipped to deal with this critical period in the lives of mothers and their babies. This is creating huge risks to women, and the life chances of their children. That's why we're calling for a radically different approach to the 1001 days across the criminal justice system, through significant changes to policy and practice.
- Since the publication of our [Birth Charter for women with involvement from children's social care](#) in July 2023, and the launch of our new [Izzy Project](#) service in May 2024, we have undertaken a significant programme of work to ensure the principles and learning can be embedded, and used to assess and improve provision, in other areas around the country. This has involved working with civil servants, ICBs, Safeguarding Children Partnerships and maternity networks, to help them understand and embed the principles in their own areas. In November 2024, we organised a major policy roundtable, bringing together policy team leads from across the Department for Education, Department of Health and Social Care, Ministry of Justice and others, to establish opportunities for national policy development in this area. In September 2024, we hosted an Izzy Project early insights session for the Chief Social Worker, Chief Midwife, and key local and national stakeholders from across health and social care. In February 2025, we hosted a [second early insights session](#) for a wider audience online.

We are very grateful to our funders for their generosity and trust; and to our incredible staff and volunteers who enable Birth Companions to develop and flourish.

Birth Companions

Report of the Trustees

For the year ended 31 March 2025

Statement on Public Benefit

The Trustees confirm that they have complied with the Charity Commission's general guidance on public benefit, and that the purpose and aims of Birth Companions are for the greater public good.

FINANCIAL REVIEW

The Statement of Financial Activities for the year ended 31 March 2025 shows total income of £829,433. This is an increase in income compared with the previous year of £226k, 37%.

Our principal sources of income are grants which total £470,587 (2024: £338,850), and service delivery contracts which total £204,900 (2024: £138,987). Combined, these comprise 81% of our total income (2024: 79%).

Expenses in year have increased by £83k (13%) compared with the previous year. This was driven by an increased focus on our policy and influencing work and a growth in Community Service support work.

The Statement of Financial Activities indicates a net surplus for 2024/25 of £102,457 (2023/24 net deficit £39,819).

We received funding this year from A B Charitable Trust, Advance Advocacy and Non-Violence Community Education, Balcombe Trust, Bromley Trust, Bronzefield Prison, Central and North West London NHS Foundation Trust, City Bridge Foundation, The Crucible Foundation, Esmee Fairbairn Foundation, The Evan Cornish Foundation, The Firebird Foundation, Impact on Urban Health, KCL, Lancaster University, London Borough of Hackney, Ministry of Justice, National Lottery, Newcastle University, NHS North East London ICB, Northwick Family Trust, Oxford University, Practice Plus Group Health and Rehabilitation, PramDepot, Rayne Foundation, Segelman Trust, the University of Hertfordshire, and many individual donors.

Our previous funders and new funders have recognised the importance of the work we are undertaking. We were successful in securing funding to support us throughout this period and ensure services can continue into 2025/26 providing stability to the women we support.

The future fundraising landscape remains uncertain as funders are assessing their priorities. We continue to work with current funders and new trusts and donors to ensure the finances of the charity remain robust. Our reserves target remains at a higher minimum level of 9 months (pre-Covid 6 months) as a response to this uncertainty and to ensure we have continuity of service for the women we support.

Reserves

Free reserves are part of unrestricted funds that are freely available to spend on any of the charity's purposes.

In considering the reserves policy, the trustees have taken into account the following issues:

- Sources of income e.g. a grant not being renewed. Funds might be needed to give trustees time to take action if income falls below expectations;
- Planned commitments that cannot be met by future income alone e.g. new projects;
- The risks of an unforeseen emergency or other unexpected need for funds e.g. pump-priming an urgent project;
- Covering unforeseen day-to-day operational costs e.g. employing temporary staff to cover a long term sickness absence;
- The need to fund short-term shortfalls in the cash budget e.g. if funding is required to be spent before a funding grant is received; and

Birth Companions

Report of the Trustees

For the year ended 31 March 2025

- The current funding landscape is uncertain as Trusts and Foundations are reassessing their aims following the COVID pandemic.

Bearing in mind the issues above, trustees have agreed that our free reserves target should reflect sufficient funding to cover the on-going running of the charity for a period of at least 9 months if no other income source was available.

Further designated funds could also be set aside for specific projects that trustees agree to be a priority but do not have a separate restricted funding source. This would be established as a specific reserve and not form part of the general reserves.

At present, we have calculated that budgeted ongoing running of the charity for 9 months costs around £703,000. At 31 March 2025, Birth Companions unrestricted free reserves were £661,334 (2024: £575,395). Therefore 94% (2024: 106%) of the reserves target has currently been met.

Going concern statement

The trustees have reviewed the budgets for the 2025/26 financial year, including reserves and secured income and consider there to be sufficient funding secured to prepare these accounts on a going concern basis.

Key Risks and Uncertainty

The Trustees regularly review the principal risks and major uncertainties to which the charity may be exposed and systems and procedures have been established to manage those risks.

The Trustees consider a full risk assessment at least annually. The operational team review it every six months, when new services start and where there are significant changes to existing services. The register lists the key risks identified together with the potential level of harm caused and the likelihood of occurrence. Actions being taken to manage the identified risks are listed on the register.

Key areas of risks identified and mitigating actions are:

- **Changes in criminal justice policy and practice impacting on our services and the support women receive.** We are managing this risk through a maintaining a flexible and innovative approach to our prison-based services to ensure they meet changing need; developing community-based CJS services in response to growing need in this area; and focussing policy work on the social services, immigration and maternity systems as well as the criminal justice systems to ensure we are meeting women's complex needs where they are most acute.
- **Safeguarding issues and the risk of women being harmed during the course of our support.** Birth Companions completes an annual audit of our safeguarding across the organisation. We have a robust safeguarding policy and practice framework; the safeguarding subgroup meet monthly to discuss all incidents and report quarterly to the board; training and refresher training is compulsory for staff and volunteers; all members have enhanced DBS checks; BC practices safer recruitment; volunteers go through a rigorous training course; we follow a detailed code of conduct; we have a robust Health and Safety Policy.
- **Financial instability.** We have a rolling fundraising programme, and aim for a diverse funding mix from charitable trusts and foundations; statutory sources; and individual giving. We are planning work to raise Birth Companions' profile in order to attract more funding.
- **Impact of cost of living on staff team.** We ensure our salaries and cost of living increases are benchmarked regularly to ensure they are competitive within our sector; we offer additional financial support as appropriate (such as home-working allowance). In order to ensure our organisation is an attractive one to work in, we offer wellbeing support, job flexibility and development opportunities.

Birth Companions

Report of the Trustees

For the year ended 31 March 2025

Contribution of volunteers

We are incredibly grateful to all of our volunteers. The time of general volunteers has not been included in these accounts but we estimate that 450 hours (2024: 500 hours) of support has been provided by volunteers during the year and without them we would not be able to deliver many of our services, particularly the birth support, which is such a core part of our work.

PLANS FOR THE FUTURE

We will publish our new five-year strategy Birth Companions 2030 in September to support our mission to achieve better care, equity and justice for women and babies. Over the next year we will work towards our ambitious aims through the development of our services, engagement programme and the launch of our Birth Companions Institute, which will house policy, campaigning, research, communications and public affairs. Key areas of focus include scoping a national service for women in the criminal justice system and building our 1001 days in the criminal justice campaign; evaluating the Izzy project and leading the development of a national care pathway for women with children's social care involvement; and launching the first report from our Safer Start project on women with insecure immigration status.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is registered as a charitable company limited by guarantee and does not have any share capital. The company is constituted under the Memorandum of Association dated 5 June 2007, as amended on 5 August 2012 and 10 March 2021. The company number is 06269047. The registered charity number is 1120934.

As Birth Companions is both a charity and a company limited by guarantee, all board members are directors for the purposes of company law, and trustees for the purposes of charity law.

The objects of the charity are defined by its Articles of Association, which also set out trustees' powers and the permitted activities of the charity. The principal objects are listed above.

When appointing new board members, the trustees consider the skills or knowledge gaps and seek candidates to meet those needs. We strive to ensure that we are inclusive and represent the communities we serve, including members of our Lived Experience Team. Induction is provided for new trustees, and ongoing training is offered.

The board currently comprises 9 trustees, including people with exceptional clinical and finance skills and experience of the Criminal Justice System. There are four sub-committees which manage Finance and Risk, Fundraising, Safeguarding and Impact. Day to day responsibility for achieving strategic and financial aims is delegated to the Director.

Key management personnel

The SORP considers the key management personnel of the charity to be those persons having authority and responsibility for planning, directing and controlling the activities of the charity, directly or indirectly. The trustees consider that the board of trustees, the Director, the Head of Services and the Operations Manager are key management personnel of the charity.

THANKS

As ever, we are immensely grateful to our staff and volunteers for their commitment and dedication. We would also like to thank our funders for their ongoing support of our work.

Birth Companions

Report of the Trustees

For the year ended 31 March 2025

STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and accounting estimates that are reasonable and prudent;
- State whether applicable UK accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £10 to the assets of the charity in the event of winding up. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Independent examiners

Godfrey Wilson Limited were re-appointed as independent examiners to the charitable company during the year and have expressed their willingness to continue in that capacity.

Approved by the trustees on 11 November 2025 and signed on their behalf by

S Matthews

Sally Anne Matthews - Chair

Independent examiner's report

To the trustees of

Birth Companions

I report to the trustees on my examination of the accounts of Birth Companions (the charitable company) for the year ended 2025, which are set out on pages 12 to 28.

Responsibilities and basis of report

As the trustees of the charitable 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 charitable 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 the charitable company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

Godfrey Wilson Limited also provides payroll services to the charitable company. I confirm that as a member of the ICAEW I am subject to the FRC's Revised Ethical Standard 2016, which I have applied with respect to this engagement.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

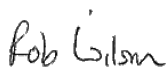
- (1) accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
- (2) the accounts do not accord with those records; or
- (3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement 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).

Independent examiner's report

To the trustees of

Birth Companions

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.



Date: 11 November 2025

Robert Wilson FCA

Member of the ICAEW

For and on behalf of:

Godfrey Wilson Limited

Chartered accountants and statutory auditors

5th Floor Mariner House

62 Prince Street

Bristol

BS1 4QD

Birth Companions

Statement of financial activities *(incorporating an income and expenditure account)*

For The Year Ended 31 March 2025

	Note	Restricted £	Unrestricted £	2025 Total £	2024 Total £
Income from:					
Donations	3	283,587	329,610	613,197	458,924
Charitable activities	5	-	204,900	204,900	138,987
Investments	6	-	11,336	11,336	5,864
Total income		<u>283,587</u>	<u>545,846</u>	<u>829,433</u>	<u>603,775</u>
Expenditure on:					
Raising funds	11	-	17,719	17,719	15,501
Charitable activities	8	<u>267,069</u>	<u>442,188</u>	<u>709,257</u>	<u>628,093</u>
Total expenditure		<u>267,069</u>	<u>459,907</u>	<u>726,976</u>	<u>643,594</u>
Net income / (expenditure) and net movement in funds	12	16,518	85,939	102,457	(39,819)
Reconciliation of funds:					
Total funds brought forward		<u>16,635</u>	<u>575,395</u>	<u>592,030</u>	<u>631,849</u>
Total funds carried forward		<u><u>33,153</u></u>	<u><u>661,334</u></u>	<u><u>694,487</u></u>	<u><u>592,030</u></u>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in note 20 to the accounts.

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Balance sheet

As at 31 March 2025

	Note	2025 £	2024 £
Current assets			
Debtors	16	63,526	45,690
Cash at bank and in hand		<u>729,950</u>	<u>579,449</u>
		793,476	625,139
Liabilities			
Creditors: amounts falling due within 1 year	17	<u>(98,989)</u>	<u>(33,109)</u>
Net current assets		<u>694,487</u>	<u>592,030</u>
Funds	20		
Restricted funds		33,153	16,635
Unrestricted funds			
Designated funds		-	543,000
General funds		<u>661,334</u>	<u>32,395</u>
Total charity funds		<u>694,487</u>	<u>592,030</u>

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477(2), and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for:

- (i) ensuring that the Company keeps proper accounting records which comply with section 386 of the Act; and
- (ii) preparing financial statements which give a true and fair view of the state of affairs of the Company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company.

These accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

Approved by the trustees on 11 November 2025 and signed on their behalf by

S Matthews

Sally Anne Matthews - Chair

Birth Companions

Statement of cash flows

For The Year Ended 31 March 2025

	2025 £	2024 £
Cash used in operating activities:		
Net movement in funds	102,457	(39,819)
Adjustments for:		
Investment income	(11,336)	(5,864)
(Increase) / decrease in debtors	(17,836)	30,576
Increase / (decrease) in creditors	65,880	(69,802)
Net cash provided by / (used in) operating activities	139,165	(84,909)
Cash flows from investing activities:		
Investment income	11,336	5,864
Net cash provided by investing activities	11,336	5,864
Increase in cash and cash equivalents in the year	150,501	(79,045)
Cash and cash equivalents at the beginning of the year	579,449	658,494
Cash and cash equivalents at the end of the year	729,950	579,449

The charity has not provided an analysis of changes in net debt as it does not have any long term financing arrangements.

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2025

1. Accounting policies

a) Basis of preparation

Birth Companions is a charitable company limited by guarantee registered in England and Wales. The registered office address is Office 118, 372 Old Street, London, EC1V 9LT.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Birth Companions meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate having regard to the level of unrestricted reserves at year end, and funding already secured for the year ending March 2026. There are no material uncertainties about the charity's ability to continue as a going concern.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of provision of services is deferred until criteria for income recognition are met.

d) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Goods donated for distribution by the charity are recognised as incoming resources when received and as outgoing resources when distributed.

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2025

1. Accounting policies (continued)

e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity: this is normally upon notification of the interest paid or payable by the bank.

f) Funds accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g) Expenditure and irrecoverable VAT

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

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) Support and governance costs

Support costs

Support costs include expenditure which is not directly related to project areas.

Fundraising costs

Fundraising costs are allocated based on time spent on fundraising activities.

Governance costs

Governance costs include costs relating to governance, including independent examination fees, trustee expenses, compliance fees and legal and professional fees.

Support and governance costs have been allocated in full to charitable activities.

i) Tangible fixed assets

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Computer equipment	5 years
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Items of equipment are capitalised where the purchase price exceeds £1,000.

j) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2025

1. Accounting policies (continued)

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

n) Pension costs

The charitable company operates a defined contribution pension scheme for its employees. There are no further liabilities other than that already recognised in the SOFA.

o) Accounting estimates and key judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

Aside from going concern set out above, there have been no other key estimates or judgements required in determining the carrying value of assets and liabilities.

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2025

2. Prior period comparatives: statement of financial activities

	Restricted £	Unrestricted £	2024 Total £
Income from:			
Donations	161,716	297,208	458,924
Charitable activities	-	138,987	138,987
Investments	-	5,864	5,864
Total income	161,716	442,059	603,775
Expenditure on:			
Charitable activities	-	15,501	15,501
Raising funds	153,628	474,465	628,093
Total expenditure	153,628	489,966	643,594
Net income / (expenditure)	8,088	(47,907)	(39,819)

3. Income from donations

	Restricted £	Unrestricted £	2025 Total £
Donations*	-	136,668	136,668
Grants (note 4)	283,587	187,000	470,587
Gift aid	-	5,942	5,942
Total income from donations	283,587	329,610	613,197

Prior period comparative:

	Restricted £	Unrestricted £	2024 Total £
Donations*	-	120,074	120,074
Grants (note 4)	161,716	177,134	338,850
Total income from donations	161,716	297,208	458,924

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2025

3. Income from donations (continued)

*Included within donations are gifts and gifts in kind:

	2025 £	2024 £
Unrestricted funds		
Pramdepot boxes donated for free	2,300	5,000
Provision of meeting rooms	-	500
Provision of co-working space	7,000	7,000
	9,300	12,500

4. Analysis of grants received

	Restricted £	Unrestricted £	2025 £
A B Charitable Trust	-	40,000	40,000
Balcombe Trust	-	7,000	7,000
Bromley Trust	-	30,000	30,000
City Bridge Foundation	9,413	-	9,413
The Crucible Foundation	61,000	-	61,000
Esmée Fairbairn Foundation	5,000	-	5,000
The Evan Cornish Foundation	9,875	-	9,875
The Firebird Foundation	10,000	30,000	40,000
Impact on Urban Health	102,000	-	102,000
Ministry of Justice	60,000	-	60,000
National Lottery	26,299	-	26,299
Northwick Family Trust	-	10,000	10,000
Rayne Foundation	-	35,000	35,000
Segelman Trust	-	35,000	35,000
	283,587	187,000	470,587

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2025

4. Analysis of grants received (continued)

Prior period comparative

	Restricted £	Unrestricted £	2024 £
Adrian Swire Charitable Trust	-	12,000	12,000
Bromley Trust	-	25,000	25,000
Brown Dog	-	10,000	10,000
Crucible Foundation	65,494	-	65,494
Esmée Fairbairn Foundation	7,840	50,000	57,840
Evan Cornish Foundation	-	10,000	10,000
Kings Fund Impact Award	-	40,134	40,134
Ministry of Justice	60,000	-	60,000
National Lottery	13,632	-	13,632
Rayne Foundation	12,750	-	12,750
Samaritans	2,000	-	2,000
Segelman Trust	-	30,000	30,000
	<u>161,716</u>	<u>177,134</u>	<u>338,850</u>

5. Income from charitable activities

	2025 £	2024 £
Advance Advocacy and Non-Violence Community Education	48,408	31,410
Bronzefield Prison	1,099	13,170
Central and North West London NHS Foundation Trust	14,855	12,404
London Borough of Hackney	45,833	-
Practice Plus Group Health and Rehabilitation (NHS England)	51,637	42,883
NHS North East London ICB (City & Hackney CCG)	7,695	7,695
Other contract income	35,373	31,425
	<u>204,900</u>	<u>138,987</u>

All income from charitable activities is unrestricted in both the current and prior period.

6. Income from investments

	2025 £	2024 £
Unrestricted funds		
Bank interest receivable	<u>11,336</u>	<u>5,864</u>

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2025

7. Statutory funding

The charitable company receives government grants, defined as funding from the Ministry of Justice (2024: Ministry of Justice), to fund charitable activities. The total value of such grants in the period ending 31 March 2025 was £60,000 (2024: £60,000).

The charitable company also receives government contract income, defined as funding from Central and North West London NHS, London Borough of Hackney and NHS North East London ICB to fund charitable activities. The total value of such contracts in the period ending 31 March 2025 was £68,383 (2024: £20,099). There are no unfulfilled conditions or contingencies attached to these contracts.

8. Costs of charitable activities by activity type

	Activities undertaken directly £	Support costs (note 9) £	2025 Total £
Criminal Justice System Support	170,452	42,588	213,040
Community Support	201,639	40,781	242,420
Policy and Influence	215,637	38,160	253,797
Total expenditure	587,728	121,529	709,257
Prior period comparative:			
	Activities undertaken directly £	Support costs (note 9) £	2024 Total £
Criminal Justice System Support	167,570	29,649	197,219
Community Support	187,014	33,090	220,104
Policy and Influence	179,083	31,687	210,770
Total expenditure	533,667	94,426	628,093

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2025

9. Analysis of support costs

	Criminal Justice System Support £	Community support £	Policy and influence £	2025 Total £
Staff costs	4,733	4,532	4,240	13,505
Staff volunteer training and support	5,606	5,368	5,023	15,997
Travel costs	443	424	397	1,264
Finance costs	5,168	4,949	4,631	14,748
Insurance	809	774	725	2,308
Venue hire and meeting costs	4,109	3,935	3,682	11,726
Phone, website and IT costs	10,801	10,343	9,678	30,822
Administration and marketing costs	813	778	728	2,319
Sundry costs	1,171	1,123	1,050	3,344
Governance costs (note 10)	8,935	8,555	8,006	25,496
	<u>42,588</u>	<u>40,781</u>	<u>38,160</u>	<u>121,529</u>

Prior period comparative:

	Criminal Justice System Support £	Community support £	Policy and influence £	2024 Total £
Staff costs	4,231	4,722	4,522	13,475
Staff volunteer training and support	3,326	3,711	3,554	10,591
Travel costs	328	366	351	1,045
Finance costs	4,030	4,499	4,308	12,837
Insurance	733	818	783	2,334
Venue hire and meeting costs	3,451	3,852	3,689	10,992
Phone, website and IT costs	3,342	3,730	3,572	10,644
Administration and marketing costs	881	983	941	2,805
Sundry costs	1,831	2,043	1,956	5,830
Governance costs (note 10)	7,496	8,366	8,011	23,873
	<u>29,649</u>	<u>33,090</u>	<u>31,687</u>	<u>94,426</u>

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2025

10. Governance costs

Governance costs are included within support costs

	2025 £	2024 £
Staff costs	12,044	10,979
Finance costs	2,853	3,494
Compliance	285	263
Payroll service costs (inc irrecoverable VAT)	1,252	1,579
Independent examiner's fees (inc irrecoverable VAT)	2,040	1,920
Trustee expenses (note 12)	220	284
Legal and professional fees	868	-
Organisational review	5,934	5,354
	<u>25,496</u>	<u>23,873</u>

11. Fundraising costs

Fundraising costs comprise:

	2025 £	2024 £
Staff costs	11,426	10,979
Finance costs	1,966	1,712
Other costs	4,327	2,810
	<u>17,719</u>	<u>15,501</u>

12. Net movement in funds

This is stated after charging:

	2025 £	2024 £
Trustees' remuneration (note 14)	2,175	1,575
Trustees' reimbursed expenses (note 14):		
▪ Governance	220	284
▪ Lived Experience Team	246	179
Independent examiner's remuneration (exc VAT):		
▪ Independent examination	1,700	1,600
▪ Additional costs for prior year independent examination	-	1,200
▪ Payroll services	1,043	1,316

In common with other charities of our size and nature we use our independent examiners to assist with the preparation of the financial statements. Our independent examiners have also provided payroll services to the charity during the year.

