

Light Peer Support (LTD)

England & Wales · Charity number 1149125

Details

Other names	LIGHT SHEFFIELD, Light Peer Support, Light (Pre and Post Natal support), Light (Pre and post natal support)
Status	Registered
Legal form	Charitable company
Company number	08194767
Registered	2012-09-27
Register	View on the Charity Commission register

Contact

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Activities

Objects: THE OBJECTS OF THE CHARITY ('THE OBJECTS') ARE THE PROMOTION OF ANY CHARITABLE PURPOSE DIRECTED TO ALLEVIATING THOSE WHO SUFFER FROM POSTNATAL DEPRESSION AND PREGNANCY-RELATED ILLNESSES AND, IN PARTICULAR, THE RELIEF OF SICKNESS AND PROTECTION AND PROMOTION OF GOOD HEALTH (BOTH PHYSICAL AND MENTAL) BY THE PROVISION OF SUPPORT AND COUNSELLING AND THE ADVANCEMENT IN EDUCATION IN MATTERS RELATING TO POSTNATAL DEPRESSION AND PREGNANCY-RELATED ILLNESSES AND THEIR EFFECTS IN PARTICULAR BY THE PROVISION OF ADVICE AND GUIDANCE.

Activities: Support for mothers and pregnant women and their families who are suffering with post and ante natal depression and anxiety and other perinatal mental illness. This support includes email, telephone and text support and peer support buddying in the South Yorkshire and North Derbyshire area.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Other Charities Or Voluntary Bodies

Geography

- Barnsley
- Doncaster
- Rotherham
- Sheffield City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£491,791	£435,359	-	-
2024-03-31	£399,182	£229,019	-	-
2023-06-30	£178,875	£204,811	-	-
2022-06-30	£201,494	£128,021	-	-
2021-06-30	£129,230	£96,872	-	-

Trustees

Name	Role	Appointed
Alice Curren		2017-05-22
JAN CUBISON BA HONS		2012-09-26
Joanna McGarrigle		2023-09-27
SAVI ROBINSON BSC Hons		2012-12-26

Light Peer Support (LTD)

England & Wales - Charity number 1149125

Accounts

Registered Charity Number: 1149125
Company number: 08194767

Light Peer Support Ltd

Annual Report and unaudited Financial Statements

For the year ended 31 March 2025

Light Peer Support Ltd

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Light Peer Support Ltd
Trustees' annual report
For the year ended 31 March 2025

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2025 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the charities Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland; FRS 102) issued in October 2019.

Chair's Report

This is the fifteenth annual report for Light Peer Support Ltd (Light).

I continue to be incredibly proud to represent Light Peer Support. As one of the founding members of the charity it means a huge amount to me to be able to say that we are in our fifteenth year of support for the families of South Yorkshire during pregnancy and after having had a baby. With the ever changing economic environment this year has continued to bring immense challenges for families, for volunteers, for staff and for Light.

I am pleased to report we are continuing to provide our excellent support arrangements which respects service user choice of how they wish to receive support but champions in person contact aiding recovery. This period has seen another increase in referrals and a much improved reach to service users via social media, especially our new Facebook community Forum. This gives parents a safe, non judgmental space to chat with other parents and gain access to our peer support workers online.

We continue to provide support through our contracts with Sheffield City Council and Sheffield Health & Social Care NHS Trust and the Sheffield City Council's Family Hubs/Start for Life funded by the Government. We have worked hard to meet and exceed delivery targets and continue to expand our offering. In particular Light has now taken significant steps to strengthen and formalise its counselling provision, with a focus on improving service user pathways, clinical governance, and service integration. We engaged a BACP accredited clinical lead and recruited a Lead Integrative Counsellor, who took up post in November 2024 to lead the delivery of an improved counselling offer.

Our main focus for the current contracts has been to expand in person support groups in local communities. With an increase in referrals, we have increased face to face support and increased the number of groups, ensuring that there is more than one support group happening on every day of the week. We are still offering remote support via video call and telephone, email, text and our online forum as mentioned above. We have also continued to increase our targeted support with more focus on birth trauma, pregnancy, dads/co-parents and under-represented groups. We have also expanded the locations where we can offer support, providing a much better presence in Doncaster and Barnsley than previous years.

We are continually reviewing our contracts and support models and have been recently exploring new leaflet designs and revamping updating our website as well as planning recruitment of marketing and communication professionals to ensure we reach more of our target audience. As a result of the workforce expansion last year we are fully utilizing our expanded our offices at Knowle house, enabling all staff to work from the office as well as flexible home working when appropriate.