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2025

13. Staff costs and numbers

Staff costs were as follows:

	2025 £	2024 £
Salaries and wages	496,265	456,000
Social security costs	44,202	38,881
Pension costs	16,810	15,748
Freelance staff	22,372	16,666
	<u>579,649</u>	<u>527,295</u>

No employee earned more than £60,000 during the current and prior year.

The key management personnel of the charitable company comprise the Trustees, Director, Head of Services and Head of Operations. The total employee benefits of the key management personnel were £161,420 (2024: £149,080).

The pension scheme is defined contribution. The outstanding balance at year end was £3,647 (2024: £3,478).

	2025 No.	2024 No.
Average head count	<u>15</u>	<u>16</u>
Full time equivalent	<u>12</u>	<u>11</u>

As ever we are extremely thankful to our 34 volunteers for their commitment to the charity. We estimate that 450 hours of volunteer time was dedicated to the charity (2024: 32 volunteers, 500 hours).

14. Trustee remuneration and related party transactions

During the year no trustee earned or received remuneration for their trustee role. Two trustees received reimbursement of expenses of £220 for travel to meetings (2024: Two trustees received reimbursement of expenses of £283 for travel to meetings). Additionally, two trustees were paid £2,175 for their time when contributing to the lived experience team, and reimbursed expenses of £246 for this work. This is paid at the standard rate for the service, as paid to all members of the team. (2024: Two trustees were paid £1,575 for time and reimbursed expenses of £179).

During the current year there were unrestricted donations from relatives of key personnel and trustees totalling £6,470 (2024: £115).

Donations from five trustees in the year totalled £3,450 (2024: two trustees donated £350).

There were no other related party transactions in the current or prior year.

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2025

15. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

16. Debtors

	2025 £	2024 £
Trade debtors	50,459	29,792
Prepayments and accrued income	<u>13,067</u>	<u>15,898</u>
	<u>63,526</u>	<u>45,690</u>

17. Creditors : amounts due within 1 year

	2025 £	2024 £
Trade creditors	5,144	6,150
Accruals	12,721	8,885
Owed to pension provider	3,647	3,478
Other taxation and social security	18,704	14,596
Deferred income (see note 18)	<u>58,773</u>	<u>-</u>
	<u>98,989</u>	<u>33,109</u>

18. Deferred income

	2025 £	2024 £
Balance at the start of the year	-	78,244
Released in year	-	(78,244)
Deferred in year	<u>58,773</u>	<u>-</u>
Balance at the end of the year	<u>58,773</u>	<u>-</u>

Deferred income relates to funds received in advance of delivery of services and grants with time-bound conditions.

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2025

19. Analysis of net assets between funds

	Restricted £	Designated £	General £	Total £
Current assets	33,153	-	760,323	793,476
Current liabilities	-	-	(98,989)	(98,989)
Net assets at 31 March 2025	33,153	-	661,334	694,487

Prior period comparative

	Restricted £	Designated £	General £	Total £
Current assets	16,635	543,000	65,504	625,139
Current liabilities	-	-	(33,109)	(33,109)
Net assets at 31 March 2024	16,635	543,000	32,395	592,030

20. Movements in funds

	At 1 April 2024 £	Income £	Expenditure £	Transfers between funds £	As at 31 March 2025 £
Restricted funds					
City Bridge Foundation	-	9,413	(6,725)	-	2,688
Crucible Foundation	-	61,000	(61,000)	-	-
Esmee Fairbairn	4,570	5,000	(9,570)	-	-
Evan Cornish	-	9,875	(2,385)	-	7,490
Firebird Foundation	-	10,000	(5,000)	-	5,000
Impact on Urban Health	-	102,000	(92,324)	-	9,676
Ministry of Justice	-	60,000	(60,000)	-	-
National Lottery	10,137	26,299	(28,235)	-	8,201
Samaritans	1,928	-	(1,830)	-	98
Total restricted funds	16,635	283,587	(267,069)	-	33,153
Unrestricted funds					
Designated contingency funds	543,000	-	-	(543,000)	-
General funds	32,395	545,846	(459,907)	543,000	661,334
Total unrestricted funds	575,395	545,846	(459,907)	-	661,334
Total funds	592,030	829,433	(726,976)	-	694,487

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2025

20. Movements in funds (continued)

Purposes of restricted funds

City Bridge Foundation

Funding for Suicide Prevention work

Crucible Foundation

Funding for Criminal Justice Supervision salaries, and the Community Birth Service.

Esmee Fairbairn

Funding for a strategic review and development of future plans including Theory of Change.

Evan Cornish

Funding for policy immigration project.

Firebird Foundation

Staff time contributions to 'Ending Remand For Women' campaign work, spearheaded by the Firebird Foundation.

Impact on Urban Health

Funding for policy and engagement work, and staff and volunteer wellbeing.

Ministry of Justice

Year three of four year core funding grant for salaries and overheads.

National Lottery

Matched funding for Hackney Navigator Service over four years.

Samaritans

To assist people in need through the provision of emergency hardship payments.

Purposes of unrestricted funds

General unrestricted: The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment. The target level for unrestricted funds is 9 months running costs.

Transfers between funds

The designated contingency was in place to retain 9 months reserves and closure costs, based upon projected costs in 2024/25. The Trustees no longer feel this designation is necessary.

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2025

20. Movements in funds (continued)

Prior period comparative

	At 1 April 2023 £	Income £	Expenditure £	Transfers between funds £	As at 31 March 2024 £
Restricted funds					
Crucible Foundation	-	65,494	(65,494)	-	-
Department of Health and Social Care	5,814	-	(5,814)	-	-
Esmee Fairbairn	-	7,840	(3,270)	-	4,570
Ministry of Justice	-	60,000	(60,000)	-	-
National Lottery	-	13,632	(3,495)	-	10,137
Rayne Foundation	1,484	12,750	(14,234)	-	-
Samaritans	1,249	2,000	(1,321)	-	1,928
Total restricted funds	<u>8,547</u>	<u>161,716</u>	<u>(153,628)</u>	<u>-</u>	<u>16,635</u>
Unrestricted funds					
Designated contingency funds	<u>540,000</u>	<u>-</u>	<u>-</u>	<u>3,000</u>	<u>543,000</u>
General funds	<u>83,302</u>	<u>442,059</u>	<u>(489,966)</u>	<u>(3,000)</u>	<u>32,395</u>
Total unrestricted funds	<u>623,302</u>	<u>442,059</u>	<u>(489,966)</u>	<u>-</u>	<u>575,395</u>
Total funds	<u>631,849</u>	<u>603,775</u>	<u>(643,594)</u>	<u>-</u>	<u>592,030</u>

Department of Health and Social Care

Health and Wellbeing Alliance funding provided for work with Tommy's on policy and engagement.

Rayne Foundation

Community work in Hackney and Islington.

BIRTH COMPANIONS

England & Wales - Charity number 1120934

Accounts

Company no. 06269047
Charity no. 1120934

Birth Companions
Report and Unaudited Financial
Statements
31 March 2024

Birth Companions

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Birth Companions

Reference and administrative details

For the year ended 31 March 2024

Company number	06269047	
Charity number	1120934	
Registered office	Office 118 372 Old Street London EC1V 9LT	
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: Lucy Ball Jenny Beardsley (resigned 27 September 2023) Lydia Fowles (appointed 13 March 2024) Vivienne Gray Elizabeth Hogarth, O.B.E. Julie Juliff Jennifer Kerr-Davis Sally Anne Matthews Chair Klare Meyer (appointed 15 June 2022) Tuesdae Moncrieffe Diana Parkinson Anne Stephens	
Company secretary and director	Naomi Delap	
Bankers	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill, West Malling Kent ME19 4JQ	Charity Bank Fosse House 182 High Street Tonbridge TN9 1BE
Independent examiners	Godfrey Wilson Limited Chartered accountants and statutory auditors 5th Floor Mariner House 62 Prince Street Bristol BS1 4QD	

Birth Companions

Report of the trustees

For The Year Ended 31 March 2024

The trustees present their report along with the financial statements of the charity for the year ended 31 March 2024.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the Memorandum and Articles of Association and the Statement of Recommended Practice - Accounting and Reporting by Charities (effective from January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

In our Memorandum of Association, our objects are listed as:

- To preserve and protect the mental and physical welfare of pregnant women and new mothers who experience severe and multiple health and social inequalities by the provision of physical, emotional and practical support during pregnancy, labour, childbirth and the post-natal period. In these objects “pregnant women and new mothers who experience severe and multiple health and social inequalities” shall be defined as pregnant women and new mothers in need by reason of their health, disability, financial hardship or social or economic circumstances; and
- To advance and educate the public, in particular the beneficial class in maternity, childbirth and parenting.

Birth Companions aims to improve the lives of mothers and babies facing severe disadvantage. We seek to achieve this by:

- Improving the physical and emotional well being of pregnant women and new mothers;
- Enabling new mothers to give their babies the best possible start in life;
- Empowering women through engagement; and
- Shaping the local and national policy and practice which impacts on mothers and their babies.

Birth Companions is built on three interlocking areas of work: frontline services; policy and campaigning; and engagement, with the women we support at the heart of everything we do.

Service delivery

Through the work of our staff team and specialist volunteers, we offer practical and emotional support to women before, during and after their baby's birth. This year we supported women in two prisons (HMP Bronzefield and HMP Foston Hall) and in the community in London and the South East. We work in a variety of ways that include:

- One-to-one practical and emotional support;
- Birth support;
- Practical essential items;
- Trauma-informed antenatal classes;
- Mother and baby groups;
- Support for women experiencing bereavement and loss through miscarriage, stillbirth and separation from their children;
- Support for women accessing abortions; and
- A peer support programme.

Birth Companions

Report of the trustees

For The Year Ended 31 March 2024

Policy and campaigning

The unique insight we gain from delivering services in prisons and the community and working alongside women with lived experience shapes our research, policy and campaigning. We commission academic and peer-led research and direct the attention of local and national policy-makers, commissioners and service providers to what really matters, what needs to change, and how. We work with journalists to uncover injustice and practice that breaches women's human rights, and we campaign to address these inequalities.

Engagement

Women with lived experience of multiple disadvantages during pregnancy and early motherhood play many key roles at Birth Companions, including serving as trustees and working as peer supporters to help others through similar experiences.

Our Lived Experience Team (LET) is a group of fifty women with lived experience who work to make change. LET members and the engagement staff supporting them:

- Increase understanding and awareness by contributing to research, inquiries and serving on expert reference groups;
- Work with journalists and documentary makers in a range of media;
- Inform and shaping policy through consultations, meetings and conferences;
- Improve practice by meeting providers and commissioners, facilitating training, conducting service evaluations; and
- Support other organisations to develop their engagement work effectively.

ACHIEVEMENTS AND PERFORMANCE

Significant activities

We continued to deliver frontline support to women in our prison and community-based services. We co-designed and raised funds to pilot a new service for women with children's social care in Hackney. Our unique, trauma-informed approach ensures women receive consistent, high-quality support wherever and however we work with them.

"I can't thank Birth Companions enough. Their help has made such a difference to me and their support has helped me get through difficult times. Thank you so much".

The support we offered

From 1 April 2023 to 31 March 2024 we supported **250** women during the perinatal period:

- **130** women in prisons in England;
- **131** women in the community in London and the Southeast;
- We supported **61** women during separation from their baby;
- **46** women were supported with breastfeeding;
- **16** women were supported following baby loss; and
- **6** women were supported through termination.

Birth Companions

Report of the trustees

For The Year Ended 31 March 2024

Practical support

This year we provided practical support to **127** women. This included taxis for travelling to or from hospital, phone credit, nursing bras and wellbeing packs, and supplying **53** baby boxes, containing everything a woman needs for her baby in the first two weeks after birth, through a partner charity PramDepot.

"Everything was perfect. They felt like family. I felt less alone. They got me everything I need."

The impact of our work

Evaluation data collected from 103 forms completed by women showed that:

- 100% of those who responded felt our support improved their mental health and wellbeing;
- 100% of those who responded said they our support helped them feel less isolated;
- 100% of those who responded felt our support helped them give their baby the best possible start in life; and
- 97% of those who responded were very satisfied with the support they had been given. Women said they particularly valued the way our services made them feel.

Our policy, campaigning and engagement work continues to grow. We intensified our campaign to end the imprisonment of pregnant women, and achieved success through our contribution to the Sentencing Council's new 'mitigating factor' on pregnancy and maternity, which will hopefully result in fewer pregnant women and mothers of infants being sent to prison. We published a major new piece of policy: The Birth Charter for Women with Involvement from Children's Social Care and are working with partners towards developing a national health and social care policy to support better, more consistent care for these mothers. We developed a new strand of work focusing on the climate emergency's impact on reproductive justice in the UK. We supported many members of our Lived Experience Team as they took part in a range of projects to improve the care of pregnant women and new mothers facing disadvantage and inequality.

We are immensely grateful to our funders for their generosity and flexibility; and to our incredible staff and volunteers who enable Birth Companions to continue to develop and flourish.

Statement on public benefit

The trustees confirm that they have complied with the Charity Commission's general guidance on public benefit, and that the purpose and aims of Birth Companions are for the greater public good.

FINANCIAL REVIEW

The Statement of Financial Activities for the year ended 31 March 2024 shows total income of £603,775. This is an increase in income compared with the previous year of £55k, 10%.

Our principal sources of income are grants which total £338,850 (2023: £282,648), and service delivery contracts which total £138,987 (2023: £167,829). Combined, these comprise 79% of our total income (2023: 82%).

Expenses in year have increased by £55k (9%) compared with the previous year. This was driven by an increased focus on our policy and influencing work.

The Statement of Financial Activities indicates a net deficit for 2023/24 of £39,819 (2022/23 net deficit £39,848).

Birth Companions

Report of the trustees

For The Year Ended 31 March 2024

We received funding this year from Adrian Squire Charitable Trust, Advance Advocacy and Non-Violence Community Education, Bromley Trust, Bronzefield Prison, Brown Dog, Central and North West London NHS Foundation Trust, City & Hackney CCG, The Crucible Foundation, Esmee Fairbairn Foundation, The Evan Cornish Foundation, Kings College London, Kings Fund Impact Award, London Borough of Hackney, London School of Hygiene and Tropical Medicine, Ministry of Justice, National Lottery NHS England, Oxford University, PramDepot, Rayne Foundation, Samaritans, Segelman Trust, the University of Hertfordshire, and many individual donors.

Our previous funders and new funders have recognised the importance of the work we are undertaking. We were successful in securing funding to support us throughout this period and ensure services can continue into 2024/25 providing stability to the women we support.

The future fundraising landscape remains uncertain as funders are assessing their priorities. We continue to work with current funders and new trusts and donors to ensure the finances of the charity remain robust. Our ringfenced reserves remain at a higher level of 9 months (pre-Covid 6 months) as a response to this uncertainty and to ensure we have continuity of service for the women we support.

Reserves

Free reserves are part of unrestricted funds that are freely available to spend on any of the charity's purposes.

In considering the reserves policy, the trustees have taken into account the following issues:

- Sources of income e.g. a grant not being renewed. Funds might be needed to give trustees time to take action if income falls below expectations;
- Planned commitments that cannot be met by future income alone e.g. new projects;
- The risks of an unforeseen emergency or other unexpected need for funds e.g. pump-priming an urgent project;
- Covering unforeseen day-to-day operational costs e.g. employing temporary staff to cover a long term sickness absence;
- The need to fund short-term shortfalls in the cash budget e.g. if funding is required to be spent before a funding grant is received; and
- The current funding landscape is uncertain as Trusts and Foundations are reassessing their aims following the COVID pandemic.

Bearing in mind the issues above, trustees have agreed that our free reserves target should reflect sufficient funding to cover the on-going running of the charity for a period of at least 9 months if no other income source was available. In addition, funding should be set aside for closure costs (such as redundancy and other commitments) to ensure a worst case scenario was covered.

Further designated funds could also be set aside for specific projects that trustees agree to be a priority but do not have a separate restricted funding source. This would be established as a specific reserve and not form part of the general reserves.

At present, we have calculated that budgeted ongoing running of the charity's core services for 9 months costs around £483,000, and that closure costs, based largely on staffing commitments, would be in the region of £60,000. This gives a total reserves target of £543,000. At 31 March 2024, Birth Companions unrestricted free reserves were £575,395 (2023: £623,302), including £543,000 specifically ring-fenced as contingency funds (2022: £540,000). Therefore 106% (2023: 115%) of the revised reserves target has currently been met.

Birth Companions

Report of the trustees

For The Year Ended 31 March 2024

Going concern statement

The trustees have reviewed the budgets for the 2024/25 financial year, including reserves and secured income and consider there to be sufficient funding secured to prepare these accounts on a going concern basis.

Key risks and uncertainties

The trustees regularly review the principal risks and major uncertainties to which the charity may be exposed and systems and procedures have been established to manage those risks.

The trustees consider a full risk assessment at least annually. The operational team review it every six months, when new services start and where there are significant changes to existing services. The register lists the key risks identified together with the potential level of harm caused and the likelihood of occurrence. Actions being taken to manage the identified risks are listed on the register.

Key areas of risks identified and mitigating actions are:

- **Safeguarding issues and the risk of women being harmed during the course of our support.** Birth Companions has recently completed an audit of our safeguarding across the organisation and will continue to do this annually. We have a robust safeguarding policy and practice framework; the safeguarding subgroup meet monthly to discuss all incidents and report quarterly to the board; training and refresher training is compulsory for staff and volunteers; all members have enhanced DBS checks; BC practices safer recruitment; volunteers go through a robust training course; we follow a detailed code of conduct; we have a robust Health and Safety Policy and Infection Policy.
- **Changes in criminal justice policy and practice impacting on our services and the support women receive.** We are managing this risk through a maintaining a flexible and innovative approach to our prison-based services to ensure they meet changing need; developing community-based CJS services in response to growing need in this area; and focussing policy work on the social services, immigration and maternity systems as well as the criminal justice systems to ensure we are meeting women's complex needs where they are most acute.
- **Financial instability.** We have a rolling fundraising programme, and aim for a diverse funding mix from charitable trusts and foundations; statutory sources; and individual giving. We have increased the amount we hold in reserves in recognition of the increased size of the organisation and ongoing challenges around fundraising in the voluntary sector.
- **Impact of cost of living on staff team.** We ensure our salaries and cost of living increases are benchmarked regularly to ensure they are competitive within our sector; we offer additional financial support as appropriate (such as home-working allowance). In order to ensure our organisation is an attractive one to work in, we offer wellbeing support, job flexibility and development opportunities.

Contribution of volunteers

We are incredibly grateful to all of our volunteers. The time of general volunteers has not been included in these accounts but we estimate that 500 hours (2023: 490 hours) of support has been provided by volunteers during the year and without them we would not be able to deliver many of our services, particularly the birth support, which is such a core part of our work.

Birth Companions

Report of the trustees

For The Year Ended 31 March 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is registered as a charitable company limited by guarantee and does not have any share capital. The company is constituted under the Memorandum of Association dated 5 June 2007, as amended on 5 August 2012 and 10 March 2021. The company number is 06269047. The registered charity number is 1120934.

As Birth Companions is both a charity and a company limited by guarantee, all board members are directors for the purposes of company law, and trustees for the purposes of charity law.

The objects of the charity are defined by its Articles of Association, which also set out trustees' powers and the permitted activities of the charity. The principal objects are listed above.

When appointing new board members, the trustees consider the skills or knowledge gaps and seek candidates to meet those needs. We strive to ensure that we are inclusive and represent the communities we serve, including members of our Lived Experience Team. Induction is provided for new trustees, and ongoing training is offered.

The board currently comprises 11 trustees, including people with exceptional clinical and finance skills and experience of the Criminal Justice System.

There are four sub-committees which manage Finance and Risk, Fundraising, Safeguarding and Impact.

Day to day responsibility for achieving strategic and financial aims is delegated to the Director.

Key management personnel

The SORP considers the key management personnel of the charity to be those persons having authority and responsibility for planning, directing and controlling the activities of the charity, directly or indirectly. The trustees consider that the board of trustees, the Director, the Head of Services and the Operations Manager are key management personnel of the charity.

THANKS

As ever, we are immensely grateful to our staff and volunteers for their commitment and dedication. We would also like to thank our funders for their ongoing support of our work.

Birth Companions

Report of the trustees

For The Year Ended 31 March 2024

Statement of responsibilities of the trustees

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and accounting estimates that are reasonable and prudent;
- State whether applicable UK accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £10 to the assets of the charity in the event of winding up. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Independent examiners

Godfrey Wilson Limited were re-appointed as independent examiners to the charitable company during the year and have expressed their willingness to continue in that capacity.

Approved by the trustees on 19 June 2024 and signed on their behalf by

S Matthews

Sally Anne Matthews - Chair

Independent examiner's report

To the trustees of

Birth Companions

I report to the trustees on my examination of the accounts of Birth Companions (the charitable company) for the year ended 2024, which are set out on pages 11 to 27.

Responsibilities and basis of report

As the trustees of the charitable 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 charitable 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 the charitable company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

Godfrey Wilson Limited also provides payroll services to the charitable company. I confirm that as a member of the ICAEW I am subject to the FRC's Revised Ethical Standard 2016, which I have applied with respect to this engagement.

I have completed my examination. I confirm that no material 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 charitable 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).

Independent examiner's report

To the trustees of

Birth Companions

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.

Rob Wilson

Date: 19 June 2024

Robert Wilson FCA

Member of the ICAEW

For and on behalf of:

Godfrey Wilson Limited

Chartered accountants and statutory auditors

5th Floor Mariner House

62 Prince Street

Bristol

BS1 4QD

Birth Companions

Statement of financial activities (incorporating an income and expenditure account)

For The Year Ended 31 March 2024

	Note	Restricted £	Unrestricted £	2024 Total £	2023 Total £
Income from:					
Donations	3	161,716	297,208	458,924	379,579
Charitable activities	5	-	138,987	138,987	167,829
Investments	6	-	5,864	5,864	1,292
Total income		161,716	442,059	603,775	548,699
Expenditure on:					
Raising funds	11	-	15,501	15,501	14,762
Charitable activities	8	153,628	474,465	628,093	573,785
Total expenditure		153,628	489,966	643,594	573,785
Net income / (expenditure) and net movement in funds	12	8,088	(47,907)	(39,819)	(39,848)
Reconciliation of funds:					
Total funds brought forward		8,547	623,302	631,849	671,697
Total funds carried forward		16,635	575,395	592,030	631,849

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in note 20 to the accounts.

Birth Companions

Balance sheet

As at 31 March 2024

	Note	2024 £	2023 £
Current assets			
Debtors	16	45,690	76,266
Cash at bank and in hand		<u>579,449</u>	<u>658,494</u>
		625,139	734,760
Liabilities			
Creditors: amounts falling due within 1 year	17	<u>(33,109)</u>	<u>(102,911)</u>
Net current assets		<u>592,030</u>	<u>631,849</u>
Funds	20		
Restricted funds		16,635	8,547
Unrestricted funds			
Designated funds		543,000	540,000
General funds		<u>32,395</u>	<u>83,302</u>
Total charity funds		<u>592,030</u>	<u>631,849</u>

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477(2), and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for:

- (i) ensuring that the Company keeps proper accounting records which comply with section 386 of the Act; and
- (ii) preparing financial statements which give a true and fair view of the state of affairs of the Company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company.

These accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

Approved by the trustees on 19 June 2024 and signed on their behalf by

S Matthews

Sally Anne Matthews - Chair

Birth Companions

Statement of cash flows

For The Year Ended 31 March 2024

	2024 £	2023 £
Cash used in operating activities:		
Net movement in funds	(39,819)	(39,848)
Adjustments for:		
Loss on disposal of fixed assets	-	4,705
Investment income	(5,864)	(1,291)
Decrease in debtors	30,576	41,129
Increase / (decrease) in creditors	(69,802)	30,778
Net cash provided by / (used in) operating activities	(84,909)	35,473
Cash flows from investing activities:		
Investment income	5,864	1,291
Net cash provided by investing activities	5,864	1,291
Increase in cash and cash equivalents in the year	(79,045)	36,764
Cash and cash equivalents at the beginning of the year	658,494	621,730
Cash and cash equivalents at the end of the year	579,449	658,494

The charity has not provided an analysis of changes in net debt as it does not have any long term financing arrangements.

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2024

1. Accounting policies

a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Birth Companions meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate having regard to the level of unrestricted reserves at year end, and funding already secured for the year ending March 2024. There are no material uncertainties about the charity's ability to continue as a going concern.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of provision of services is deferred until criteria for income recognition are met.

d) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Goods donated for distribution by the charity are recognised as incoming resources when received and as outgoing resources when distributed.

e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity: this is normally upon notification of the interest paid or payable by the bank.

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2024

1. Accounting policies (continued)

f) Funds accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g) Expenditure and irrecoverable VAT

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

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) Support and governance costs

Support costs

Support costs include expenditure which is not directly related to project areas.

Fundraising costs

Fundraising costs are allocated based on time spent on fundraising activities.

Governance costs

Governance costs include costs relating to governance, including independent examination fees, trustee expenses, compliance fees and legal and professional fees.

Support and governance costs have been allocated in full to charitable activities.

i) Tangible fixed assets

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Computer equipment	5 years
--------------------	---------

Items of equipment are capitalised where the purchase price exceeds £1,000.

j) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2024

1. Accounting policies (continued)

l) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

n) Pension costs

The charitable company operates a defined contribution pension scheme for its employees. There are no further liabilities other than that already recognised in the SOFA.

o) Accounting estimates and key judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

Aside from going concern set out above, there have been no other key estimates or judgements required in determining the carrying value of assets and liabilities.

2. Prior period comparatives: statement of financial activities

	Restricted	Unrestricted	2023 Total
	£	£	£
Income from:			
Donations	156,648	222,931	379,579
Charitable activities	-	167,829	167,829
Investments	-	1,291	1,291
Total income	156,648	392,051	548,699
Expenditure on:			
Charitable activities	258,439	315,346	573,785
Raising funds	-	14,762	14,762
Total expenditure	258,439	330,108	588,547
Net income / (expenditure)	(101,791)	61,943	(39,848)

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2024

3. Income from donations

	Restricted £	Unrestricted £	2024 Total £
Donations*	-	120,074	120,074
Grants (note 4)	<u>161,716</u>	<u>177,134</u>	<u>338,850</u>
Total income from donations	<u>161,716</u>	<u>297,208</u>	<u>458,924</u>

Prior period comparative:

	Restricted £	Unrestricted £	2023 Total £
Donations*	-	96,931	96,931
Grants (note 4)	<u>156,648</u>	<u>126,000</u>	<u>282,648</u>
Total income from donations	<u>156,648</u>	<u>222,931</u>	<u>379,579</u>

*Included within donations are gifts and gifts in kind:

	2024 £	2023 £
Unrestricted funds		
Pramdepot boxes donated for free	5,000	3,500
Provision of meeting rooms	500	-
Provision of co-working space	7,000	-
Christmas gifts for community group	-	580
Refreshments for community group	<u>-</u>	<u>66</u>
	<u>12,500</u>	<u>4,146</u>

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2024

4. Analysis of grants received

	Restricted £	Unrestricted £	2024 £
A B Charitable Trust	7,840	-	7,840
Adrian Swire Charitable Trust	-	12,000	12,000
Bromley Trust	-	25,000	25,000
Brown Dog	-	10,000	10,000
Crucible Foundation	65,494	-	65,494
Esmée Fairbairn Foundation	-	50,000	50,000
Evan Cornish Foundation	-	10,000	10,000
Kings Fund Impact Award	-	40,134	40,134
Ministry of Justice	60,000	-	60,000
National Lottery	13,632	-	13,632
Rayne Foundation	12,750	-	12,750
Samaritans	2,000	-	2,000
Segelman Trust	-	30,000	30,000
	<u>161,716</u>	<u>177,134</u>	<u>338,850</u>

Prior period comparative

	Restricted £	Unrestricted £	2023 £
A B Charitable Trust	75	20,000	20,075
Bromley Trust	-	25,000	25,000
Brown Dog	-	5,500	5,500
Department of Health and Social Care	12,960	-	12,960
Esmée Fairbairn Foundation	60,000	-	60,000
Goldsmiths Company Charity	-	33,000	33,000
Henry Smith Charity	17,500	-	17,500
Impact 100 London	-	27,500	27,500
Ministry of Justice	9,863	-	9,863
Rayne Foundation	22,250	-	22,250
Samaritans	2,000	-	2,000
Segelman Trust	32,000	-	32,000
The Balcombe Charitable Trust	-	5,000	5,000
The Material World Foundation	-	10,000	10,000
	<u>156,648</u>	<u>126,000</u>	<u>282,648</u>

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2024

5. Income from charitable activities

	2024 £	2023 £
Advance Advocacy and Non-Violence Community Education	31,410	19,864
Bronzefield Prison	13,170	12,801
Central and North West London CCG	12,404	9,617
City & Hackney CCG	7,695	7,695
NHS England	42,883	90,616
Other contract income	31,425	27,236
	<u>138,987</u>	<u>167,829</u>

All income from charitable activities is unrestricted in both the current and prior period.

6. Income from investments

	2024 £	2023 £
Unrestricted funds		
Bank interest receivable	<u>5,864</u>	<u>1,292</u>

7. Statutory funding

The charitable company receives government grants, defined as funding from the Ministry of Justice (2023: Department of Health and Social Care and Ministry of Justice), to fund charitable activities. The total value of such grants in the period ending 31 March 2024 was £60,000 (2023: £22,823). In 2022 / 23 there are unfulfilled conditions attached to the grant from the Department of Health and Social Care where some delivery has been delayed into the first quarter of the 2023 / 24 financial year, with agreement.

The charitable company also receives government contract income, defined as funding from City & Hackney CCG, NHS England and Central and North West London CCG to fund charitable activities. The total value of such contracts in the period ending 31 March 2024 was £62,982 (2023: £107,928). There are no unfulfilled conditions or contingencies attached to these contracts.

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2024

8. Costs of charitable activities by activity type

	Activities undertaken directly £	Support costs (note 9) £	2024 Total £
Criminal Justice System Support	167,570	29,650	197,219
Community Support	187,014	33,090	220,105
Policy and Influence	179,083	31,687	210,770
Total expenditure	533,667	94,426	628,093

Prior period comparative:

	Activities undertaken directly £	Support costs (note 9) £	2023 Total £
Criminal Justice System Support	171,563	29,250	200,813
Community Support	178,675	30,463	209,138
Policy and Influence	139,970	23,864	163,834
Total expenditure	490,208	83,577	573,785

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2024

9. Analysis of support costs

	Justice System Support £	Community support £	Policy and influence £	2024 Total £
Staff costs	4,722	4,522	4,231	13,475
Staff volunteer training and support	3,711	3,554	3,326	10,591
Travel costs	366	351	328	1,045
Finance costs	4,499	4,308	4,030	12,837
Insurance	818	783	733	2,334
Venue hire and meeting costs	3,852	3,689	3,451	10,992
Phone, website and IT costs	3,730	3,572	3,342	10,644
Administration and marketing costs	983	941	881	2,805
Sundry costs	2,043	1,956	1,831	5,830
Governance costs (note 10)	8,366	8,011	7,496	23,873
	<u>33,090</u>	<u>31,687</u>	<u>29,649</u>	<u>94,426</u>
Prior period comparative:				
	Justice System Support £	Community support £	Policy and influence £	2023 Total £
Staff costs	4,876	5,079	3,978	13,933
Staff volunteer training and support	3,486	3,630	2,844	9,960
Travel costs	548	570	447	1,565
Finance costs	4,169	4,342	3,401	11,912
Insurance	788	821	643	2,252
Venue hire and meeting costs	1,066	1,110	870	3,046
Phone, website and IT costs	2,731	2,844	2,228	7,803
Administration and marketing costs	3,525	3,671	2,876	10,072
Sundry costs	1,795	1,870	1,465	5,130
Governance costs (note 10)	6,266	6,526	5,112	17,904
	<u>29,250</u>	<u>30,463</u>	<u>23,864</u>	<u>83,577</u>

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2024

10. Governance costs

Governance costs are included within support costs

	2024	2023
	£	£
Staff costs	10,979	10,631
Finance costs	3,757	2,382
Compliance	263	587
Payroll service costs	1,316	1,436
Independent examiner's fees (inc VAT)	1,920	1,740
Trustee expenses (note 12)	284	108
Legal and professional fees	-	1,020
Organisational review	5,353	-
	<u>23,872</u>	<u>17,904</u>

11. Fundraising costs

Fundraising costs comprise:

	2024	2023
	£	£
Staff costs	10,979	10,632
Finance costs	1,712	1,588
Other costs	2,810	2,542
	<u>15,501</u>	<u>14,762</u>

12. Net movement in funds

This is stated after charging:

	2024	2023
	£	£
Loss on disposal of fixed assets	-	4,705
Trustees' remuneration (note 14)	1,575	1,275
Trustees' reimbursed expenses (note 14)	284	108
Independent examiner's remuneration:		
▪ Independent examination (exc VAT)	1,600	1,450
▪ Additional costs for prior year independent examination	1,200	-
▪ Other services	1,316	763

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2024

13. Staff costs and numbers

Staff costs were as follows:

	2024 £	2023 £
Salaries and wages	456,000	427,542
Social security costs	38,881	37,387
Pension costs	15,748	11,809
Freelance staff	16,666	15,416
	<u>527,295</u>	<u>492,154</u>

One employee earned between £60,000 and £70,000 during the year (2023: none earned more than £60,000 during the year).

The key management personnel of the charitable company comprise the Trustees, Director, Head of Services and Head of Operations. The total employee benefits of the key management personnel were £149,080 (2023: £150,931).

The pension scheme is defined contribution. The outstanding balance at year end was £3,478 (2023: £2,856).

	2024 No.	2023 No.
Average head count	<u>16</u>	<u>15</u>
Full time equivalent	<u>11</u>	<u>11</u>

As ever we are extremely thankful to our 32 volunteers for their commitment to the charity. We estimate that 500 hours of volunteer time was dedicated to the charity (2023: 32 volunteers, 490 hours).

14. Trustee remuneration and related party transactions

During the year no trustee earned or received remuneration for their trustee role. Two trustees received reimbursement of expenses of £105 for travel to meetings (2023: one trustee received reimbursement of expenses of £54 for travel to meetings). Additionally, two trustees were paid £1,575 for their time when contributing to the lived experience team, and reimbursed £179 for this work. This is paid at the standard rate for the service, as paid to all members of the team. (2023: two trustees were paid £1,275 for time and reimbursed £54).

During the current year there were unrestricted donations from relatives of key personnel and trustees totalling £115 (2023: £995).

Donations from two trustees in the year totalled £350 (2023: five trustees donated £3,050).

There were no other related party transactions in the current or prior year.

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2024

15. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

16. Debtors

	2024 £	2023 £
Trade debtors	29,792	66,202
Prepayments and accrued income	15,898	10,064
	<u>45,690</u>	<u>76,266</u>

17. Creditors : amounts due within 1 year

	2024 £	2023 £
Trade creditors	6,150	3,274
Accruals	8,885	6,886
Owed to pension provider	3,478	2,856
Other taxation and social security	14,596	11,651
Deferred income (see note 18)	-	78,244
	<u>33,109</u>	<u>102,911</u>

18. Deferred income

	2024 £	2023 £
Balance at the start of the year	78,244	34,164
Released in year	(78,244)	(34,164)
Deferred in year	-	78,244
	<u>-</u>	<u>78,244</u>

Deferred income relates to funds received in advance of delivery of services and grants with time-bound conditions.

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2024

19. Analysis of net assets between funds

	Restricted £	Designated £	General £	Total £
Current assets	16,635	543,000	65,504	625,139
Current liabilities	-	-	(33,109)	(33,109)
Net assets at 31 March 2024	16,635	543,000	32,395	592,030

Prior period comparative

	Restricted £	Designated £	General £	Total £
Current assets	8,547	540,000	186,213	734,760
Current liabilities	-	-	(102,911)	(102,911)
Net assets at 31 March 2023	8,547	540,000	83,302	631,849

20. Movements in funds

	At 1 April 2023 £	Income £	Expenditure £	Transfers between funds £	As at 31 March 2024 £
Restricted funds					
Crucible Foundation	-	65,494	(65,494)	-	-
Department of Health and Social Care	5,814	-	(5,814)	-	-
Esmee Fairbairn	-	7,840	(3,270)	-	4,570
Ministry of Justice	-	60,000	(60,000)	-	-
National Lottery	-	13,632	(3,495)	-	10,137
Rayne Foundation	1,484	12,750	(14,234)	-	-
Samaritans	1,249	2,000	(1,321)	-	1,928
Total restricted funds	8,547	161,716	(153,628)	-	16,635
Unrestricted funds					
Designated contingency funds	540,000	-	-	3,000	543,000
General funds	83,302	442,059	(489,966)	(3,000)	32,395
Total unrestricted funds	623,302	442,059	(489,966)	-	575,395
Total funds	631,849	603,775	(643,594)	-	592,030

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2024

20. Movements in funds (continued) **Purposes of restricted funds**

Crucible Foundation

Funding for Criminal Justice Supervision salaries, and the Community Birth Service.

Department of Health and Social Care

Health and Wellbeing Alliance funding provided for work with Tommy's on policy and engagement.

Esmee Fairbairn

Funding for a strategic review and development of future plans including Theory of Change.

Ministry of Justice

Year one of a three year core funding grant for salaries and overheads.

National Lottery

Matched funding for Hackney Navigator Service over four years.

Rayne Foundation

Community work in Hackney and Islington.

Samaritans

To assist people in need through the provision of emergency hardship payments.

Purposes of unrestricted funds

General unrestricted: The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

Designated - contingency reserve: Designated funds comprise of unrestricted funds that have been set aside by the trustees for particular purposes. The contingency reserve is in place to ensure there are sufficient funds for the ongoing running of the charity's core services for 9 months.

Transfers between funds

The designated contingency has been increased to retain 9 months reserves and closure costs, based upon projected costs in 2024/25.

Birth Companions

Notes to the financial statements

For The Year Ended 31 March 2024

20. Movements in funds (continued) Prior period comparative

	At 1 April 2022 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2023 £
Restricted funds					
Department of Health	-	12,960	(7,146)	-	5,814
Ministry of Justice	-	9,863	(9,863)	-	-
Rayne Foundation	4,987	22,250	(25,753)	-	1,484
Samaritans	-	2,000	(751)	-	1,249
Social Care Institute for	2,865	-	(2,865)	-	-
The A B Charitable Trust	-	75	(75)	-	-
Core funds, time restricted	<u>102,486</u>	<u>109,500</u>	<u>(211,986)</u>	-	-
Total restricted funds	<u>110,338</u>	<u>156,648</u>	<u>(258,439)</u>	-	8,547
Unrestricted funds					
Designated contingency funds	<u>532,000</u>	-	-	8,000	540,000
General funds	<u>29,359</u>	<u>392,051</u>	<u>(330,108)</u>	(8,000)	83,302
Total unrestricted funds	<u>561,359</u>	<u>392,051</u>	<u>(330,108)</u>	-	623,302
Total funds	<u>671,697</u>	<u>548,699</u>	<u>(588,547)</u>	-	631,849

Social Care Institute for Excellence: Policy and engagement work.

The A B Charitable Trust: Engagement work.

Core funds, time restricted: Time restricted funds to support overall activities of the charity.

BIRTH COMPANIONS

England & Wales - Charity number 1120934

Accounts

Company no. 06269047
Charity no. 1120934

Birth Companions
Report and Unaudited Financial
Statements
31 March 2023

Birth Companions

Reference and administrative details

For the year ended 31 March 2023

Company number 06269047

Charity number 1120934

Registered office Dalton House
60 Windsor Avenue
South Wimbledon
London
SW19 2RR

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Lucy Ball	
Jenny Beardsley	Treasurer
Oluwakemi Eze	(resigned 5 July 2022)
Vivienne Gray	
Elizabeth Hogarth, O.B.E.	
Julie Juliff	
Jennifer Kerr-Davis	
Sally Anne Matthews	Chair
Klare Meyer	(appointed 15 June 2022)
Tuesdae Moncrieffe	
Diana Parkinson	
Anne Stephens	

Company secretary and director Naomi Delap

Bankers	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill, West Malling Kent ME19 4JQ	Charity Bank Fosse House 182 High Street Tonbridge TN9 1BE
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Independent examiners Godfrey Wilson Limited
Chartered accountants and statutory auditors
5th Floor Mariner House
62 Prince Street
Bristol
BS1 4QD

Birth Companions

Report of the trustees

For the year ended 31 March 2023

The trustees present their report along with the financial statements of the charity for the year ended 31 March 2023.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the Memorandum and Articles of Association and the Statement of Recommended Practice - Accounting and Reporting by Charities (effective from January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

In our Memorandum of Association, our objects are listed as:

- To preserve and protect the mental and physical welfare of pregnant women and new mothers who experience severe and multiple health and social inequalities by the provision of physical, emotional and practical support during pregnancy, labour, childbirth and the post-natal period. In these objects “pregnant women and new mothers who experience severe and multiple health and social inequalities” shall be defined as pregnant women and new mothers in need by reason of their health, disability, financial hardship or social or economic circumstances; and
- To advance and educate the public, in particular the beneficial class in maternity, childbirth and parenting.

Birth Companions aims to improve the lives of mothers and babies facing severe disadvantage. We seek to achieve this by:

- Improving the physical and emotional well being of pregnant women and new mothers;
- Enabling new mothers to give their babies the best possible start in life;
- Empowering women through engagement; and
- Shaping the local and national policy and practice which impacts on mothers and their babies.

Birth Companions is built on three interlocking areas of work: frontline services; policy and campaigning; and engagement, with the women we support at the heart of everything we do.

Service delivery

Through the work of our staff team and specialist volunteers, we offer practical and emotional support to women before, during and after their baby’s birth. This year we supported women in three prisons (HMP Bronzefield, HMP Peterborough, HMP Foston Hall) and in the community in London and the South East. We work in a variety of ways that include:

- One-to-one practical and emotional support;
- Birth support;
- Practical essential items;
- Trauma-informed antenatal classes;
- Mother and baby groups;
- Support for women experiencing bereavement and loss through miscarriage, stillbirth and separation from their children;
- Support for women accessing abortions; and
- A peer support programme.