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What has been great this year is, is that we continued to develop our well-being walks, delivering a programme of summer walks, where cost is no barrier to participation, encouraging parents to get out in the green spaces and parks and improve fitness and mental health through exercise. This has been very successful and has now had a formal evaluation by Sheffield University. We are planning a further series of Walks for this Autumn and hope to make them even more inclusive by mothers, as it is being found that this type of support is preferred.

I would like to express my heartfelt thanks to all our families, staff, volunteers, funders and supporters, without you all we could not continue to deliver this vital support, the pandemic has impacted hugely on families having a baby or who have young children and the support we offer is a lifeline for many.

Savi Robinson
Chair of Light Trustees

About Light

Light Peer Support Ltd (Light) is a registered charity providing support to women and their families who are affected by mental health problems in pregnancy and around childbirth in Sheffield, Rotherham, Doncaster and more recently Barnsley. Light provides perinatal mental health peer support, which we are pleased to report is now being increasingly recognised as an aid to mental health recovery for mild – moderate mental health difficulties. We provide peer support in person on a 1-1 basis and in group settings. We also provide remote support via videocall, telephone, text and email.

Light was founded in July 2010 by Louise Heard and Karen Beetham, two mothers with a history of post natal depression and Savi Robinson, who was an NHS Volunteer at the time.

Mission and objectives of Light

Light aims to provide support to families who are affected by perinatal mental health illness. We do this by reducing isolation and stigma and increasing new parents' confidence so that those struggling with their emotional and mental wellbeing in the perinatal period are able to participate in normal life, interact with their babies and enjoy being parents.

Light also aims to raise awareness of perinatal mental health throughout South Yorkshire and further afield through building partnerships and referral pathways with related services and by being involved in the training of other voluntary and statutory organisations, so that they can recognise the symptoms of perinatal mental illness and can be preventative rather than reactive when they encounter parents with these issues.

Light's long-term vision is to establish a centrally located 'Lighthouse' hub that will be accessible to families every day on a drop-in basis, providing a safe place where they can come, receive support and talk about their emotional and mental wellbeing with others who have had similar experiences in the perinatal period and are now recovered, promoting recovery through self-help.

The objectives of Light are the promotion of any charitable purpose directed to alleviating those who suffer from perinatal mental illness and, in particular, the relief of sickness and the protection and promotion of good health (both physical and mental) by the provision of peer support and counselling and the advancement in education in matters relating to perinatal mental health, by the provision of advice and guidance.

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Vision

Effective peer support for anyone struggling with their mental health and emotional wellbeing during pregnancy, birth and afterwards.

Mission

We support anyone struggling emotionally during pregnancy, birth and beyond. We provide peer support, raise awareness and promote understanding of perinatal mental health.

Values

- Hope – we show there is light at the end of the tunnel
- Supportive – we provide help to anyone who needs it, without judgement
- Empathetic – we truly understand how it feels to struggle emotionally
- Compassionate – we're caring, kind and considerate in all our actions
- Collaborative – we work together to ensure anyone gets the support they need

Analysis of Need

Estimates vary but NHS England reports that perinatal mental illness affects up to 27% of new and expectant mums and covers a wide range of conditions. It also affects dads and co-parents. If left untreated, mental health issues can have significant and long-lasting effects on parents, the child, and the wider family.

It is estimated that up to one in four new and expectant mums are affected by perinatal mental health problems, covering a range of conditions including postnatal depression, anxiety, post-traumatic stress disorder (PTSD) and postpartum psychosis. The right support at the right time can have an enormous impact on the psychological wellbeing and mental health of women and families.

Sheffield had 5705 live births in 2022; Rotherham 2811 live births; Doncaster 3350 live births; and Barnsley 2525 live births. This means an estimate across South Yorkshire of up to 3598 women who will suffer mental health problems in the perinatal period each year (2022 figures: ONS stats from NOMIS accessed 27th Aug 2024).

What has Light done this year?

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance on 'public benefit: reporting (PB3)'.

Activities, Achievements & Performance

Staffing

During this reporting period, 1 April 2024 – 31 March 2025 we continued to strengthen and expand our workforce capacity and infrastructure to meet the needs of women and families. We successfully sustained and further developed our PNMH peer support workforce, allowing us to broaden our reach and enhance the quality of support we provide. We progressed the cultural sensitivity of our offer by responding to the feedback provided from our employees who were members of the BAMER community. We are pleased to report that we have continued to attract individuals from diverse communities to enhance the inclusivity of our support offered.

We have made significant strides in consolidating our business operations. Our engagement with a management accountant, HR consultant, and managed service providers for IT and CRM systems has improved operational efficiency, data security, and compliance. Our Governance and Business Manager giving us the capacity focus on good governance and longer term planning.

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Our marketing consultant has been instrumental in increasing visibility and awareness of perinatal mental health issues and the support available through our services. This has contributed to increased referrals.

To ensure the long-term financial health and sustainability of Light we continue to work closely with our fundraising consultant, who has successfully secured several new funding streams and grant opportunities. This diversified income base allows us to plan with greater confidence and resilience, ensuring we can deliver against our mission.

Referrals and Enquiries

In the period, 1 April 2024 – 31 March 2025, we experienced a significant 36% increase in referrals and enquiries to our Perinatal Mental Health (PNMH) peer support service. Total referrals rose from 646 in 2023–2024 to **876**, representing an increase of **230 referrals** year-on-year.

Source of Referrals			
Year	Total Referrals	Self-Referrals	Professional Referrals
2023–2024	646	342	304
2024–2025	876	418	455

Professional referrals, including Specialist PNMH Services, Health Visitors, Midwives, GPs Early Years & Family Hub professionals saw the largest proportional increase—approximately **50%**—an encouraging trend that reflects stronger engagement from health and social care professionals. This growth aligns with our increased workforce capacity, which has enhanced our service visibility and enabled more consistent professional outreach. Moving forward, we will continue to support and expand this engagement by delivering targeted awareness sessions and streamlining and improving the professional referral process

Self-referrals increased by around 22%, highlighting the success of our outreach and awareness-raising initiatives, made possible through recent investment.

We promoted self-referral options through a diverse media mix to ensure accessibility and ease of use. The most common self-referral methods were: Email: 35%, QR Code: 22%, Web/Social Media: 18% Phone: 18%

These figures reflect the growing recognition of our services and demonstrate the impact of our strategic focus on accessibility, partnership, and community engagement.

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Perinatal Mental Health Peer Support for parents and families

Following an overall increase in referrals, **623** individuals registered with Light for support between 1 April 2024 to 31 March 2025. Individuals can access 1-1 support in-person or via phone, text or email, group support or both. **444** individuals accessed 1-1 support in this period, with **2908** appointments made for 1:1 support. **377** individuals accessed groups held by Light. 1-1 support is initially offered for 6 sessions but is extended if required. In person 1-1 sessions are offered from our hub at Knowle House in Sheffield, and this year we have also significantly expanded the 1-1 provision we are able to offer in other localities, from family hubs or family hub satellite sites, to reduce potential barriers to access such as transport and familiarity.

Light has also expanded our group provision in this period and offered peer support groups across Sheffield, Rotherham and Doncaster; and Barnsley from September 2024. Groups are offered in family hubs, and other community locations near service users' homes as well as at our hub in Knowle House, Sheffield.

Place & Locality Perinatal Mental Health Peer Support Groups

Sheffield

Light Hub – Knowle House
Darnall Family Hub
Early Days Family Hub
First Start Family Hub
Primrose Family Hub
Sharrow Family Hub
Shortbrook Family Hub
Valley Park Family Hub

Rotherham

Arnold Children's Centre
Aughton Early Years Centre
Rawmarsh Children's Centre

Doncaster

Bentley Family Hub
Rossington Family Hub
Moorends Family Hub

Barnsley

Central Family Hub
North East Family Hub
North Family Hub
Penistone Family Hub
South Family Hub
The Bolton Upon Dearne Nursery

Targeted Peer Support Groups

In addition to our locality-based peer support groups, we continue to offer a number of targeted peer support groups including a weekly birth trauma peer support group, pregnant parents and postpartum group (up to the end of the '4th trimester'), and young parents' group.

Commissioned Groups

We were also able to offer Aquatic Nature sessions to improve early water confidence and a nurturing approach to bath times and First Aid training for parents through the year.

Hosted Groups

We hosted other groups delivered by partner organisations enabling our service users to access groups in a familiar place, these included Baby Massage, Baby Massage, Incredible Babies, Successful Sleepers workshop, Start Well Families Programme. A new initiative in this period was delivery of an Anxiety & Worry Workshop and Low Mood Workshop by Sheffield Talking Therapies both of which received extremely positive feedback. **377** individuals accessed groups held by Light. In this period, we held or hosted **1085** groups.