Birth Companions

Report of the trustees

For the year ended 31 March 2023

Policy and campaigning

The unique insight we gain from delivering services in prisons and the community and working alongside women with lived experience shapes our research, policy and campaigning. We commission academic and peer-led research and direct the attention of local and national policy-makers, commissioners and service providers to what really matters, what needs to change, and how. We work with journalists to uncover injustice and practice that breaches women's human rights, and we campaign to address these inequalities.

Engagement

Women with lived experience of multiple disadvantage during pregnancy and early motherhood play many key roles at Birth Companions, including serving as trustees and working as peer supporters to help others through similar experiences.

Our Lived Experience Team (LET) is a group of over forty women with lived experience who work to make change. LET members and the engagement staff supporting them to:

- Increase understanding and awareness by contributing to research, inquiries and serving on expert reference groups;
- Work with journalists and documentary makers in a range of media;
- Inform and shaping policy through consultations, meetings and conferences;
- Improve practice by meeting providers and commissioners, facilitating training, conducting service evaluations; and
- Support other organisations to develop their engagement work effectively.

ACHIEVEMENTS AND PERFORMANCE

Significant activities

We continued to deliver frontline support to women in our prison and community-based services. Fluctuations in funding and commissioning structures have led to the ending of one service in Peterborough Prison, and the recommissioning of others – support for women on probation and a wellbeing service in Bronzefield Prison. Amidst these and other changes, our unique, trauma-informed approach ensures women receive consistent, high-quality support wherever and however we work with them.

"I am very thankful for everything Birth Companions have done for me and everything they have helped me with".

Our policy, campaigning, and engagement work has grown and its scope has widened. We participated in the new Her Majesty's Prison and Probation Service (HMPPS) stakeholder forum on pregnancy, Mother and Baby Units (MBUs) and maternal separation while intensifying our campaign to end the imprisonment of pregnant women; and developed a major new piece of policy: The Birth Charter for women with involvement from children's social care. We supported many members of our Lived Experience Team as they took part in a range of projects to improve the care of pregnant women and new mothers facing disadvantage and inequality.

Birth Companions

Report of the trustees

For the year ended 31 March 2023

The support we offered

From 1st April 2022 to 31st March 2023 we supported 228 women during the perinatal period:

- **128** women in prisons in England;
- **101** women in the community in London and the Southeast; and
- We supported **71** women during separation from their baby; more than twice the number supported last year.

In addition, we supported **291** women with their general healthcare through a peer support project in Peterborough Prison.

Practical support

- This year we provided practical support to 73 women. This included taxis for travelling to or from hospital, phone credit, nursing bras and wellbeing packs, and supplying 38 baby boxes, containing everything a woman needs for her baby in the first two weeks after birth, through the charity Pram Depot.

"I did not have the financial resources to buy many things except the absolute essentials. The baby box contained a range of clothing, breast pump, steriliser and other bits which would have cost me a fortune. I felt so heartened and relieved to have these essentials before the birth."

The impact of our work

Evaluation data collected from 64 women showed that:

- 100% felt our support improved their mental health and wellbeing;
- 100% said they our support helped them feel less isolated;
- 100% felt our support helped them give their baby the best possible start in life; and
- 92% were very satisfied with the support they had been given. Women said they particularly valued the way our services made them feel.

We are immensely grateful to our funders for their generosity and flexibility; and to our incredible staff and volunteers who have enabled Birth Companions to continue and flourish during these difficult times.

Statement on public benefit

The trustees confirm that they have complied with the Charity Commission's general guidance on public benefit, and that the purpose and aims of Birth Companions are for the greater public good.

FUTURE PLANS

The focus of our work over the next two years will be:

Frontline services: Improving the experiences of pregnant women, new mothers and babies facing multiple disadvantage to achieve better health and wellbeing outcomes. As well as continuing to improve all our services in the Criminal Justice System and in the community, we will be working with practitioners and women with lived experience to co-design and pilot a specialist 'navigator' service model within the maternity system in Hackney working with women at risk of/experiencing separation from their babies at birth.

Birth Companions

Report of the trustees

For the year ended 31 March 2023

Policy, research and campaigning: Making change across the systems that contribute to and compound the inequalities and injustice that shape the lives of women and their babies, to achieve greater equity and justice for these families through our research, policy, campaigning and engagement work. A key part of this work will be to coproduce, publish and disseminate the Birth Charter for Women Involved with Children's Social Services in England and Wales, a framework for meeting women's needs and rights; and to host a major conference on the application of a rights-based approach to pregnant women and mothers in contact with children's social services.

We are in the process of developing a detailed strategy for 2024 - 29.

FINANCIAL REVIEW

The Statement of Financial Activities for the year ended 31 March 2023 shows total income of £548,699. This is a decrease in income compared with the previous year of £43k (7%), though last year included £45k of COVID emergency funding.

Our principal sources of income are grants which total £282,648 (2022: £308,095), and service delivery contracts which total £167,829 (2022: £179,676). Combined, these comprise 82% of our total income (2022: 83%).

Expenses in year have increased by £118k (25%) compared with the previous year. This was driven by a strengthened staff team and a return to prison visits by staff. There has also been an increased focus on our policy and influencing work.

The Statement of Financial Activities indicates a net deficit for 2022/23 of £39,848 (2021/22 net income £121,492).

We received funding this year from A B Charitable Trust, Adrian Squire Charitable Trust, Advance Advocacy and Non-Violence Community Education, Bromley Trust, Brown Dog, Bronzefield Prison, Central and North West London CCG, City & Hackney CCG, Department of Health and Social Care, Esmee Fairbairn Foundation, Goldsmiths Company Charity, Henry Smith Charity, Impact 100 London, Ministry of Justice, NHS England, PramDepot, Rayne Foundation, Samaritans, Segelman Trust, The Balcombe Trust, The Material World Trust, and many individual donors.

Since the beginning of the pandemic, our previous funders and new funders have recognised the importance of the work we are undertaking. We were successful in securing funding to support us throughout this period and ensure services can continue into 2023/24 providing stability to the women we support.

The future fundraising landscape remains uncertain as funders are assessing their priorities post Covid, and in light of the Black Lives Matter and Me Too campaigns. We continue to work with current funders and new trusts and donors to ensure the finances of the charity remain robust. Our ringfenced reserves remain at a higher level of 9 months (pre-Covid 6 months) as a response to this uncertainty and to ensure we have continuity of service.

Birth Companions

Report of the trustees

For the year ended 31 March 2023

Reserves

Free reserves are part of unrestricted funds that are freely available to spend on any of the charity's purposes.

In considering the reserves policy, the trustees have taken into account the following issues:

- Sources of income e.g. a grant not being renewed. Funds might be needed to give trustees time to take action if income falls below expectations.
- Planned commitments that cannot be met by future income alone e.g. new projects.
- The risks of an unforeseen emergency or other unexpected need for funds e.g. pump-priming an urgent project.
- Covering unforeseen day-to-day operational costs e.g. employing temporary staff to cover a long term sickness absence.
- The need to fund short-term shortfalls in the cash budget e.g. if funding is required to be spent before a funding grant is received.
- The current funding landscape is uncertain as Trusts and Foundations are reassessing their aims following the COVID pandemic.

Bearing in mind the issues above, trustees have agreed that our free reserves target should reflect sufficient funding to cover the on-going running of the charity for a period of at least 9 months if no other income source was available. In addition, funding should be set aside for closure costs (such as redundancy and other commitments) to ensure a worst case scenario was covered.

Further designated funds could also be set aside for specific projects that trustees agree to be a priority but do not have a separate restricted funding source. This would be established as a specific reserve and not form part of the general reserves.

At present, we have calculated that budgeted ongoing running of the charity's core services for 9 months costs around £493,000, and that closure costs, based largely on staffing commitments, would be in the region of £47,000. This gives a total reserves target of £540,000. At 31 March 2023, Birth Companions unrestricted free reserves were £623,302 (2022: £561,359), including £540,000 specifically ring-fenced as contingency funds (2022: £532,000). Therefore 115% (2022 102%) of the revised reserves target has currently been met.

Going concern statement

The trustees have reviewed the budgets for the 2023/24 financial year, including reserves and secured income and consider there to be sufficient funding secured to prepare these accounts on a going concern basis.

Key risks and uncertainties

The trustees regularly review the principal risks and major uncertainties to which the charity may be exposed and systems and procedures have been established to manage those risks.

The trustees consider a full risk assessment at least annually. The operational team review it every six months, when new services start and where there are significant changes to existing services. The register lists the key risks identified together with the potential level of harm caused and the likelihood of occurrence. Actions being taken to manage the identified risks are listed on the register.

Birth Companions

Report of the trustees

For the year ended 31 March 2023

Key areas of risks identified and mitigating actions are:

- **Cost of living increase and high staff turnover.** We benchmark our salaries and cost of living increases regularly to ensure they are competitive within our sector; we offer additional financial support as appropriate (such as home-working allowance); we offer extensive wellbeing support and job flexibility to ensure our organisation is an attractive one in which to work.
- **Safeguarding issues and the risk of women being harmed during the course of our support.** Birth Companions has a robust safeguarding policy and practice framework: the safeguarding subgroup meet monthly to discuss all incidents and report quarterly to the board; training and refresher training is compulsory for all staff and volunteers; all members have enhanced DBS checks; we practice safer recruitment; volunteers go through a robust training course; we follow a detailed code of conduct; we have a robust Health and Safety Policy and Infection Policy.
- **Changes in the female prison population affecting the need for our services.** We are maintaining and developing our community-based services; and focussing policy work on the children's social care, immigration and maternity systems as well as the criminal justice system.
- **Financial instability.** We have a rolling fundraising programme, and aim for a sustainable and diverse mix of funding from charitable trusts and foundations, statutory sources, and individual giving. We recently increased the amount we hold in reserves to reflect the increased size of the organisation and the additional instability arising from the cost of living crisis.

Contribution of volunteers

We are incredibly grateful to all of our volunteers. The time of general volunteers has not been included in these accounts but we estimate that 490 hours (2022: 360 hours) of support has been provided by volunteers during the year and without them we would not be able to deliver many of our services, particularly the birth support, which is such a core part of our work. The increase of hours compared to the prior year was predominantly driven by the ability to meet face to face after Covid-19.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is registered as a charitable company limited by guarantee and does not have any share capital. The company is constituted under the Memorandum of Association dated 5 June 2007, as amended on 5 August 2012 and 10 March 2021. The company number is 06269047. The registered charity number is 1120934.

As Birth Companions is both a charity and a company limited by guarantee, all board members are directors for the purposes of company law, and trustees for the purposes of charity law.

The objects of the charity are defined by its Articles of Association, which also set out trustees' powers and the permitted activities of the charity. The principal objects are listed above.

When appointing new board members, the trustees consider the skills or knowledge gaps and seek candidates to meet those needs. We strive to ensure that we are inclusive and represent the communities we serve, including members of our Lived Experience Team. Induction is provided for new trustees, and ongoing training is offered.

The board currently comprises 11 trustees, including people with exceptional clinical and finance skills and experience of the Criminal Justice System.

Birth Companions

Report of the trustees

For the year ended 31 March 2023

There are four sub-committees which manage Finance and Risk, Fundraising, Safeguarding and Impact.

Day to day responsibility for achieving strategic and financial aims is delegated to the Director.

Key management personnel

The SORP considers the key management personnel of the charity to be those persons having authority and responsibility for planning, directing and controlling the activities of the charity, directly or indirectly. The trustees consider that the board of trustees, the Director, the Head of Services and the Operations Manager are key management personnel of the charity.

THANKS

As ever, we are immensely grateful to our staff and volunteers for their commitment and dedication. We would also like to thank our funders for their ongoing support of our work.

Statement of responsibilities of the trustees

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and accounting estimates that are reasonable and prudent;
- State whether applicable UK accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £10 to the assets of the charity in the event of winding up. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Birth Companions

Report of the trustees

For the year ended 31 March 2023

Independent examiners

Godfrey Wilson Limited were re-appointed as independent examiners to the charitable company during the year and have expressed their willingness to continue in that capacity.

Approved by the trustees on 27 September 2023 and signed on their behalf by

Sally Matthews

Sally Anne Matthews - Chair

Independent examiner's report

To the trustees of

Birth Companions

I report to the trustees on my examination of the accounts of Birth Companions (the charitable company) for the year ended 31 March 2023, which are set out on pages 12 to 31.

Responsibilities and basis of report

As the trustees of the charitable 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 charitable 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 the charitable company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

Godfrey Wilson Limited also provides payroll services to the charitable company. I confirm that as a member of the ICAEW I am subject to the FRC's Revised Ethical Standard 2016, which I have applied with respect to this engagement.

I have completed my examination. I confirm that no material 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 charitable 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.

Independent examiner's report

To the trustees of

Birth Companions

Laura May Richards

Date: 27 September 2023

Laura Richards ACA

Member of the ICAEW

For and on behalf of:

Godfrey Wilson Limited

Chartered accountants and statutory auditors

5th Floor Mariner House

62 Prince Street

Bristol

BS1 4QD

Birth Companions

Statement of financial activities *(incorporating an income and expenditure account)*

For the year ended 31 March 2023

		Restricted	Unrestricted	2023 Total	Restated 2022 Total
	Note	£	£	£	£
Income from:					
Donations	3	156,648	222,931	379,579	411,805
Charitable activities	5	-	167,829	167,829	179,676
Investments	6	-	1,292	1,292	108
Total income		<u>156,648</u>	<u>392,051</u>	<u>548,699</u>	<u>591,589</u>
Expenditure on:					
Charitable activities	8	258,439	315,346	573,785	457,638
Raising funds	11	-	14,762	14,762	12,459
Total expenditure		<u>258,439</u>	<u>330,108</u>	<u>588,547</u>	<u>470,097</u>
Net income / (expenditure) and net movement in funds	12	(101,791)	61,943	(39,848)	121,492
Reconciliation of funds:					
Total funds brought forward		<u>110,338</u>	<u>561,359</u>	<u>671,697</u>	<u>550,205</u>
Total funds carried forward		<u><u>8,547</u></u>	<u><u>623,302</u></u>	<u><u>631,849</u></u>	<u><u>671,697</u></u>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in note 21 to the accounts.

The prior year comparatives have been restated as set out in note 22 to the accounts.

Birth Companions

Balance sheet

As at 31 March 2023

	Note	£	2023 £	Restated 2022 £
Fixed assets				
Tangible assets	16		-	4,705
Current assets				
Debtors	17	76,266		117,395
Cash at bank and in hand		<u>658,494</u>		<u>621,730</u>
		734,760		739,125
Liabilities				
Creditors: amounts falling due within 1 year	18	<u>(102,911)</u>		<u>(72,133)</u>
Net current assets			<u>631,849</u>	<u>666,992</u>
Net assets	20		<u><u>631,849</u></u>	<u><u>671,697</u></u>
Funds	21			
Restricted funds			8,547	110,338
Unrestricted funds				
Designated funds			540,000	532,000
General funds			<u>83,302</u>	<u>29,359</u>
Total charity funds			<u><u>631,849</u></u>	<u><u>671,697</u></u>

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477(2), and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for:

- (i) ensuring that the Company keeps proper accounting records which comply with section 386 of the Act; and
- (ii) preparing financial statements which give a true and fair view of the state of affairs of the Company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company.

These accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

Approved by the trustees on 27 September 2023 and signed on their behalf by

Sally Matthews

Sally Anne Matthews - Chair

Birth Companions

Statement of cash flows

For the year ended 31 March 2023

	2023 £	2022 £
Cash used in operating activities:		
Net movement in funds	(39,848)	121,492
Adjustments for:		
Depreciation charges	-	956
Loss on disposal of fixed assets	4,705	-
Investment income	(1,292)	(108)
Decrease / (increase) in debtors	41,129	(78,792)
Increase / (decrease) in creditors	30,778	23,121
Net cash provided by / (used in) operating activities	35,472	66,777
Cash flows from investing activities:		
Purchase of tangible fixed assets	-	(3,564)
Investment income	1,292	108
Net cash provided by / (used in) investing activities	1,292	(3,564)
Increase in cash and cash equivalents in the year	36,764	63,213
Cash and cash equivalents at the beginning of the year	621,730	558,517
Cash and cash equivalents at the end of the year	658,494	621,730

The charity has not provided an analysis of changes in net debt as it does not have any long term financing arrangements.

Birth Companions

Notes to the financial statements

For the year ended 31 March 2023

1. Accounting policies

a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Birth Companions meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate having regard to the level of unrestricted reserves at year end, and funding already secured for the year ending March 2024. There are no material uncertainties about the charity's ability to continue as a going concern.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of provision of services is deferred until criteria for income recognition are met.

d) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Goods donated for distribution by the charity are recognised as incoming resources when received and as outgoing resources when distributed.

e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity: this is normally upon notification of the interest paid or payable by the bank.

Birth Companions

Notes to the financial statements

For the year ended 31 March 2023

1. Accounting policies (continued)

f) Funds accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g) Expenditure and irrecoverable VAT

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

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) Support and governance costs

Support costs

Support costs include expenditure which is not directly related to project areas.

Fundraising costs

Fundraising costs are allocated based on time spent on fundraising activities.

Governance costs

Governance costs include costs relating to governance, including independent examination fees, trustee expenses, compliance fees and legal and professional fees.

Support and governance costs have been allocated in full to charitable activities.

i) Tangible fixed assets

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Computer equipment	5 years
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Items of equipment are capitalised where the purchase price exceeds £1,000.

j) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Birth Companions

Notes to the financial statements

For the year ended 31 March 2023

1. Accounting policies (continued)

l) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

n) Pension costs

The charitable company operates a defined contribution pension scheme for its employees. There are no further liabilities other than that already recognised in the SOFA.

o) Accounting estimates and key judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

Aside from going concern set out above, there have been no other key estimates or judgements required in determining the carrying value of assets and liabilities.

2. Prior period comparatives: statement of financial activities (restated)

	Restricted £	Unrestricted £	2022 Total £
Income from:			
Donations	182,951	228,854	411,805
Charitable activities	-	179,676	179,676
Investments	-	108	108
Total income	182,951	408,638	591,589
Expenditure on:			
Charitable activities	245,460	212,178	457,638
Raising funds	-	12,459	12,459
Total expenditure	245,460	224,637	470,097
Net income / (expenditure)	(62,509)	184,001	121,492

Birth Companions

Notes to the financial statements

For the year ended 31 March 2023

3. Income from donations

	Restricted £	Unrestricted £	2023 Total £
Donations*	-	96,931	96,931
Grants (note 4)	<u>156,648</u>	<u>126,000</u>	282,648
Total income from donations	<u>156,648</u>	<u>222,931</u>	<u>379,579</u>

Prior period comparative:

	Restricted £	Unrestricted £	Restated 2022 Total £
Donations*	-	89,295	89,295
Grants (note 4)	182,951	125,144	308,095
Gift aid	<u>-</u>	<u>14,415</u>	<u>14,415</u>
Total income from donations	<u>182,951</u>	<u>228,854</u>	<u>411,805</u>

*Included within donations are gifts and gifts in kind:

	2023 £	2022 £
Unrestricted funds		
Pramdepot boxes donated for free	3,500	4,100
Christmas gifts for community group	580	-
Refreshments for community group	66	-
	<u>4,146</u>	<u>4,100</u>

Birth Companions

Notes to the financial statements

For the year ended 31 March 2023

4. Analysis of grants received

	Restricted £	Unrestricted £	2023 £
A B Charitable Trust	75	20,000	20,075
Bromley Trust	-	25,000	25,000
Brown Dog	-	5,500	5,500
Department of Health and Social Care	12,960	-	12,960
Esmée Fairbairn Foundation	60,000	-	60,000
Goldsmiths Company Charity	-	33,000	33,000
Henry Smith Charity	17,500	-	17,500
Impact 100 London	-	27,500	27,500
Ministry of Justice	9,863	-	9,863
Rayne Foundation	22,250	-	22,250
Samaritans	2,000	-	2,000
Segelman Trust	32,000	-	32,000
The Balcombe Charitable Trust	-	5,000	5,000
The Material World Foundation	-	10,000	10,000
	<u>156,648</u>	<u>126,000</u>	<u>282,648</u>

Prior period comparative

	Restricted £	Unrestricted £	Restated 2022 £
A B Charitable Trust	-	15,000	15,000
Adrian Swire Charitable Trust	-	10,000	10,000
Bromley Trust	-	25,000	25,000
Brown Dog	-	5,000	5,000
Esmée Fairbairn Foundation	40,000	-	40,000
Goldsmiths Company Charity	-	60,000	60,000
Henry Smith Charity	35,000	-	35,000
London Catalyst Samaritans	1,750	-	1,750
Ministry of Justice	45,000	-	45,000
Northwick Family Trust	5,000	-	5,000
Pears Foundation	-	10,000	10,000
Rayne Foundation	20,000	-	20,000
Segelman Trust	30,000	-	30,000
Social Care Institute for Excellence	6,201	-	6,201
Other small grants	-	144	144
	<u>182,951</u>	<u>125,144</u>	<u>308,095</u>

Birth Companions

Notes to the financial statements

For the year ended 31 March 2023

5. Income from charitable activities

	2023 £	Restated 2022 £
Advance Advocacy and Non-Violence Community Education	19,864	19,250
Bronzefield Prison	12,801	14,190
Central and North West London CCG	9,617	2,471
City & Hackney CCG	7,695	7,695
NHS England	90,616	119,556
Other contract income	27,236	16,514
	<u>167,829</u>	<u>179,676</u>

All income from charitable activities is unrestricted in both the current and prior period.