Birth Trauma Peer Support

The birth trauma peer support service has been funded over recent years by NHS South Yorkshire Integrated Care Board. We received continued funding to deliver support across Sheffield, Doncaster, Rotherham and Barnsley. We provide a weekly birth trauma peer support group in Sheffield and were also able to provide birth trauma group support in Doncaster at two family hubs. We were able to continue employ two peer support workers who provide support specifically around birth experience. In the period 1st April 2024 to 31st March 2025 130 individuals who registered with Light included birth experience as a presenting need/reason for accessing support.

Well-being walks

Following a successful pilot in 2023, Light continued to develop our *Wellbeing Walks*—a new initiative designed to support mums through gentle physical activity and social connection in natural settings. The project aimed to address isolation, build confidence, and provide emotional support to mums during the perinatal period.

13 walks were held across Sheffield's parks and green spaces, including Hillsborough Park, Norfolk Park, Firth Park, and others. **10 mums and their babies** participated in total, with the final walk being the most attended (5 participants). The final walk was held in **Bakewell**, with lunch and transport provided—supporting mums to travel further afield with their babies, many for the first time.

Mums reported positive impacts including:

- Improved mood and wellbeing after each walk
- Increased confidence to leave the house with their baby
- Stronger peer connections and reduced isolation
- Discovery of new green spaces

"I always felt better after going... it was good to get out of the house and talk to other mums."

Last year, following feedback from a group of South Asian mums in Darnall and Firth Park, we introduced a monthly walking group to replace the peer support group that week. This change came about after consultation sessions where we explored the barriers these South Asian and Muslim women mums faced in accessing services and discussed activities they would genuinely enjoy and look forward to.

Many of them suggested walking as a way to ease the pressure of having to talk or share personal experiences, especially when they felt uncomfortable, as culturally this was something that they felt unfamiliar with. They felt that walking together created a more relaxed, natural space for connection and support, helping to reduce loneliness, isolation, and improve mental wellbeing.

Since then, we have also become involved in a research project with the University of York and University of Keele working with communities in Sheffield and London, exploring how Muslim women's walking groups can support perinatal mental health. The project has recruited four Community Research Link Workers across Sheffield and London and is focused on identifying effective interventions that promote walking, connection with nature, and positive mental health outcomes with the aim of designing approaches that best meet the needs of these women.

Under-represented groups

Light has continued to accelerate its work to address health inequalities and address cultural and communication barriers which compound perinatal mental health inequality. Through the Family Hubs/Start for Life funding in Sheffield we have been able to expand the number of peer support workers in our team from BAME backgrounds and able to deliver peer support in other languages, primarily Urdu and Punjabi. We have been undertaking targeted outreach and engagement activities in under-represented communities, tapping into diverse formal and informal networks to raise awareness and promote Light's services. We continue to tailor our engagement processes and service delivery to meet the specific needs identified by individuals from diverse backgrounds, cultures and age groups. Through this personalised and targeted approach, we aim to eliminate barriers and promote accessibility for all mothers.

We have also been working collaboratively with the Universities of Sheffield, Leeds and Keele, Doncaster and Rotherham City Councils and Sheffield Health & Social Care NHS Trust's Specialist PNMH Services, since 1 October 2024 as part of National Institute of Health Research, NHR funded research study titled *Perinatal Redesign for Accessing Mental Health Services (PRAMS)*. The aim of this study which will run until 31 March 2026, is to explore the barriers to accessing perinatal mental health support among underrepresented groups.

So far, we have facilitated focus groups with a range of participants, including BAMER women, young parents, and mothers from socially and economically deprived areas. With the support of Light, the project has recruited two Community Research Link Workers who have been attending Light groups and engaging directly with women to gather insights.

The study aims to identify key themes emerging from the feedback provided by both staff and service users, and to co-design interventions that will help improve access to perinatal mental health services for those who need them most.

Counselling service

Light has offered a counselling service since 2018, with counselling delivered by trainee counsellors undertaking their final 100 hours of practice to complete their qualifications. Following a review of our counselling service provision undertaken by a BACP accredited provider in the previous period, Light has now taken significant steps to strengthen and formalise its counselling provision, with a focus on improving service user pathways, clinical governance, and service integration. We engaged a BACP accredited clinical lead and recruited a Lead Integrative Counsellor, who took up post in November 2024 to lead the delivery of an improved counselling offer. Key to service improvement and our counselling pathway was the introduction of an improved referral process to streamline access for people engaged with our service who were requesting counselling, this went live in January 2025.