6. Income from investments

	2023 £	2022 £
Unrestricted funds		
Bank interest receivable	<u>1,292</u>	<u>108</u>

7. Statutory funding

The charitable company receives government grants, defined as funding from the Department of Health and Social Care and Ministry of Justice, to fund charitable activities. The total value of such grants in the period ending 31 March 2023 was £22,823 (2022: £45,000). There are unfulfilled conditions attached to the grant from the Department of Health and Social Care where some delivery has been delayed into the first quarter of the 2023 / 24 financial year, with agreement.

The charitable company also receives government contract income, defined as funding from City & Hackney CCG, NHS England and Central and North West London CCG to fund charitable activities. The total value of such contracts in the period ending 31 March 2023 was £107,928 (2022: £129,722). There are no unfulfilled conditions or contingencies attached to these contracts.

Birth Companions

Notes to the financial statements

For the year ended 31 March 2023

8. Costs of charitable activities by activity type

	Activities undertaken directly £	Support costs (note 9) £	2023 Total £
Criminal Justice System Support	171,563	29,250	200,813
Community Support	178,675	30,463	209,138
Policy and Influence	139,970	23,864	163,834
Total expenditure	490,208	83,577	573,785
Prior period comparative (restated):			
	Activities undertaken directly £	Support costs (note 9) £	2022 Total £
Criminal Justice System Support	153,932	21,731	175,663
Community Support	141,854	22,631	164,485
Policy and Influence	99,761	17,729	117,490
Total expenditure	395,547	62,091	457,638

Birth Companions

Notes to the financial statements

For the year ended 31 March 2023

9. Analysis of support costs

	Criminal Justice System Support £	Community support £	Policy and influence £	2023 Total £
Staff costs	4,876	5,079	3,978	13,933
Staff volunteer training and support	3,486	3,630	2,844	9,960
Travel costs	548	570	447	1,565
Finance costs	4,169	4,342	3,401	11,912
Insurance	788	821	643	2,252
Venue hire and meeting costs	1,066	1,110	870	3,046
Phone, website and IT costs	2,731	2,844	2,228	7,803
Administration and marketing costs	3,525	3,671	2,876	10,072
Sundry costs	1,795	1,870	1,465	5,130
Governance costs (note 10)	6,266	6,526	5,112	17,904
	29,250	30,463	23,864	83,577

Birth Companions

Notes to the financial statements

For the year ended 31 March 2023

9. Analysis of support costs

Prior period comparative (restated):

	Criminal Justice System Support £	Community support £	Policy and influence £	2022 Total £
Staff costs	3,043	3,170	2,484	8,697
Staff volunteer training and support	2,539	2,644	2,071	7,254
Travel costs	339	353	276	968
Finance costs	3,447	3,590	2,812	9,849
Insurance	622	648	508	1,778
Venue hire and meeting costs	630	656	514	1,800
Phone, website and IT costs	1,732	1,803	1,413	4,948
Administration and marketing costs	2,016	2,099	1,645	5,760
Sundry costs	1,642	1,710	1,339	4,691
Governance costs (note 10)	5,721	5,958	4,667	16,346
	<u>21,731</u>	<u>22,631</u>	<u>17,729</u>	<u>62,091</u>

Birth Companions

Notes to the financial statements

For the year ended 31 March 2023

10. Governance costs

Governance costs are included within support costs

	2023	Restated 2022
	£	£
Staff costs	10,631	8,699
Finance costs	2,382	2,095
Compliance	587	223
Payroll service costs	1,436	1,206
Independent examiner's fees (incl VAT)	1,740	1,426
Trustee expenses	108	99
Legal and professional fees	1,020	2,598
	<u>17,904</u>	<u>16,346</u>

11. Fundraising costs

Fundraising costs comprise:

	2023	Restated 2022
	£	£
Staff costs	10,632	8,697
Finance costs	1,588	1,397
Other costs	2,542	2,365
	<u>14,762</u>	<u>12,459</u>

12. Net movement in funds

This is stated after charging:

	2023	2022
	£	£
Depreciation	-	956
Loss on disposal of fixed assets	4,705	-
Trustees' remuneration (note 14)	1,275	1,425
Trustees' reimbursed expenses (note 14)	108	100
Independent examiner's remuneration:		
▪ Independent examination	1,740	1,440
▪ Other services	763	-
	<u>763</u>	<u>-</u>

Birth Companions

Notes to the financial statements

For the year ended 31 March 2023

13. Staff costs and numbers

Staff costs were as follows:

	2023 £	2022 £
Salaries and wages	427,542	345,202
Social security costs	37,387	27,976
Pension costs	11,809	9,621
Freelance staff	15,416	17,559
	<u>492,154</u>	<u>400,358</u>

No employee earned more than £60,000 during the year (2022: none).

The key management personnel of the charitable company comprise the Trustees, Director, Head of Services and Head of Operations. The total employee benefits of the key management personnel were £150,931 (2022: £147,689).

The pension scheme is defined contribution. The outstanding balance at year end was £2,856 (2022: £2,639).

	2023 No.	2022 No.
Average head count	<u>15</u>	<u>13</u>
Full time equivalent	<u>11</u>	<u>10</u>

As ever we are extremely thankful to our 32 volunteers for their commitment to the charity. We estimate that 490 hours of volunteer time was dedicated to the charity (2022: 77 volunteers, 360 hours).

14. Trustee remuneration and related party transactions

During the year no trustee earned or received remuneration for their trustee role. One trustee received reimbursement of expenses of £54 for travel to meetings (2022: Two trustees received reimbursement of expenses of £100 for travel to meetings). Additionally, two trustees were paid £1,275 for their time when contributing to the lived experience team, and reimbursed £54 for this work. This is paid at the standard rate for the service, as paid to all members of the team. (2022: £1,425 was paid for time).

During the current year there were unrestricted donations from relatives of key personnel and trustees totalling £995 (2022: £6,700).

Donations from five trustees in the year totalled £3,050 (2022: £3,900).

There were no other related party transactions in the current or prior year.

Birth Companions

Notes to the financial statements

For the year ended 31 March 2023

15. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

16. Tangible fixed assets

	Computer equipment £
Cost	
At 1 April 2022	6,410
Disposals in year	<u>(6,410)</u>
At 31 March 2023	<u>-</u>
Depreciation	
At 1 April 2022	1,705
Disposals in year	<u>(1,705)</u>
At 31 March 2023	<u>-</u>
Net book value	
At 31 March 2023	<u><u>-</u></u>
At 31 March 2022	<u><u>4,705</u></u>

17. Debtors

	2023 £	2022 £
Trade debtors	66,202	113,833
Prepayments and accrued income	<u>10,064</u>	<u>3,562</u>
	<u><u>76,266</u></u>	<u><u>117,395</u></u>

18. Creditors : amounts due within 1 year

	2023 £	2022 £
Trade creditors	3,274	3,119
Accruals	6,886	9,536
Other taxation and social security	14,507	25,314
Deferred income (see note 19)	<u>78,244</u>	<u>34,164</u>
	<u><u>102,911</u></u>	<u><u>72,133</u></u>

Birth Companions

Notes to the financial statements

For the year ended 31 March 2023

19. Deferred income

	2023 £	2022 £
Balance at the start of the year	34,164	21,201
Released in year	(34,164)	(21,201)
Deferred in year	<u>78,244</u>	<u>34,164</u>
Balance at the end of the year	<u><u>78,244</u></u>	<u><u>34,164</u></u>

Deferred income relates to funds received in advance of delivery of services and grants with time-bound conditions.

20. Analysis of net assets between funds

	Restricted funds £	Designated funds £	General funds £	Total funds £
Current assets	8,547	540,000	186,213	734,760
Current liabilities	-	-	(102,911)	(102,911)
Net assets at 31 March 2023	<u><u>8,547</u></u>	<u><u>540,000</u></u>	<u><u>83,302</u></u>	<u><u>631,849</u></u>
Prior period comparative (restated)				
	Restricted funds £	Designated funds £	General funds £	Total funds £
Tangible fixed assets	-	-	4,705	4,705
Current assets	110,338	532,000	96,787	739,125
Current liabilities	-	-	(72,133)	(72,133)
Net assets at 31 March 2022	<u><u>110,338</u></u>	<u><u>532,000</u></u>	<u><u>29,359</u></u>	<u><u>671,697</u></u>

Birth Companions

Notes to the financial statements

For the year ended 31 March 2023

21. Movements in funds

	At 1 April 2022 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2023 £
Restricted funds					
Department of Health and Social Care	-	12,960	(7,146)	-	5,814
Ministry of Justice	-	9,863	(9,863)	-	-
Rayne Foundation	4,987	22,250	(25,753)	-	1,484
Samaritans	-	2,000	(751)	-	1,249
Social Care Institute for Excellence	2,865	-	(2,865)	-	-
The A B Charitable Trust		75	(75)	-	-
Core funds, time restricted	<u>102,486</u>	<u>109,500</u>	<u>(211,986)</u>	<u>-</u>	<u>-</u>
Total restricted funds	<u>110,338</u>	<u>156,648</u>	<u>(258,439)</u>	<u>-</u>	<u>8,547</u>
Unrestricted funds					
Designated contingency funds	<u>532,000</u>	<u>-</u>	<u>-</u>	<u>8,000</u>	<u>540,000</u>
General funds	<u>29,359</u>	<u>392,051</u>	<u>(330,108)</u>	<u>(8,000)</u>	<u>83,302</u>
Total unrestricted funds	<u>561,359</u>	<u>392,051</u>	<u>(330,108)</u>	<u>-</u>	<u>623,302</u>
Total funds	<u><u>671,697</u></u>	<u><u>548,699</u></u>	<u><u>(588,547)</u></u>	<u><u>-</u></u>	<u><u>631,849</u></u>

Purposes of restricted funds

Department of Health and Social Care: Health and Wellbeing Alliance funding provided for work with Tommy's on policy and engagement.

Ministry of Justice: Year one of a three year core funding grant for salaries and overheads.

Rayne Foundation: Community work in Hackney and Islington.

Samaritans: To assist people in need through the provision of emergency hardship payments.

Social Care Institute for Excellence: Policy and engagement work.

The A B Charitable Trust: Engagement work.

Core funds, time restricted: Time restricted funds to support overall activities of the charity.

Birth Companions

Notes to the financial statements

For the year ended 31 March 2023

21. Movements in funds (continued)

Purposes of unrestricted funds

General unrestricted: The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

Designated - contingency reserve: Designated funds comprise of unrestricted funds that have been set aside by the trustees for particular purposes. The contingency reserve is in place to ensure there are sufficient funds for the ongoing running of the charity's core services for 9 months.

Transfers between funds

The designated contingency has been increased to retain 9 months reserves and closure costs, based upon projected costs in 2023/24.

Prior period comparative (restated)

	At 1 April 2021 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2022 £
Restricted funds					
Bromley Trust	9,311	-	(9,311)	-	-
Charles Hayward Foundation	1,265	-	(1,265)	-	-
Clinks	821	-	(821)	-	-
London Catalyst	821	-	(821)	-	-
London Community Response	3,110	-	(3,110)	-	-
Rayne Foundation	5,000	20,000	(20,013)	-	4,987
London Catalyst Samaritans	-	1,750	(1,750)	-	-
Social Care Institute for Excellence	-	6,201	(3,336)	-	2,865
Core funds, time restricted	152,519	155,000	(205,033)	-	102,486
Total restricted funds	172,847	182,951	(245,460)	-	110,338
Unrestricted funds					
Designated contingency funds	309,000	-	-	223,000	532,000
General funds	68,358	408,638	(224,637)	(223,000)	29,359
Total unrestricted funds	377,358	408,638	(224,637)	-	561,359
Total funds	550,205	591,589	(470,097)	-	671,697

Birth Companions

Notes to the financial statements

For the year ended 31 March 2023

22. Prior period restatement

i) Reclassification of contract income

Income and expenditure in 2022 and funds brought forward at 1 April 2022 and 31 March 2022 have been restated to reclassify contracts as unrestricted funds. The effect of the restatement is set out below. There is no change to total funds, income or expenditure.

	Restricted £	Unrestricted £	Total £
Funds held at 1 April 2021 per original accounts	193,453	356,752	550,205
Reclassify contract income and funds as unrestricted	<u>(20,606)</u>	<u>20,606</u>	<u>-</u>
Restated funds held at 1 April 2021	<u>172,847</u>	<u>377,358</u>	<u>550,205</u>
Income for the year ended 31 March 2022 per original accounts	346,113	245,476	591,589
Reclassify contract income as unrestricted	<u>(163,162)</u>	<u>163,162</u>	<u>-</u>
Restated income for the year ended 31 March 2022	<u>182,951</u>	<u>408,638</u>	<u>591,589</u>
Expenditure for the year ending 31 March 2022 per original accounts	409,200	60,897	470,097
Reclassify contract expenditure as unrestricted	<u>(163,740)</u>	<u>163,740</u>	<u>-</u>
Restated expenditure for the year ended 31 March 2022	<u>245,460</u>	<u>224,637</u>	<u>470,097</u>
Restated funds held at 31 March 2022	<u><u>110,338</u></u>	<u><u>561,359</u></u>	<u><u>671,697</u></u>

Income per SOFA headings:	Donations £	Charitable activities £
Income for the year ended 31 March 2022 per original accounts	574,967	16,514
Reclassify contracts as income from charitable activities	<u>(163,162)</u>	<u>163,162</u>
Restated income for the year ended 31 March 2022	<u><u>411,805</u></u>	<u><u>179,676</u></u>

Birth Companions

Notes to the financial statements

For the year ended 31 March 2023

22. Prior period restatement (continued)

ii) Change in accounting policy for support costs

Expenditure has been restated in 2022 to reflect a change in accounting policy for how costs are allocated to activities. The effect of the restatement is set out below. There is no change in total expenditure.

	Raising funds £	Charitable activities £	Total £
Expenditure for the year ended 31 March 2022 per original accounts	11,817	458,280	470,097
Reallocation of support and governance costs	<u>642</u>	<u>(642)</u>	<u>-</u>
Restated expenditure for the year ended 31 March 2022	<u><u>12,459</u></u>	<u><u>457,638</u></u>	<u><u>470,097</u></u>

BIRTH COMPANIONS

England & Wales - Charity number 1120934

Accounts

Company no. 06269047
Charity no. 1120934

Birth Companions
Report and Unaudited Financial
Statements
31 March 2022

Birth Companions

Reference and administrative details

For the year ended 31 March 2022

Company number	06269047																										
Charity number	1120934																										
Registered office	Dalton House 60 Windsor Avenue South Wimbledon London SW19 2RR																										
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: <table><tr><td>Lucy Ball</td><td></td></tr><tr><td>Jenny Beardsley</td><td>Treasurer</td></tr><tr><td>Oluwakemi Eze</td><td>(resigned 5 July 2022)</td></tr><tr><td>Vivienne Gray</td><td></td></tr><tr><td>Elizabeth Hogarth, O.B.E.</td><td></td></tr><tr><td>Julie Juliff</td><td></td></tr><tr><td>Jennifer Kerr-Davis</td><td></td></tr><tr><td>Sally Anne Matthews</td><td>Chair</td></tr><tr><td>Klare Meyer</td><td>(appointed 15 June 2022)</td></tr><tr><td>Tuesdae Moncrieffe</td><td></td></tr><tr><td>Diana Parkinson</td><td></td></tr><tr><td>Anne Stephens</td><td></td></tr><tr><td>Avan Wadia</td><td>(resigned 9 March 2022)</td></tr></table>	Lucy Ball		Jenny Beardsley	Treasurer	Oluwakemi Eze	(resigned 5 July 2022)	Vivienne Gray		Elizabeth Hogarth, O.B.E.		Julie Juliff		Jennifer Kerr-Davis		Sally Anne Matthews	Chair	Klare Meyer	(appointed 15 June 2022)	Tuesdae Moncrieffe		Diana Parkinson		Anne Stephens		Avan Wadia	(resigned 9 March 2022)
Lucy Ball																											
Jenny Beardsley	Treasurer																										
Oluwakemi Eze	(resigned 5 July 2022)																										
Vivienne Gray																											
Elizabeth Hogarth, O.B.E.																											
Julie Juliff																											
Jennifer Kerr-Davis																											
Sally Anne Matthews	Chair																										
Klare Meyer	(appointed 15 June 2022)																										
Tuesdae Moncrieffe																											
Diana Parkinson																											
Anne Stephens																											
Avan Wadia	(resigned 9 March 2022)																										
Company secretary	Naomi Delap																										
Bankers	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill, West Malling Kent ME19 4JQ																										
Independent examiners	Godfrey Wilson Limited Chartered accountants and statutory auditors 5th Floor Mariner House 62 Prince Street Bristol BS1 4QD																										

Birth Companions

Report of the trustees

For the year ended 31 March 2022

The trustees present their report along with the financial statements of the charity for the year ended 31 March 2022.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the Memorandum and Articles of Association and the Statement of Recommended Practice - Accounting and Reporting by Charities (effective from January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

In our Memorandum of Association, our objects are listed as:

- To preserve and protect the mental and physical welfare of pregnant women and new mothers who experience severe and multiple health and social inequalities by the provision of physical, emotional and practical support during pregnancy, labour, childbirth and the post-natal period. In these objects “pregnant women and new mothers who experience severe and multiple health and social inequalities” shall be defined as pregnant women and new mothers in need by reason of their health, disability, financial hardship or social or economic circumstances.
- To advance and educate the public, in particular the beneficial class in maternity, childbirth and parenting.

Birth Companions aims to improve the lives of mothers and babies facing severe disadvantage. We seek to achieve this by:

- Improving the physical and emotional well being of pregnant women and new mothers;
- Enabling new mothers to give their babies the best possible start in life;
- Empowering women through engagement; and
- Shaping the local and national policy and practice which impacts on mothers and their babies.

Birth Companions is built on three interlocking areas of work: frontline services; policy and campaigning; and engagement, with the women we support at the heart of everything we do.

Service delivery

Through the work of our staff team and specialist volunteers, we offer practical and emotional support to women before, during and after their baby's birth. We support women in three prisons (HMP Bronzefield, HMP Peterborough, HMP Foston Hall) and in the community in London and the South East. We work in a variety of ways that include:

- Offering one-to-one and group-based pregnancy support and guidance;
- Birth support;
- Practical essential items;
- Trauma-informed antenatal classes;
- Mother and baby groups;
- Support for women experiencing bereavement and loss through miscarriage, stillbirth and separation from their children;
- Support for women accessing abortions; and
- A peer support programme.

Birth Companions

Report of the trustees

For the year ended 31 March 2022

Policy and campaigning

The unique insight we gain from delivering services in prisons and the community and working alongside women with lived experience shapes our research, policy and campaigning. We commission academic and peer-led research and direct the attention of local and national policy-makers, commissioners and service providers to what really matters, what needs to change, and how. We work with journalists to uncover injustice and practice that breaches women's human rights, and we campaign to address these inequalities.

Engagement

Women with lived experience of multiple disadvantage during pregnancy and early motherhood play many key roles at Birth Companions, including serving as trustees and working as peer supporters to help others through similar experiences.

Our Lived Experience Team (LET) is a group of over forty women with lived experience who work to make change. LET members and the engagement staff supporting them to:

- increase understanding and awareness by contributing to research, inquiries and serving on expert reference groups;
- work with journalists and documentary makers in a range of media;
- inform and shaping policy through consultations, meetings and conferences;
- improve practice by meeting providers and commissioners; facilitating training; conducting service evaluations; and
- support other organisations to develop their engagement work effectively.

Statement on public benefit

The trustees confirm that they have complied with the Charity Commission's general guidance on public benefit, and that the purpose and aims of Birth Companions are for the greater public good. All our charitable activities focus on improving the experience of pregnancy, birth and motherhood for women in prison and the community so that they are better able to care for their baby after the birth. We believe that, in the longer term, our work contributes to women being less likely to re-offend post-release as they have been given both the emotional and practical help to turn their lives around as well as to better long-term outcomes for families as women have been able to build stronger bonds with their babies and learnt better parenting skills.

ACHIEVEMENTS AND PERFORMANCE

Significant activities

During 2021 we marked our 25th anniversary which provided a valuable opportunity to reflect on the development of our services in that time, our response to the impact of the COVID-19 pandemic, and the impact of our work to shape and improve policy and practice.

We continued to deliver frontline support to women in our prison and community-based services. We also led a major public campaign to end the imprisonment of pregnant women; helped shape new guidelines on state intervention at birth through new-born care proceedings; hosted a major national conference on the intersection of the criminal and family justice systems; and supported many members of our Lived Experience Team as they took part in a range of projects to improve the care of pregnant women and mothers of infants facing disadvantage and inequality.

Birth Companions

Report of the trustees

For the year ended 31 March 2022

As services in both the prisons and the community adapted to the end of pandemic-related restrictions, we were able to restart our antenatal classes and mother and baby groups in London, see women one-to-one, attend births, and start visiting prisons again. We have also been able to maintain a greater level of remote support, in line with the preferences of some women and appropriate to their circumstances. This has allowed us to sustain high levels of engagement across a high caseload.

"Birth Companions has supported me in all ways mentally, physically and I am so glad to have all the support I needed during labour and after giving birth. I can't thank them enough, their support and kindness, I'll always appreciate and never forget."