The Lead Integrative Counsellor began initial client assessments and assumed a small caseload while leading service development. Assessment outcomes identified a high incidence of childhood, birth, and perinatal trauma, reinforcing the need for a trauma-informed approach. Two additional volunteer trainee counsellors were recruited to meet growing demand. A new counselling records system was introduced to support clinical governance and service quality. This includes formalised client pathways: contracts, psychometric measures, goal setting, standardised progress notes, reviews, and client feedback mechanisms. We have now recruited 2 further volunteer trainee therapists. Recruitment of a Lead Integrative Counsellor has facilitated retention of 2 qualified therapists and the recruitment of a further qualified counsellor.

In this period 49 service users received counselling services from Light.

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Volunteers

Volunteers continue to be a valued and much-appreciated part of our team bringing additional capacity to Light. They play a vital role in supporting our peer support groups, raising awareness through outreach and community engagement, contributing to events, and offering one-to-one peer support.

This year, volunteer recruitment remained a key area of development. While recovery from the impact of the COVID-19 lockdowns was initially slow, and wider social and economic changes have continued to affect recruitment and retention, we are pleased to report continued progress. We received 86 expressions of interest from individuals keen to volunteer with us—a positive indication of growing engagement.

To widen our volunteer base, we expanded our criteria this year to include not only those with lived experience but also parents and students seeking to deepen their understanding of perinatal mental health. This change has helped us reach a broader pool of potential volunteers.

In total, 15 volunteers dedicated their time and skills to Light in 2024–2025. Among them were five counsellors, including three qualified counsellors, significantly extending our therapeutic capacity. While two volunteers moved on during the year, their contributions remain greatly appreciated.

All volunteers receive training and ongoing tailored support to ensure they feel confident and well-equipped in their roles. Notably, three of our 2024–2025 volunteers joined the Light as Peer Support Workers in spring 2025, reflecting the strength of our volunteer development pathway.

Premises

In January 2024 Light moved into a larger office space at Knowle House to accommodate the expanding team and increase in service activity. The space occupied at Knowle House including 2 large group rooms, 2 peer support/therapy rooms and kitchen facilities continues to reap benefits in relation to our service offer and ability to offer complimentary services from partners in an environment that is familiar to our service users. Since the beginning of 2024 we have been able to take advantage of further space available in family hubs across South Yorkshire to deliver more 1-1 and group peer support in other localities. However, we have been challenged in this period by restrictions on room availability and therefore have taken on additional space at our hub to provide dedicated space for counselling provision.

We continue to work towards our longer-term vision to open the “Lighthouse” a hub for perinatal mental health peer support services which would be open throughout the week for women and families to drop-in as well as access planned 1-1 and group sessions run by ourselves and our perinatal mental health partners.

Developing infrastructure and fundraising

During this period, we have continued to strengthen our infrastructure through the following initiatives:

- Further development of the CRM system implemented in January 2023, with a focus on automating administrative processes to enhance efficiency and gain deeper insights into the needs of our service users.
- Continuing engagement with our managed IT service provider to enhance our overall IT infrastructure and strengthen our cybersecurity capabilities.
- Enhancing the effectiveness and contribution of our marketing consultant through the development and support of the wider team.
- **Ongoing engagement of our fundraising consultant to secure funding in support of Light's charitable activities. This enables us to innovate and take creative approaches in delivering perinatal mental health peer support. During this period, these efforts have resulted in £35,750 raised through grants.**

Networking & Relationships

Light has continued to develop relationships across South Yorkshire and beyond to advance the local and national provision of perinatal mental health services, raise awareness of perinatal mental health and share best practice. Some of the partners, networks, organisations and membership groups we work with are listed below:

- Local Maternity & Neonatal Voices Partnership
- NHS South Yorkshire Integrated Care Board – Maternal & Perinatal Mental Health Steering Group
- Sheffield City Council – Start for Life Perinatal Mental Health & Infant Mental Health Steering Group
- Sheffield Health and Social Care Trust
- Public Health Specialists and Commissioners
- Sheffield Teaching Hospitals NHS Trust -Jessop Wing
- NHS South Yorkshire and Bassetlaw Integrated Care System & Local Maternity System
- Rotherham, Doncaster and South Humber NHS Foundation Trust
- The Marce Society
- Make Birth Better
- Sheffield Hallam University
- Sheffield University
- Barnsley Perinatal and Parent Infant Network

Raising Awareness of Perinatal Mental Health and the Value of Peer Support

At Light, a key focus of our work is raising awareness of the mental health challenges faced by women and families during the perinatal period. We continue to do this through a variety of channels, ensuring that our messaging is both relatable and reflective of the lived experiences of our service users.