The support we offered

From 1 April 2021 to 31 March 2022 we supported 247 women and birthing people:

- **123** women and **2** birthing people in prisons in England.
- **31** women through our Peer Support services in prisons.
- **122** women in the community in London and the South East.
- **22** women through our new Probation service.
- **44** women through our community Antenatal services.
- **48** women through our community Birth service.
- **29** women through our community Postnatal services.
- We supported **33** women during separation from their baby; more than twice the number supported last year.

Practical support

- This year we provided practical support to 177 women and birthing people. This included taxis for travelling to or from hospital, phone credit, nursing bras and wellbeing packs, and supplying 44 baby boxes, containing everything a woman needs for her baby in the first two weeks after birth, through charity PramDepot.

"This helped me so much, I am on a low income and would not have been able to purchase the items given to me by PramDepot & Birth Companions."

The impact of our work

Evaluation data collected from 30 women showed that:

- 87% felt our support had helped improve their mental health and well-being.
- 96% felt we had helped them to feel less isolated.
- 88% of women felt our support had helped them to give their babies a better start in life.
- 97% were very satisfied with the support they had been given. Women said they particularly valued the way our services made them feel.

"I think Birth Companions is amazing, I can't fault a thing."

We are immensely grateful to our funders for their generosity and flexibility; and to our incredible staff and volunteers who have enabled Birth Companions to continue and flourish during these difficult times.

Birth Companions

Report of the trustees

For the year ended 31 March 2022

Financial review

The Statement of Financial Activities for the year ended 31 March 2022 shows total income of £591,589. This is a small decrease in income compared with the previous year of £19k (3%). There was a £15k increase in personal donations and associated gift aid. The prior year included £183k of Covid emergency funding compared to £45k in the current year.

Our principal source of income is grants, which total £475,357 (2021: £525,029) which comprise 80% of our total income (2021: 86%)

Expenses in year have increased by £49k compared with the previous year. This was driven by a strengthened staff management structure and some limited return to prison visits by staff.

The Statement of Financial Activities indicates net income for 2021/22 of £121,492 (2020/21 £190,139).

We received funding this year from Advance Advocacy and Non-Violence Community Education, Brown Dog, BK Adrian Squire, Bromley Trust, Bronzefield Prison, Central and North West CCIG, City & Hackney CCG, Department of Education, Esmee Fairbairn Foundation, Goldsmiths Company Charity, Henry Smith Charity, London Catalyst, Ministry of Justice, NHS England, North Central London LMS, Northwick Family Trust, Pears Foundation, PramDepot, Rayne Foundation, Samaritans, Segelman Trust, Social Care Institute for Excellence, The A B Charitable Trust, The EQ Foundation, and many individual donors.

Since the beginning of the pandemic, our previous funders and new funders have recognised the importance of the work we are undertaking. We were successful in securing funding to support us throughout this period and ensure services can continue into 2022/23 providing stability to the women we support.

The future fundraising landscape remains uncertain as we move away from funders offering emergency Covid funds, and we will continue to work with current funders and new trusts and donors to ensure the finances of the charity remain robust. Our ringfenced reserves remain at a higher level than pre-Covid as a response to this uncertainty.

Reserves

Free reserves are part of unrestricted funds that are freely available to spend on any of the charity's purposes.

In considering the reserves policy, the trustees have taken into account the following issues:

- Sources of income e.g. a grant not being renewed. Funds might be needed to give trustees time to take action if income falls below expectations.
- Planned commitments that cannot be met by future income alone e.g. new projects.
- The risks of an unforeseen emergency or other unexpected need for funds e.g. pump-priming an urgent project.
- Covering unforeseen day-to-day operational costs e.g. employing temporary staff to cover a long term sickness absence.
- The need to fund short-term shortfalls in the cash budget e.g. if funding is required to be spent before a funding grant is received.
- The current funding landscape is uncertain as Trusts and Foundations are reassessing their aims following the Covid pandemic.

Birth Companions

Report of the trustees

For the year ended 31 March 2022

Bearing in mind the issues above, trustees have agreed that our free reserves target should reflect sufficient funding to cover the on-going running of the charity for a period of at least 9 months if no other income source was available. In addition, funding should be set aside for closure costs (such as redundancy and other commitments) to ensure a worst case scenario was covered.

Further designated funds could also be set aside for specific projects that trustees agree to be a priority but do not have a separate restricted funding source. This would be established as a specific reserve and not form part of the general reserves.

At present, we have calculated that ongoing running of the charity's core services for 9 months costs around £489,000, and that closure costs, based largely on staffing commitments, would be in the region of £43,000. This gives a total reserves target of £532,000. At 31 March 2022, Birth Companions unrestricted free reserves were £541,331 (2021: £356,752), including £532,000 specifically ring-fenced as contingency funds (2020/21 £309,000). Therefore 101% (2020/21 97%) of the revised reserves target has currently been met.

Going concern statement

The trustees have reviewed the budgets for the 2022/23 financial year, including reserves and secured income and consider there to be sufficient funding secured to prepare these accounts on a going concern basis.

Key risks and uncertainties

The trustees regularly review the principal risks and major uncertainties to which the charity may be exposed and systems and procedures have been established to manage those risks.

The trustees consider a full risk assessment at least annually, though during the last year with the additional uncertainty arising from COVID-19 they have been assessed quarterly. The operational team review it at least every six months, when new services start and where there are significant changes to existing services. The register lists the key risks identified together with the potential level of harm caused and the likelihood of occurrence. Actions being taken to manage the identified risks are listed on the register.

Key areas of risks identified and mitigating actions are:

- **Safeguarding issues and the risk of women being harmed during the course of our support, which have increased due to the COVID-19 pandemic.** Birth Companions has a robust safeguarding policy and practice framework; the safeguarding subgroup meet monthly to discuss all incidents and report quarterly to the board; training and refresher training is compulsory for staff and volunteers; all members have enhanced DBS checks; we practice safer recruitment; volunteers go through a robust training course; we follow a detailed code of conduct; we have a robust Health and Safety Policy and Infection Policy.
- **High staff turnover and cost of living increase.** We ensure our salaries and cost of living increases are benchmarked regularly to ensure they are competitive within our sector; we offer additional financial support as appropriate (such as home-working allowance); and to ensure our organisation is an attractive one to work in we offer additional wellbeing support and job flexibility.

Birth Companions

Report of the trustees

For the year ended 31 March 2022

- **Changes in the female prison population affecting need for our services.** We are managing this risk through maintaining and developing community based services; and focussing policy work on the social services, immigration and maternity systems as well as the criminal justice systems.
- **Financial instability.** We have a rolling fundraising programme, and aim for a diverse funding mix from charitable trusts and foundations; statutory sources; and individual giving. In 2022 we increased the amount we hold in reserves in recognition of the increased size of the organisation and the additional instability arising from the COVID-19 pandemic.

Contribution of volunteers

We are incredibly grateful to all of our volunteers. The time of general volunteers has not been included in these accounts but we estimate that 360 hours (2021: 240 hours) of support has been provided by volunteers during the year and without them we would not be able to deliver many of our services, particularly the birth support, which is such a core part of our work. The reduction of hours in the prior year was predominantly driven by the reduced ability to meet face to face due to COVID-19.

Key management personnel

The SORP considers the key management personnel of the charity to be those persons having authority and responsibility for planning, directing and controlling the activities of the charity, directly or indirectly. The trustees consider that the board of trustees, the Director, the Head of Services and the Operations Manager are key management personnel of the charity.

THANKS

As ever, we are immensely grateful to our staff and volunteers for their commitment and dedication. We would also like to thank our funders for their ongoing support of our work.

Statement of responsibilities of the trustees

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing those financial statements the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

Birth Companions

Report of the trustees

For the year ended 31 March 2022

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £10 to the assets of the charity in the event of winding up. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Independent examiners

Godfrey Wilson Limited were appointed as independent examiners to the charitable company during the year and have expressed their willingness to continue in that capacity.

Approved by the trustees on 19 October 2022 and signed on their behalf by

Sally Matthews

Sally Anne Matthews - Chair

Independent examiner's report

To the trustees of

Birth Companions

I report to the trustees on my examination of the accounts of Birth Companions (the charitable company) for the year ended 31 March 2022, which are set out on pages 10 to 26.

Responsibilities and basis of report

As the trustees of the charitable 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 charitable 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 the charitable company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

I have completed my examination. I confirm that no material 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 charitable 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.

Laura May Richards

Date: 20 October 2022

Laura Richards ACA

Member of the ICAEW

For and on behalf of:

Godfrey Wilson Limited

Chartered accountants and statutory auditors

5th Floor Mariner House

62 Prince Street

Bristol

BS1 4QD

Birth Companions

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 31 March 2022

	Note	Restricted £	Unrestricted £	2022 Total £	Restated 2021 Total £
Income from:					
Donations	3	346,113	228,854	574,967	609,886
Charitable activities	4	-	16,514	16,514	-
Investments	5	-	108	108	940
Total income		<u>346,113</u>	<u>245,476</u>	<u>591,589</u>	<u>610,826</u>
Expenditure on:					
Charitable activities	7	409,200	49,080	458,280	411,253
Raising funds	10	-	11,817	11,817	9,434
Total expenditure		<u>409,200</u>	<u>60,897</u>	<u>470,097</u>	<u>420,687</u>
Net income / (expenditure) and net movement in funds	10	(63,087)	184,579	121,492	190,139
Reconciliation of funds:					
Total funds brought forward		<u>193,453</u>	<u>356,752</u>	<u>550,205</u>	<u>360,066</u>
Total funds carried forward		<u><u>130,366</u></u>	<u><u>541,331</u></u>	<u><u>671,697</u></u>	<u><u>550,205</u></u>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in note 20 to the accounts.

The prior year comparatives have been restated to reclassify expenditure between raising funds and charitable activities. There has been no change to total expenditure or funds.

Birth Companions

Balance sheet

As at 31 March 2022

	Note	£	2022 £	2021 £
Fixed assets				
Tangible assets	15		4,705	2,097
Current assets				
Debtors	16	117,395		38,603
Cash at bank and in hand		621,730		558,517
		739,125		597,120
Liabilities				
Creditors: amounts falling due within 1 year	17	(72,133)		(49,012)
Net current assets			666,992	548,108
Net assets	19		671,697	550,205
Funds	20			
Restricted funds			130,366	193,453
Unrestricted funds				
Designated funds			532,000	309,000
General funds			9,331	47,752
Total charity funds			671,697	550,205

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477(2), and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for:

- (i) ensuring that the Company keeps proper accounting records which comply with section 386 of the Act; and
- (ii) preparing financial statements which give a true and fair view of the state of affairs of the Company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company.

These accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

Approved by the trustees on 19 October 2022 and signed on their behalf by

Sally Matthews

Sally Anne Matthews - Chair

Birth Companions

Statement of cash flows

For the year ended 31 March 2022

	2022 £	2021 £
Cash used in operating activities:		
Net movement in funds	121,492	190,139
Adjustments for:		
Depreciation charges	956	981
Fixed asset disposal	-	612
Decrease / (increase) in debtors	(78,792)	(5,093)
Increase / (decrease) in creditors	<u>23,121</u>	<u>29,527</u>
Net cash provided by / (used in) operating activities	<u>66,777</u>	<u>216,166</u>
Cash flows from investing activities:		
Purchase of tangible fixed assets	<u>(3,564)</u>	<u>(499)</u>
Net cash provided by / (used in) investing activities	<u>(3,564)</u>	<u>(499)</u>
Increase in cash and cash equivalents in the year	63,213	215,667
Cash and cash equivalents at the beginning of the year	<u>558,517</u>	<u>342,850</u>
Cash and cash equivalents at the end of the year	<u><u>621,730</u></u>	<u><u>558,517</u></u>

The charity has not provided an analysis of changes in net debt as it does not have any long term financing arrangements.

Birth Companions

Notes to the financial statements

For the year ended 31 March 2022

1. Accounting policies

a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Birth Companions meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves. There are no material uncertainties about the charity's ability to continue as a going concern.

Services have mainly returned to face to face but where more appropriate services can be delivered remotely. Our current funders, and new funders, have recognised the importance of our work at this crucial time as the NHS deals with large backlogs post COVID 19, and the charity has secured vital grant and donation funding towards its work over the next 12 months. The charity's target of holding 9 months' core running costs in reserve, to cover any period of funding uncertainty, has been 101% achieved at the year end, and the adequacy of reserves is reviewed regularly by the Trustees. As such, these accounts are prepared on the going concern basis.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of provision of services is deferred until criteria for income recognition are met.

Birth Companions

Notes to the financial statements

For the year ended 31 March 2022

1. Accounting policies (continued)

d) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Goods donated for distribution by the charity are recognised as incoming resources when received and as outgoing resources when distributed.

e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity: this is normally upon notification of the interest paid or payable by the bank.

f) Funds accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g) Expenditure and irrecoverable VAT

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

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) Support and governance costs

Support costs

Support costs include expenditures which are not directly related to project areas.

Fundraising costs

Fundraising costs are allocated based on time spent on fundraising activities.

Governance costs

Governance costs include costs relating to governance, including independent examination fees, trustee expenses, compliance fees and legal and professional fees.

Support and governance costs have been allocated in full to charitable activities.

Birth Companions

Notes to the financial statements

For the year ended 31 March 2022

1. Accounting policies (continued)

i) Tangible fixed assets

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Computer equipment	5 years
--------------------	---------

Items of equipment are capitalised where the purchase price exceeds £70.

j) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

n) Pension costs

The company operates a defined contribution pension scheme for its employees. There are no further liabilities other than that already recognised in the SOFA.

o) Accounting estimates and key judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

Aside from going concern set out above, there have been no other key estimates or judgements required in determining the carrying value of assets and liabilities.

Birth Companions

Notes to the financial statements

For the year ended 31 March 2022

2. Prior period comparatives: statement of financial activities (restated)

	Restricted £	Unrestricted £	2021 Total £
Income from:			
Donations	458,029	151,857	609,886
Investments	-	940	940
Total income	458,029	152,797	610,826
Expenditure on:			
Charitable activities	396,982	14,271	411,253
Raising funds	-	9,434	9,434
Total expenditure	396,982	23,705	420,687
Net income	61,047	129,092	190,139

3. Income from donations

	Restricted £	Unrestricted £	2022 Total £
Donations	-	85,195	85,195
Grants	346,113	129,244	475,357
Gift aid	-	14,415	14,415
Total income from donations	346,113	228,854	574,967
Prior period comparative:			
	Restricted £	Unrestricted £	2021 Total £
Donations	-	77,634	77,634
Grants	458,029	67,000	525,029
Gift aid	-	7,223	7,223
Total income from donations	458,029	151,857	609,886

Birth Companions

Notes to the financial statements

For the year ended 31 March 2022

3. Income from donations (continued)

Analysis of grants received:

	2022 £	2021 £
A B Charitable Trust	15,000	-
Adrian Swire Charitable Trust	10,000	-
Advance Charity	19,250	-
Bromley Trust	25,000	25,000
Brown Dog	5,000	-
Bronzefield Prison	14,190	8,514
CAF Coronavirus Emergency Fund	-	4,000
Central and North West London CCG	2,471	-
City & Hackney CCG	7,695	7,691
Clinks	-	9,619
Esmée Fairbairn Foundation	40,000	60,000
Evan Cornish Foundation	-	10,000
Goldsmiths Company Charity	60,000	-
Henry Smith Charity	35,000	35,000
HMRC Furlough Grant	-	7,247
London Catalyst	1,750	5,000
London Community Response Fund	-	30,242
Ministry of Justice	45,000	35,000
National Lottery Community Fund	-	82,100
NHS England	119,556	121,341
North Central London Local Maternity Service	-	5,296
Northwick Family Trust	5,000	5,000
P and G Trust	-	3,000
Pears Foundation	10,000	-
Peoples Health Trust Active Communities	-	6,379
Pilgrim Trust	-	20,000
Pramdepot	4,100	-
Rayne Foundation	20,000	5,000
Samaritans	-	1,500
Segelman Trust	30,000	-
Smallwood Trust	-	23,100
Social Care Institute for Excellence	6,201	-
The A B Charitable Trust	-	10,000
The Sylvia Adams Charitable Trust	-	5,000
Other small grants	144	-
	475,357	525,029

Birth Companions

Notes to the financial statements

For the year ended 31 March 2022

4. Income from charitable activities

	2022 £	2021 £
Unrestricted funds		
Consultancy fees	<u>16,514</u>	<u>-</u>

5. Income from investments

	2022 £	2021 £
Unrestricted funds		
Bank interest receivable	<u>108</u>	<u>940</u>

6. Government grants

The charitable company receives government grants, defined as funding from City & Hackney CCG, HMRC Furlough Grant, Ministry of Justice, NHS England and North Central London Maternity Service to fund charitable activities. The total value of such grants in the period ending 31 March 2022 was £174,722 (2021: £176,575). There are no unfulfilled conditions or contingencies attached to these grants.

7. Costs of charitable activities by activity type

	Activities undertaken directly £	Support costs (note 7) £	2022 Total £
Prison and community support	187,299	166,514	353,813
Service user involvement	<u>74,444</u>	<u>30,023</u>	<u>104,467</u>
Total expenditure	<u>261,743</u>	<u>196,537</u>	<u>458,280</u>

Prior period comparative:

	Activities undertaken directly £	Support costs (note 7) £	2021 Total £
Prison and community support	169,306	163,013	332,319
Service user involvement	<u>64,583</u>	<u>14,351</u>	<u>78,934</u>
Total expenditure	<u>233,889</u>	<u>177,364</u>	<u>411,253</u>

Birth Companions

Notes to the financial statements

For the year ended 31 March 2022

8. Analysis of support costs

	Prison and community support £	Service user involvement £	2022 Total £
Staff costs	122,440	16,727	139,167
Staff volunteer training and support	5,445	1,809	7,254
Travel costs	693	275	968
Finance costs	5,380	5,098	10,478
Insurance	1,272	506	1,778
Venue hire and meeting costs	1,287	512	1,799
Phone, website and IT costs	3,655	1,246	4,901
Administration and marketing costs	5,961	1,493	7,454
Sundry costs	5,296	450	5,746
Governance costs (note 8)	15,085	1,907	16,992
	166,514	30,023	196,537

Support costs are allocated to service user involvement when they are directly incurred or at a project agreed percentage rate.

Prior period comparative:

	Prison and community support £	Service user involvement £	2021 Total £
Staff costs	113,331	11,684	125,015
Staff volunteer training and support	2,951	12	2,963
Travel costs	62	1	63
Finance costs	9,269	1,186	10,455
Insurance	1,677	72	1,749
Phone, website and IT costs	9,635	255	9,890
Administration and marketing costs	5,819	96	5,915
Sundry costs	18,276	954	19,230
Governance costs (note 8)	1,993	91	2,084
	163,013	14,351	177,364

Birth Companions

Notes to the financial statements

For the year ended 31 March 2022

9. Governance costs

Governance costs are included within support costs

	2022	2021
	£	£
Staff costs	9,486	-
Finance costs	2,082	-
Compliance	80	53
Payroll service costs	1,206	1,061
Independent examiner's fees (incl VAT)	1,440	950
Trustee expenses	100	20
Legal and professional fees	2,598	-
	<u>16,992</u>	<u>2,084</u>

10. Fundraising costs

Fundraising costs comprise:

	2022	2021
	£	£
Staff costs	8,898	8,272
Finance costs	1,397	1,162
Other costs	1,522	-
	<u>11,817</u>	<u>9,434</u>

11. Net movement in funds

This is stated after charging:

	2022	2021
	£	£
Depreciation	956	981
Trustees' remuneration	1,425	150
Trustees' reimbursed expenses	100	20
Independent examiner's remuneration:		
▪ Independent examination (including VAT)	1,440	950
	<u>1,440</u>	<u>950</u>

Birth Companions

Notes to the financial statements

For the year ended 31 March 2022

12. Staff costs and numbers

Staff costs were as follows:

	2022 £	2021 £
Salaries and wages	345,202	307,198
Social security costs	27,976	25,130
Pension costs	9,621	9,512
Freelance staff	17,559	11,185
	<u>400,358</u>	<u>353,025</u>

No employee earned more than £60,000 during the year (2021: none).

The key management personnel of the charitable company comprise the Trustees, Director, Head of Services and Operations Manager. The total employee benefits of the key management personnel were £147,689 (2021: £91,703).

The pension scheme is defined contribution. The outstanding balance at year end was £2,639 (2021: £1,704).

As ever we are extremely thankful to our volunteers for their commitment to the charity. We estimate that 360 hours of volunteer time was dedicated to the charity (2021: 240 hours).

	2022 No.	2021 No.
Average head count	<u>13</u>	<u>11</u>
Full time equivalent	<u>10</u>	<u>8</u>

13. Trustee remuneration and related party transactions

During the year no trustee earned or received remuneration. Two trustees received reimbursement of expenses of £100 for travel to meetings (2021: One trustee received reimbursement of £20 mobile data to facilitate attendance at online meetings). Additionally, two trustees were paid £1,425 for their time when contributing to the lived experience team. This is paid at the standard rate for the service, as paid to all members of the team. (2021: £150).

During the current year there were unrestricted donations from relatives of key personnel and trustees totalling £6,700 (2021: £4,145).

Donations from six trustees in the year totalled £3,900 (2021: £3,300).

Birth Companions

Notes to the financial statements

For the year ended 31 March 2022

14. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

15. Tangible fixed assets

Computer equipment £

Cost

At 1 April 2021

2,846

Additions in year

3,564

At 31 March 2022

6,410

Depreciation

At 1 April 2021

749

Charge for the year

956

At 31 March 2022

1,705

Net book value

At 31 March 2022

4,705

At 31 March 2021

2,097

16. Debtors

2022

2021

£

£

Trade debtors

113,833

35,186

Prepayments and accrued income

3,562

3,417

117,395

38,603

Birth Companions

Notes to the financial statements

For the year ended 31 March 2022

17. Creditors : amounts due within 1 year

	2022 £	2021 £
Trade creditors	3,119	3,813
Accruals	9,536	16,675
Other taxation and social security	25,314	7,323
Deferred income (see note 18)	<u>34,164</u>	<u>21,201</u>
	<u>72,133</u>	<u>49,012</u>

18. Deferred income

	2022 £	2021 £
Balance at the start of the year	21,201	5,296
Released in year	(21,201)	(5,296)
Deferred in year	<u>34,164</u>	<u>21,201</u>
Balance at the end of the year	<u>34,164</u>	<u>21,201</u>

Deferred income relates to funds received in advance of delivery of services.

19. Analysis of net assets between funds

	Restricted funds £	Designated funds £	General funds £	Total funds £
Tangible fixed assets	-	-	4,705	4,705
Current assets	130,366	532,000	76,759	739,125
Current liabilities	<u>-</u>	<u>-</u>	<u>(72,133)</u>	<u>(72,133)</u>
Net assets at 31 March 2022	<u>130,366</u>	<u>532,000</u>	<u>9,331</u>	<u>671,697</u>
Prior period comparative				
	Restricted funds £	Designated funds £	General funds £	Total funds £
Tangible fixed assets	-	-	2,097	2,097
Current assets	193,453	309,000	94,667	597,120
Current liabilities	<u>-</u>	<u>-</u>	<u>(49,012)</u>	<u>(49,012)</u>
Net assets at 31 March 2021	<u>193,453</u>	<u>309,000</u>	<u>47,752</u>	<u>550,205</u>

Birth Companions

Notes to the financial statements

For the year ended 31 March 2022

20. Movements in funds

	At 1 April 2021 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2022 £
Restricted funds					
Advance Advocacy and Non Violence Community Education	-	19,250	(18,155)	-	1,095
Bromley Trust	9,311	-	(9,311)	-	-
Bronzefield Prison	6,750	14,190	(14,935)	-	6,005
Charles Hayward Foundation	1,265	-	(1,265)	-	-
City & Hackney CCG	2,345	7,695	(10,040)	-	-
Clinks	821	-	(821)	-	-
London Catalyst	821	-	(821)	-	-
London Community Response Fund	3,110	-	(3,110)	-	-
NHS England	11,511	122,027	(120,610)	-	12,928
Rayne Foundation	5,000	20,000	(20,013)	-	4,987
Samaritans	-	1,750	(1,750)	-	-
Social Care Institute for Excellence	-	6,201	(3,336)	-	2,865
Core funds, time restricted	<u>152,519</u>	<u>155,000</u>	<u>(205,033)</u>	<u>-</u>	<u>102,486</u>
Total restricted funds	<u>193,453</u>	<u>346,113</u>	<u>(409,200)</u>	<u>-</u>	<u>130,366</u>
Unrestricted funds					
Designated contingency funds	<u>309,000</u>	<u>-</u>	<u>-</u>	<u>223,000</u>	<u>532,000</u>
General funds	<u>47,752</u>	<u>245,476</u>	<u>(60,897)</u>	<u>(223,000)</u>	<u>9,331</u>
Total unrestricted funds	<u>356,752</u>	<u>245,476</u>	<u>(60,897)</u>	<u>-</u>	<u>541,331</u>
Total funds	<u><u>550,205</u></u>	<u><u>591,589</u></u>	<u><u>(470,097)</u></u>	<u><u>-</u></u>	<u><u>671,697</u></u>

Birth Companions

Notes to the financial statements

For the year ended 31 March 2022

20. Movements in funds (continued)

Purposes of restricted funds

Advance Advocacy and Non-Violence Community Education: Services to support women within the probation service.

Bromley Trust: Towards salaries and running costs for policy and communications work.

Bronzefield Prison: Towards salaries and running costs related to services delivered at Bronzefield prison.

Charles Hayward Foundation: Towards salaries and running costs delivering services at Foston Hall.

City & Hackney CCG: Towards salaries and running costs for the community group held in Hackney.

Clinks: Costs of LET workshops.

London Catalyst: Contribution towards Whittington service.

London Community Response Fund: Towards salaries and running costs for Community Birth Services.

NHS England: Towards salaries and running costs at Foston Hall, Drake Hall and Peterborough prisons.

Rayne Foundation: Community work in Hackney and Islington.

Samaritans: To assist people in need through the provision of emergency hardship payments.

Social Care Institute for Excellence: Policy and engagement work.

Core funds, time restricted: Time restricted funds to support overall activities of the charity.

Purposes of unrestricted funds

General unrestricted: The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

Designated - contingency reserve: Designated funds comprise of unrestricted funds that have been set aside by the trustees for particular purposes. The contingency reserve is in place to ensure there are sufficient funds for the ongoing running of the charity's core services for 9 months.

Transfers

The designated contingency has been increased to retain 9 months reserves and closure costs, based upon projected costs in 2022 / 23.

Birth Companions

Notes to the financial statements

For the year ended 31 March 2022

20. Movements in funds (continued)

Prior period comparative

	At 1 April 2020 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2021 £
Restricted funds					
Big Lottery Fund Grant (Women & Girls)	32,545	-	(32,545)	-	-
Bromley Trust	6,372	10,000	(7,061)	-	9,311
Bronze field Prison	-	8,514	(1,764)	-	6,750
Charles Hayward Foundation	7,000	-	(5,735)	-	1,265
City & Hackney CCG	-	7,691	(5,346)	-	2,345
Clinks	-	9,619	(8,798)	-	821
HMRC Furlough Grant	-	7,247	(7,247)	-	-
London Catalyst	-	5,000	(4,179)	-	821
London Community Response Fund	-	30,242	(27,132)	-	3,110
Ministry of Justice	-	35,000	(35,000)	-	-
National Lottery Covid Emergency Fund	-	82,100	(82,100)	-	-
NHS England (COVID)	-	90,000	(90,000)	-	-
NHS England Health and Justice (Midlands and East)	-	16,401	(10,049)	-	6,352
NHS England and NHS Improvement	-	14,940	(9,781)	-	5,159
North Central London Maternity Service	3,822	5,296	(9,118)	-	-
Peoples Health Trust Active Communities	-	6,379	(6,379)	-	-
Rayne Foundation	-	5,000	-	-	5,000
Samaritans	-	1,500	(1,500)	-	-
Smallwood Trust	-	23,100	(23,100)	-	-
The A B Charitable Trust	6,371	-	(6,371)	-	-
Core funds, time restricted	76,296	100,000	(23,777)	-	152,519
Total restricted funds	132,406	458,029	(396,982)	-	193,453
Unrestricted funds					
Designated contingency funds	120,000	-	-	189,000	309,000
General funds	107,660	152,797	(23,705)	(189,000)	47,752
Total unrestricted funds	227,660	152,797	(23,705)	-	356,752
Total funds	360,066	610,826	(420,687)	-	550,205

BIRTH COMPANIONS

England & Wales - Charity number 1120934

Accounts

Charity number: 1120934
Company number: 06269047
(England and Wales)

Birth Companions

Report of Trustees and Unaudited Financial Statements

For the year ended 31 March 2021

Birth Companions
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For the year ended 31 March 2021

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Birth Companions Report of the Trustees For the year ended 31 March 2021

The Trustees, who are also Directors for the purposes of company law, have pleasure in presenting their report and the financial statements for the charitable company for the year ended 31 March 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document and have been prepared in accordance with the Charities Act 2011 and Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) (Charities SORP 2019 (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2016

Governing Document

Birth Companions is a registered charity (charity no. 1120934). On 5 June 2007 it became a company limited by guarantee (company no. 06269047). Our memorandum and articles of association set out the structure, purpose and operating parameters of the charity in accordance with the Companies Act 1985 to 2006.

Recruitment and Appointment of Trustee Board

The directors of the company, all of whom are volunteers, are also charity trustees for the purposes of charity law. In order to ensure a strong mix of skills on the board, new trustees are recruited and appointed by the existing trustees. The Chair of the Trustees is responsible for the induction of any new trustees, which includes awareness of a trustee's responsibilities, the governing document, administrative procedures and the history and mission of the charity. New trustees also receive copies of the previous year's annual report and accounts and are expected to attend training sessions run by our staff and volunteers.

The Board is elected annually from and by the members of the charity. The overall responsibility of Birth Companions belongs to the Trustee Board, which meets regularly in order to manage the affairs of the charity. Day-to-day operational responsibility has been delegated to the Director, Naomi Delap, who reports directly to the Board of Trustees.

The Trustees approve a strategic and financial plan annually and review progress against this and fundraising aims on a quarterly basis. Grant applications are submitted to support the services and support delivered by the Charity.

Pay and remuneration of staff, including key management personnel, is approved at least annually by the Trustees. Pay rates of staff are based upon job responsibilities and are externally benchmarked.

The members of the Trustee Board in office during the period ended 31 March 2021 were as follows:

Lucy Ball
Jenny Beardsley – Treasurer (appointed 10/06/2020)
Oluwakemi Eze (appointed 10/03/2021)
Janice Fawell – Treasurer (retired 10/06/2020)
Vivienne Gray
Elizabeth Hogarth
Julie Juliff (appointed 10/06/2020)
Jennifer Kerr-Davis
Sally Anne Matthews
Tuesdae Moncrieffe (appointed 10/03/2021)
Diana Parkinson – Chair
Anne Stephens
Avan Wadia

Collaborations

Birth Companions aims to work closely with related organisations. However, the charity is independent and does not have any affiliations which affect our operating policies.

Birth Companions

Report of the Trustees Continued

For the year ended 31 March 2021

OBJECTIVES AND ACTIVITIES

Objectives and Aims

In our Memorandum of Association, our objects are listed as:

- To preserve and protect the mental and physical welfare of pregnant women and new mothers who experience severe and multiple health and social inequalities by the provision of physical, emotional and practical support during pregnancy, labour, childbirth and the post-natal period. In these objects "pregnant women and new mothers who experience severe and multiple health and social inequalities" shall be defined as pregnant women and new mothers in need by reason of their health, disability, financial hardship or social or economic circumstances.
- To advance and educate the public, in particular the beneficial class in maternity, childbirth and parenting.

Birth Companions aims to improve the lives of mothers and babies facing severe disadvantage. We seek to achieve this by:

- Improving the physical and emotional well being of pregnant women and new mothers.
- Enabling new mothers to give their babies the best possible start in life.
- Shaping the local and national policy and practice which impacts on mothers and their babies.

Our support involves:

- Offering one-to-one and group-based pregnancy support and guidance.
- Providing trained volunteers to support women during childbirth.
- Offering one-to-one postnatal support and guidance.
- Holding groups and classes for women to get support with breastfeeding and postnatal issues
- Providing practical items

We support women in prison (HMP Bronzefield, HMP Peterborough, HMP Foston Hall) as well as women in the community in London. We have a trained and experienced team of volunteers and staff who deliver services.

Statement on Public Benefit

The Trustees confirm that they have complied with the Charity Commission's general guidance on public benefit, and that the purpose and aims of Birth Companions are for the greater public good. All our charitable activities focus on improving the experience of pregnancy, birth and motherhood for women in prison and the community so that they are better able to care for their baby after the birth. We believe that, in the longer term, our work contributes to women being less likely to re-offend post-release as they have been given both the emotional and practical help to turn their lives around as well as to better long-term outcomes for families as women have been able to build stronger bonds with their babies and learnt better parenting skills.

ACHIEVEMENTS AND PERFORMANCE

Significant activities

2020-21 has been dominated by COVID-19. This has greatly affected the situations of the women we work with, and the way in which we have worked as an organisation, delivered services and shaped much of our policy and engagement work.

The impacts on Birth Companions have included:

- We were unable to visit prisons or run antenatal or mother and baby groups for the best part of the year
- We adapted all our services to deliver remote and blended services
- We increased significantly the amount of practical support offered to women, and the range of that support
- Staff members have coped with illness, home schooling, and the challenges arising from adapting and delivering services to women in greater need.
- Opportunities to deliver new services responding to need arising from the pandemic
- Opportunities to campaign and influence policy relating to the pandemic.

Birth Companions Report of the Trustees Continued For the year ended 31 March 2021

The impacts on the women and babies we work with have included:

- Greater levels of hardship, housing insecurity, isolation, risk of illness, risk of domestic abuse, stress and mental ill-health;
- In prisons COVID-19 related restrictions have led to women confined to their cells for at least 23 hours a day, cessation of family visits, increased levels of self-harm, meant greater challenges on release;
- Reduced level and quality of statutory services.

During the year 1st April 2020 – 31st March 2021 we supported 234 women overall in seven prisons in England and the community in London:

- 207 women received essential practical items, including baby boxes and activity and information packs;
- 185 women engaged directly with our services, including:
 - 97 women in prison
 - 88 women in the community
 - 31 women supported before, during and after their release from prison
 - 53 women who were supported one-to-one in the community
 - 38 women who were supported through our community antenatal services
 - 24 women who were supported through our community postnatal services
 - 6 women who received birth support
 - 17 women who were supported during separation from their babies.

Evaluation data collected from 23 women shows us that:

- 100% of the women who provided feedback felt our support had helped improve their mental health and well-being
- 100% of the women who provided feedback felt we had helped them feel less isolated
- 100% of women who provided feedback felt our support had helped them to give their babies a better start in life.
- 91% women told us they were very or quite satisfied with the services they had received from Birth Companions.

We are immensely grateful to our funders for their generosity and flexibility; and to our incredible staff and volunteers who have enabled Birth Companions to continue and flourish during these difficult times.

FINANCIAL REVIEW

The statement of Financial Activities for the year ended 31 March 2021 shows total income of £610,826. This is an increase in income compared with the previous year of £121k (25%). This was driven by emergency covid funding, including specific support to the NHS, and a £27k increase in individual donations to the Charity. Additionally, new Peterborough services were started in January 2021 for Perinatal and Healthcare Peer Support.

Our principal source of income is grants, which total £525,029 (2020: £437,113) which comprise 86% of our total income (2020: 89%)

Expenses in year have decreased by £25k compared with the previous year (6%) This was driven by the requirement to work remotely, meaning prison visits were not possible and communications events could not proceed in the planned format.

The Statement of Financial Activities indicates net income for 2020/21 of £190,139 (2019/20 £44,134).

We received funding this year from Bromley Trust, Bronzefield Prison, CAF, City & Hackney CCG, Clinks, Esmee Fairbairn Foundation, Evan Cornish Foundation, HMRC (furlough grant), Henry Smith Charity, London Catalyst, London Community Response, Ministry of Justice, National Lottery, NHS England, North Central London Local Maternity Service, Northwick Family Trust, P and G Trust, Peoples Health Trust Active Communities, Pilgrim Trust, Rayne Foundation, Samaritans, Smallwood Trust, The A B Charitable Trust, The Sylvia Adams Charitable Trust, and many individual donors.

Since the beginning of the pandemic, our previous funders and new funders have recognised the importance of the work we are undertaking. We were successful in securing funding to support us throughout this period and ensure services can continue into 2021/22 providing stability to the women we support.

Birth Companions Report of the Trustees Continued For the year ended 31 March 2021

The future fundraising landscape remains uncertain as we move away from funders offering emergency covid funds, and we will continue to work with current funders and new trusts and donors to ensure the finances of the charity remain robust. Our ringfenced reserves have been increased this year as a response to this uncertainty.

Reserves

Free reserves are part of unrestricted funds that are freely available to spend on any of the charity's purposes.

In considering the reserves policy, the Trustees have taken into account the following issues:

- Sources of income e.g. a grant not being renewed. Funds might be needed to give trustees time to take action if income falls below expectations.
- Planned commitments that cannot be met by future income alone e.g. new projects.
- The risks of an unforeseen emergency or other unexpected need for funds e.g. pump-priming an urgent project.
- Covering unforeseen day-to-day operational costs e.g. employing temporary staff to cover a long term sickness absence.
- The need to fund short-term shortfalls in the cash budget e.g. if funding is required to be spent before a funding grant is received.

Bearing in mind the issues above, trustees have agreed that our free reserves target should reflect sufficient funding to cover the on-going running of the charity for a period of at least 6 months if no other income source was available. In addition, funding should be set aside for closure costs (such as redundancy and other commitments) to ensure a worst case scenario was covered.

Further designated funds could also be set aside for specific projects that trustees agree to be a priority but do not have a separate restricted funding source. This would be established as a specific reserve and not form part of the general reserves.

At present, we have calculated that ongoing running of the charities core services for 6 months costs around £263,000, and that closure costs, based largely on staffing commitments, would be in the region of £44,000. This gives a total reserves target of £309,000. At 31 March 2021, Birth Companions unrestricted free reserves were £354,657 (2019/20 £224,469), including £309,000 specifically ring-fenced as contingency funds (2018/19 £120,000). Therefore 115% (2018/19 95%) of the revised Reserves Target has currently been met.

Going concern statement

The Trustees have reviewed the budgets for the 2021/22 financial year, including reserves and secured income and consider there to be sufficient funding secured to prepare these accounts on a going concern basis.

Responsibilities of the Trustees

The trustees (who are also directors of Birth Companions for the purposes of company law) are responsible for preparing the Trustees' Report incorporating the strategic report and directors' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Birth Companions

Report of the Trustees Continued

For the year ended 31 March 2021

Key Risks and Uncertainty

The Trustees regularly review the principal risks and major uncertainties to which the charity may be exposed and systems and procedures have been established to manage those risks.

The Trustees consider a full risk assessment at least annually, though during the last year with the additional uncertainty arising from COVID-19 they have been assessed quarterly. The operational team review it every six months, when new services start and where there are significant changes to existing services. The register lists the key risks identified together with the potential level of harm caused and the likelihood of occurrence. Actions being taken to manage the identified risks are listed on the register.

Key areas of risks identified and mitigating actions are:

- **High and unmanageable levels of work leading to difficulties taking leave, compassion fatigue and burnout.** Managers focus on keeping workloads sustainable through monitoring of timesheets and regular supervision, and staff attend reflective practice sessions regularly.
- **Safeguarding issues and the risk of women being harmed during the course of our support, which have increased due to the COVID-19 pandemic.** Birth Companions has a robust safeguarding policy and practice framework; the safeguarding subgroup meet monthly to discuss all incidents and report quarterly to the board; training and refresher training is compulsory for staff and volunteers; all members have enhanced DBS checks; BC practices safer recruitment; volunteers go through a robust training course; we follow a detailed code of conduct; we have a robust Health and Safety Policy and a separate Infection Policy in relation to COVID-19.
- **Changes in the female prison population affecting need for our services.** We are managing this risk through maintaining and developing community based services; and focussing policy work on the social services, immigration and maternity systems as well as the criminal justice systems.
- **Financial instability.** We have a rolling fundraising programme, and aim for a diverse funding mix from charitable trusts and foundations; statutory sources; and individual giving. We have recently increased the amount we hold in reserves in recognition of the increased size of the organisation and the additional instability arising from the COVID-19 pandemic.

Contribution of volunteers

We are incredible grateful to all of our volunteers. The time of general volunteers has not been included in these accounts but we estimate that 240 hours (2020: 979 hours) of support has been provided by volunteers during the year and without them we would not be able to deliver many of our services, particularly the birth support, which is such a core part of our work. The reduction of hours was predominantly driven by the reduced ability to meet face to face due to COVID-19.

Key management personal

The SORP considers the key management personnel of the charity to be those persons having authority and responsibility for planning, directing and controlling the activities of the charity, directly or indirectly. The trustees consider that the board of trustees, the Director and the Head of Services are Key Management Personnel of the charity.

THANKS

As ever, we are immensely grateful to our staff and volunteers for their commitment and dedication. We would also like to thank our funders for their ongoing support of our work.

Approved by the Board and signed on its behalf by

22nd September 2021

Diana Parkinson

Birth Companions
Report of the Trustees Continued
For the year ended 31 March 2021

REFERENCE AND ADMINISTRATIVE INFORMATION

Name of Charity	Birth Companions
Charity registration number	1120934
Company registration number	06269047
Principal address	Dalton House 60 Windsor Avenue South Wimbledon London SW19 2RR

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Lucy Ball
Jenny Beardsley
Oluwakemi Eze
Janice Fawell
Vivienne Gray
Elizabeth Hogarth
Julie Juliff
Jennifer Kerr-Davis
Sally Anne Matthews
Tuesdae Moncrieffe
Diana Parkinson
Anne Stephens
Avan Wadia

Secretary	Naomi Delap
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Independent examiner	Joshua Kingston BSc ACA Burton Sweet Limited The Clock Tower 5 Farleigh Court Old Weston Rd Flax Bourton Bristol BS48 1UR
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Principal Bankers	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill, West Malling Kent ME19 4JQ
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**Birth Companions
Independent Examiner's Report
For the year ended 31 March 2021**

Independent examiner's report to the trustees of Birth Companions ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 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

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

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.

Joshua Kingston BSc ACA
Burton Sweet Limited
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

Date: 22 September 2021

Birth Companions
Statement of Financial Activities (Including income and Expenditure Account)
For the year ended 31 March 2021

	Notes	Unrestricted Funds £	Restricted Funds £	2021 £	2020 £
Income from:					
Donations and legacies	2	151,857	458,029	609,886	488,976
Investments	3	940	-	940	900
Total		152,797	458,029	610,826	489,876
Expenditure on:					
Charitable activities	4	(23,705)	(396,982)	(420,687)	(445,742)
Total		(23,705)	(396,982)	(420,687)	(445,742)
Net income / (expenditure) for the year	8	129,092	61,047	190,139	44,134
Reconciliation of funds					
Total funds brought forward	16	227,660	132,406	360,066	315,932
Total funds carried forward	16	356,752	193,453	550,205	360,066

All of the activities of the charity are classed as continuing.

Prior year fund comparatives are disclosed in note 16.

Prior year comparatives are disclosed in note 12.

The notes on pages 12 – 23 form part of these financial statements.

**Birth Companions
Financial Position
For the year ended 31 March 2021**

	Notes	2021 £	2020 £
Fixed assets			
Tangible assets	13	2,097	3,191
		2,097	3,191
Current assets			
Debtors	14	38,603	33,510
Cash at bank and in hand	19	558,517	342,850
		597,120	376,360
Creditors: falling due within one year	15	(49,012)	(19,485)
Net current assets		548,108	356,875
Total assets less current liabilities		550,205	360,066
Net assets		550,205	360,066
The funds of the charity			
Restricted income funds	17	193,453	132,406
Unrestricted income funds	17	356,752	227,660
Total funds		550,205	360,066

For the year ended 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102).

The financial statements were approved and authorised for issue by the board and signed on its behalf by:

Date 22 September 2021

Diana Parkinson

The note on pages 12 – 23 form part of these financial statements

Birth Companions
Statement of Cashflows
For the year ended 31 March 2021

	Notes	2021 £	2020 £
Cash flows from operating activities:			
Net cash provided by (used in) operating activities		215,226	45,411
Cash flows from investing activities			
Payments for tangible assets		(499)	(1,847)
Net cash (used in) provided by investing activities		(499)	(1,847)
Cash flows from financing activities			
Bank interest		940	900
Net cash provided by (used in) financing activities		940	900
Change in cash in the reporting period	18, 19, 20	215,667	44,464
Cash at the beginning of the reporting period		342,850	387,314
Cash at the end of the reporting period		<u>558,517</u>	<u>342,850</u>

The notes on pages 12 – 23 form part of these financial statements

Birth Companions
Notes to Financial Statements
For the year ended 31 March 2021

1. Accounting Policies

Basis of accounting

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

Birth Companions meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The accounts present a true and fair view and the accounting policies adopted are those outlined in this note. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

Going concern

The financial statements are prepared on a going concern basis, as the Trustees consider there are no material uncertainties around the charitable company's ability to continue as a going concern.

Whilst COVID 19 has changed the delivery of services to women, they are supported remotely until such time as face to face support can be reintroduced. Our current funders, and new funders, have recognised the importance of our work at this crucial time and the charity has secured vital grant and donation funding towards its work over the next 12 months. The charity's target of holding 6 months' core running costs in reserve, to cover any period of funding uncertainty, has been 96% achieved at the year end, and the adequacy of reserves is reviewed regularly by the Trustees. As such, these accounts are prepared on the going concern basis.

Significant accounting estimates and judgements

Aside from going concern set out above, there have been no other key estimates or judgements required in determining the carrying value of assets and liabilities.

Funds

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

Designated funds comprise of unrestricted funds that have been set aside by trustees for a particular purpose.

Restricted funds have been provided to the charity for particular purposes, and it is the policy of the board of trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

There is no formal policy of transfer between funds or on the allocation of funds to designated funds, other than that described above.

Income

All income is included in the statement of financial activities where the Charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Grants and donations are recognised when there is entitlement, probability of receipt and the amount can be measured with sufficient reliability.

Deferred income represents amounts received for future periods and is released to income in the period for which it has been received. Such income is only deferred when the donor specifies that the donation must only be used in future accounting periods or the donor has imposed conditions which must be met before the charity has unconditional entitlement.

Birth Companions

Notes to Financial Statements

For the year ended 31 March 2021

Investment income is recognised on a receivable basis.

Government grants are identified in note 2.

Expenditure

Expenditure is recognised in the period in which it is incurred. Expenditure includes attributable VAT which cannot be recovered.

Support costs

Support costs include expenditures which are not directly related to project areas.

Governance costs

Governance costs include costs relating to governance, including independent examiner fees, trustee expenses and compliance fees.

Taxation

As a registered charity, the company is exempt from income and corporation tax to the extent that its income and gains are applicable to charitable purposes only. Value added tax is not recoverable by the company, and is therefore included in the relevant costs in the Statement of Financial Activities.

Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of an appeal have specified otherwise.

Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful life on the following basis:

Computer equipment	20% Straight line
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Legal Form

Birth Companions is a charitable company incorporated in England under the Companies Act 2006. The company is limited by guarantee and not having a share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is Dalton House, 60 Windsor Avenue, South Wimbledon, London, SW19 2RR. The charity's operations and principal activities are included on page 4 of the Trustees' annual report.

Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remains any assets, after the satisfaction of any all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

Debtors

Debtors are stated in the balance sheet at estimated net realisable value. Net realisable value is the invoiced amount less provisions for bad and doubtful debtors. Provisions are made specifically against debtors where there is evidence of a dispute or an inability to pay.

Creditors

Trade payables are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade payables are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Birth Companions
Notes to Financial Statements
For the year ended 31 March 2021

Cash

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. Bank overdrafts, when applicable, are shown within borrowings in current liabilities.

Volunteer Time

The value of any volunteer time received is not included in the accounts but is described in the trustees annual report and note 9.

2. Income from donations and legacies

	Unrestricted funds £	Restricted funds £	2021 £	2020 £
Donations received	84,857	-	84,857	51,863
Grants received	67,000	458,029	525,029	437,113
	151,857	458,029	609,886	488,976

Reclaimed gift aid is included within Donations.

In the prior year grants received included £424,113 of restricted funds.

Analysis of grants received

	2021 £	2020 £
Big Lottery Fund Grant: Women & Girls Initiative	-	135,883
Bromley Trust	25,000	25,000
Bronzefield Prison	8,514	11,352
CAF Coronavirus Emergency Fund	4,000	-
Charles Hayward Foundation	-	7,000
City & Hackney CCG	7,691	7,500
Clinks	9,619	-
Esmée Fairbairn Foundation	60,000	46,906
Evan Cornish Foundation	10,000	-
Geese Theatre Company	-	403
Henry Smith Charity	35,000	17,500
HMRC Furlough Grant	7,247	-
Horner Smith Foundation	-	3,000
Julia and Hans Rausing Trust	-	17,500
Leigh Trust	-	3,000
London Catalyst	5,000	-
London Community Response Fund	30,242	-
Ministry of Justice	35,000	95,573
National Lottery Community Fund	82,100	-
NHS England	104,940	-
NHS England Health and Justice (Midlands and East)	16,401	-
North Central London Local Maternity Service	5,296	15,890
Northwick Family Trust	5,000	-
P and G Trust	3,000	-
Peoples Health Trust Active Communities	6,379	15,948
Pilgrim Trust	20,000	10,000
Prison Reform Trust	-	158
Rayne Foundation	5,000	-
Samaritans	1,500	1,500
Sheila Kitzinger	-	3,000
Smallwood Trust	23,100	-
The A B Charitable Trust	10,000	10,000
The Goldsmith's Company Charity	-	10,000
The Sylvia Adams Charitable Trust	5,000	-
	525,029	437,113

Government grants have been received from the City & Hackney CCG, HMRC Furlough Grant, Ministry of Justice and NHS England and North Central London Maternity Service.

Birth Companions
Notes to Financial Statements
For the year ended 31 March 2021

3. Investment income

	2021	2020
	£	£
Unrestricted funds		
Bank interest receivable	940	900
	940	900

4. Costs of charitable activities by activity type

	Activities undertaken directly & grants	Support costs (Note 5)	2021
	£	£	£
Prison and community support	169,283	171,702	340,854
Service user involvement	64,583	15,119	79,702
	233,865	186,821	420,687

Costs of charitable activities by activity type – prior year

	Activities undertaken directly & grants	Support costs (Note 5)	2020
	£	£	£
Prison and community support	165,826	159,686	325,512
Service user involvement	73,095	47,135	120,230
	238,921	206,821	445,742

5. Analysis of support costs

	Prison and community support	Service user involvement	2021
	£	£	£
Staff costs	113,331	11,684	125,015
Staff costs - fundraising	7,503	769	8,272
Staff volunteer training and support	2,951	12	2,963
Administration and marketing costs	5,819	96	5,915
Travel costs	62	1	63
Insurance	1,677	72	1,749
Phone, Website and IT costs	9,635	255	9,890
Venue hire	25	-	25
Sundry costs	18,275	953	19,228
Finance costs	9,401	1,054	10,455
Finance costs – fundraising	1,030	132	1,162
Governance costs	1,993	91	2,084
	171,702	15,119	186,821

Support costs are allocated to service user involvement when they are directly incurred or at a project agreed percentage rate.

Birth Companions
Notes to Financial Statements
For the year ended 31 March 2021

Analysis of support costs – prior year

	Prison and community support	Service user involvement	2020
	£	£	£
Staff costs	116,100	34,760	150,860
Staff volunteer training and support	3,022	619	3,641
Administration and marketing costs	16,317	1,718	18,035
Travel costs	1,733	1,425	3,158
Insurance	1,363	314	1,677
Phone, Website and IT costs	2,136	1,161	3,297
Venue hire	1,246	708	1,954
Sundry costs	8,729	1,346	10,075
Finance costs	4,871	3,612	8,483
Governance costs	4,169	1,472	5,641
	159,686	47,135	206,821

6. Governance costs

Governance costs are included within support costs (note 5) and comprise:

	2021	2020
	£	£
Compliance costs	53	469
Payroll service costs	1,061	1,036
Independent Examiner's fees (including VAT)	950	900
Trustee expenses	20	27
Legal and professional fees	-	3,209
	2,084	5,641

7. Fundraising costs

Fundraising costs are included within support costs (note 6) and comprise:

	2021	2020
	£	£
Staff costs	8,272	-
Finance costs	1,162	-
	9,434	-

8. Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation of owned fixed assets	981	576
Staff pension contributions	9,512	8,005
Independent Examiner's fees (including VAT)	950	900

9. Staff costs

	2021	2020
	£	£
Salaries and wages	307,198	285,749
Social security costs	25,130	27,908
Pension costs	9,512	8,005
	341,840	321,662

Birth Companions
Notes to Financial Statements
For the year ended 31 March 2021

Average monthly employee head count	8	8
	<u>8</u>	<u>8</u>

No employee received employee benefits of more than £60,000 (2020: none)

Earnings by Key Management Personnel, being the Director and the Head of Services totalled £91,703 (2020: £100,366)

The pension scheme is defined contribution. The outstanding balance at year end was £1,704 (2020: £1,677)

As ever we are extremely thankful to our volunteers for their commitment to the charity. We estimate that 240 hours of volunteer time was dedicated to the charity (2020: 979 hours).

10. Trustee remuneration and related party transactions

During the year no trustee earned or received remuneration. One Trustee received reimbursement of expenses of £20 for mobile data to facilitate attendance at online meetings (2020: One trustee received reimbursement of £27 for travel to meetings). Additionally, two trustees were paid £150 for their time when contributing to the lived experience team (2020: nil).

During the current year there were unrestricted donations from relatives of key personnel and trustees totalling £4,145.

Donations from three Trustees in year totalled £3,300 (2020: £3,300).

11. Deferred Income

	2021	2020
	£	£
Balance at 1 st April 2020 / 2019	5,296	-
Released in year	(5,296)	-
Deferred in year	21,201	5,296
Balance at 31 st March 2021 / 2020	<u>21,201</u>	<u>5,296</u>

12. Comparative Statement of Financial Activities

	Unrestricted Funds	Restricted Funds	2020
	£	£	£
Income from:			
Donations and legacies	64,863	424,113	488,976
Investments	900		900
Total	<u>65,763</u>	<u>424,113</u>	<u>489,876</u>
Expenditure on:			
Charitable activities	-	(445,742)	(445,742)
Total	<u>-</u>	<u>(445,742)</u>	<u>(445,742)</u>
Net income	65,763	(21,629)	44,134
Reconciliation of funds			
Total funds brought forward	161,897	154,035	315,932
Total funds carried forward	<u>227,660</u>	<u>132,406</u>	<u>360,066</u>

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13. Tangible fixed assets

	Computer Equipment £
Cost or valuation	
At 1 April 2020	4,449
Additions	499
Disposals	(2,102)
At 31 March 2021	<u>2,846</u>
Depreciation	
At 1 April 2020	1,258
Charge for the year	981
Disposals	(1,490)
At 31 March 2021	<u>749</u>
Net Book Values	
At 31 March 2021	<u><u>2,097</u></u>
At 31 March 2020	<u><u>3,191</u></u>

14. Debtors

	2021 £	2020 £
Amounts due within one year:		
Trade debtors	35,186	32,632
Prepayments and accrued income	3,417	878
	<u>38,603</u>	<u>33,510</u>

15. Creditors: amount falling due within one year

	2021 £	2020 £
Trade creditors	3,813	930
Other creditors	7,323	9,155
Accruals and deferred income	37,876	9,400
	<u>49,012</u>	<u>19,485</u>

16. Movement in funds

Unrestricted funds

	Balance at 01/04/2020 £	Income £	Expenditure £	Transfers £	Balance at 31/03/2021 £
<i>Designated</i>					
Designated: Contingency reserve	120,000	-	-	189,000	309,000
<i>General</i>					
General unrestricted	107,660	152,797	(23,705)	(189,000)	47,752
	<u>227,660</u>	<u>152,797</u>	<u>(23,705)</u>	<u>-</u>	<u>356,752</u>

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15. Movement in funds (continued)

Unrestricted funds – previous year

	Balance at 01/04/2019 £	Income £	Expenditure £	Transfers £	Balance at 31/03/2020 £
<i>Designated</i>					
Designated: Contingency reserve	120,000	-	-	-	120,000
<i>General</i>					
General unrestricted	41,897	65,763	-	-	107,660
	161,897	65,763	-	-	227,660

Purpose of unrestricted funds

General unrestricted

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

Designated: contingency reserve

Designated funds comprise of unrestricted funds that have been set aside by the Trustees for particular purposes. The contingency reserve is in place to ensure there are sufficient funds for the ongoing running of the charity's core services for 6 months costs.

Restricted funds

	Balance at 01/04/2020 £	Income £	Expenditure £	Balance at 31/03/2021 £
Big Lottery Fund Grant (Women & Girls)	32,545	-	(32,545)	-
Bromley Trust	6,372	10,000	(7,061)	9,311
Bronze field Prison	-	8,514	(1,764)	6,750
Charles Hayward Foundation	7,000	-	(5,735)	1,265
City & Hackney CCG	-	7,691	(5,346)	2,345
Clinks	-	9,619	(8,798)	821
HMRC Furlough Grant	-	7,247	(7,247)	-
London Catalyst	-	5,000	(4,179)	821
London Community Response Fund	-	30,242	(27,132)	3,110
Ministry of Justice	-	35,000	(35,000)	-
National Lottery Covid Emergency Fund	-	82,100	(82,100)	-
NHS England (COVID)	-	90,000	(90,000)	-
NHS England Health and Justice (Midlands and East)	-	16,401	(10,049)	6,352
NHS England and NHS Improvement	-	14,940	(9,781)	5,159
North Central London Maternity Service	3,822	5,296	(9,118)	-
Peoples Health Trust Active Communities	-	6,379	(6,379)	-
Rayne Foundation	-	5,000	-	5,000
Samaritans	-	1,500	(1,500)	-
Smallwood Trust	-	23,100	(23,100)	-
The A B Charitable Trust	6,371	-	(6,371)	-
Core funds, time restricted	76,296	100,000	(23,777)	152,519
	132,406	458,029	(396,982)	193,453

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15. Movement in funds (continued)

Restricted funds – previous year

	Balance at 01/04/2019 £	Income £	Expenditure £	Balance at 31/03/2020 £
Big Lottery Fund Grant (Women & Girls)	16,892	135,883	120,230	32,545
Bromley Trust	-	10,000	3,628	6,372
Bronze field Prison	-	11,352	11,352	-
Charles Hayward Foundation	-	7,000	-	7,000
City & Hackney CCG	-	7,500	7,500	-
Julia Hans Rausling Trust	-	17,500	17,500	-
Lloyds Enable Trust	2,572	-	2,572	-
London Catalyst / Samaritans	3,013	-	3,013	-
Ministry of Justice	9,741	95,573	105,314	-
North Central London Maternity Service	3,826	15,890	15,894	3,822
Partners for Health Saturday Grant	3,013	-	3,013	-
Peoples Health Trust Active Communities	784	15,948	16,732	-
Pilgrim Trust	-	10,000	10,000	-
The A B Charitable Trust	-	10,000	3,629	6,371
Other restricted funds	-	14,967	14,967	-
Core funds, time restricted	114,194	72,500	110,398	76,296
	154,035	424,113	445,742	132,406

Purpose of restricted funds

Other restricted funds

Other restricted funds have been provided to the charity for particular purposes, and it is the policy of the board of trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

Big Lottery Fund Grant (Women & Girls): Towards Service User Involvement activities

Bromley Trust: Towards salaries and running costs for policy and communications work

Bronze field Prison: Towards salaries and running costs related to services delivered at Bronze field Prison

Charles Hayward Foundation: Towards salaries and running costs delivering services at Foston Hall

City & Hackney CCG: Towards salaries and running costs for the community group held in Hackney

Clinks: costs of LET workshops

HMRC Furlough grant: covering salary costs for staff unable to work due to childcare requirements during lockdown

Julia Hans Rausling Trust: Towards salaries and running costs related to community services

Lloyds Enable Trust: Towards IT and design costs

London Catalyst: Contribution towards Whittington service

Ministry of Justice: Current year, towards core running costs of the charity. Prior year, towards salaries and running costs delivering services at Foston Hall and New Lowton Prisons

National Lottery Covid Emergency fund: to meet the increased needs of the vulnerable pregnant women and new mothers during covid

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15. Movement in funds (continued)

NHS England: To provide additional support to vulnerable pregnant women and new mothers including those who were eligible for early prison release.

NHS England and NHS Improvement: Perinatal and Healthcare Peer Support programmes at Peterborough Prison

NHS England Health and Justice (Midlands and East): Services at Foston Hall Prison

North Central London Maternity Service: Towards complex social needs research

Partners for Health Saturday Grant: Towards salaries and running costs for the community groups

Peoples Health Trust Active Communities: Towards salaries and running costs related to services delivered at Peterborough Prison

Pilgrim Trust: Towards Community Link costs

Rayne Foundation: Community work in Hackney and Islington

Samaritans: To assist people in need through the provision of emergency hardship payments

The A B Charitable Trust: Towards salaries and running costs related to services delivered at prisons

16. Analysis of net assets between funds

	Tangible fixed assets	Net current assets / liabilities	Net assets
	£	£	£
Unrestricted funds			
<i>General</i>			
General unrestricted	2,097	45,655	47,752
<i>Designated</i>			
Designated: contingency reserve		309,000	309,000
Restricted funds			
Bromley Trust		9,311	9,311
Bronzefield Prison		6,750	6,750
Charles Hayward Foundation		1,265	1,265
City & Hackney CCG		2,345	2,345
Clinks		821	821
London Catalyst		821	821
London Community Response Fund		3,110	3,110
NHS England Health and Justice (Midlands and East)		6,352	6,352
NHS England and NHS Improvement		5,159	5,159
Rayne Foundation		5,000	5,000
Core funds, time restricted		152,519	152,519
	2,097	548,108	550,205

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Previous year

	Tangible fixed assets	Net current assets / liabilities	Net assets
	£	£	£
Unrestricted funds			
<i>General</i>			
General unrestricted	3,191	104,470	107,661
<i>Designated</i>			
Designated: contingency reserve		120,000	120,000
Restricted funds			
Big Lottery Fund Grant (Women & Girls)		32,545	32,545
Bromley Trust		6,372	6,372
Charles Hayward Foundation		7,000	7,000
North Central London Maternity Service		3,822	3,822
The A B Charitable Trust		6,371	6,371
Core funds, time restricted		76,295	76,295
	3,191	356,875	360,066

17. Reconciliation of net movement in funds to net cashflow from operating activities

	2021 £	2020 £
Statement of financial activities: net movement in funds from operating activities	189,199	43,234
Depreciation	981	576
Fixed asset purchases	(499)	(1,847)
Fixed asset disposals	612	-
Bank interest	940	900
(Decrease) / Increase in creditors: current liabilities	29,527	(3,178)
Decrease / (Increase) in debtors	(5,093)	4,779
Movement in cash	215,667	44,464

18. Analysis of changes in cash during the year

	2021 £	2020 £	Change £
Cash in bank and in hand	477,286	262,220	215,066
Short term deposits	81,231	80,630	601
	558,517	342,850	215,667

	2020 £	2019 £	Change £
Cash in bank and in hand	262,220	217,756	44,464
Short term deposits	80,630	80,630	-
	342,850	298,386	44,464

It has been assumed that short term deposits are repayable on demand.

19. Cashflow restrictions

Charity law prohibits the use of net cash inflows on any endowed or other restricted fund to offset net cash outflows on any fund outside its own Objects, except on special authority. In practice this restriction has not had any effect on cashflows for the year.

20. Operating Leases

The Charity did not have any operating leases in the year (2020: none).

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Notes to Financial Statements
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21. Capital Commitments

The Charity did not have any capital commitments in the year (2020: none).