Our content is shaped by real conversations from our peer support groups and one-to-one sessions, allowing us to speak directly to the emotional and practical challenges of parenthood. By showing that we understand the complex demands of this life stage, we aim to reduce stigma, encourage people to seek help, and signpost them to other useful services.

Strengthening Community Presence Through Family Hubs

The Family Hubs and Start for Life investment in Sheffield and Barnsley enabled our peer support team to significantly increase their on-site presence in family hubs, antenatal clinics, and other community venues. This expansion allowed us to promote our services more widely and reach more families at key points in their perinatal journey.

In partnership with Sheffield City Council's communications team, we co-produced a series of videos displayed in Family Hubs across the city. These videos raise awareness of the emotional realities of the perinatal period and the value of peer support, helping parents feel seen, heard, and supported. We also now have a Light promotion at Jessop Maternity Hospital on their visual display "TV" screens.

Strategic Campaigns and Social Media Growth

Our peer support coordinators lead our daily social media efforts, guided by our marketing consultant, who supports strategic content planning and campaign development. Highlights from recent campaigns include:

- "Bringing Light to Darker Days" (Winter campaign)
- "Buy a New Parent a Cuppa"
- Maternal Mental Health Week, which led to a 725% increase in views compared to the week before.

Thanks to these targeted efforts, we've seen outstanding growth across our digital platforms:

- Facebook Reach: 35,646 — 114% increase
- Instagram Reach: 2,908 — 589% increase
- LinkedIn Impressions: 3,618 — a new and growing area of focus
- Website Page Views: 48,894 — 50% increase

Improved Visibility and Accessibility

We refreshed our promotional leaflet to better reflect the diverse communities we support. These updated materials are now part of maternity information packs in Sheffield, Doncaster, and Rotherham, ensuring more families receive information about our services at the earliest opportunity.

Partner Training and Volunteer Development

We worked collaboratively with partners in Sheffield to co-deliver training on perinatal mental health, which is now a core part of the Sheffield Early Help Training Programme. This initiative is raising awareness across both statutory services and the voluntary and community sector.

In Rotherham, we recently delivered bespoke training sessions for Family Hub volunteers, equipping them with the knowledge and confidence to support families facing perinatal mental health challenges.

Launch of Facebook Community Forum

To further support our service users, we launched a new Facebook Community Forum in 2024 — a moderated, confidential online space exclusive to registered Light members. The forum is curated and monitored by Light staff to ensure it remains a safe, supportive, and inclusive environment for peer support and connection.

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Feedback

We periodically ask service users for feedback on the service they have received. We ask them to reflect on impact on mental health, impact on physical health, impact on social isolation, impact on self-esteem, and relationship/attachment to their child(ren). The feedback we receive is overwhelmingly positive with 94% of service users from 1 January 2025 – 31 March 2025 reporting that they were happy with the support they received from Light.

A selection of comments regarding what service users found most helpful is below:

Supportive staff

'Staff who have similar experiences are easy to talk to and provide lots of support and advice.'

'Nurturing, caring approach, excellent listening and patient-led approach.'

"That someone is actually listening to what I have to say, and not dismissing it"

Availability and quality of PNMH peer support

'Talking about what I am thinking and feeling and having someone be able to share insight as to why and point me in the direction of where/who to get help from. Absolutely no judgement and a commonality of thinking with others in needing to change the narratives around women's health postnatal.'

'Less sense of isolation, don't feel that I'm crazy for thinking and feeling the way I do because I know that others do as well.'

'Feeling like I'm not alone. Having someone outside of my family and friends makes it easier to open-up and I feel like the 1-1 sessions have really helped with that. I am grateful for the classes, 1-1 and the wellbeing walks for making me get up and out when it would be so much easier for me to stay at home! The team is so friendly and meeting other mums again has helped me realise I'm not alone!'

'Personal and understanding of postpartum/parenthood. Can take my baby with me to counselling and work around our needs.'

Groups

'I like the support group. I feel it's a safe space to talk about anything and X leads the sessions brilliantly. It's nice to be able to exchange with other moms in a relaxing and supportive environment.'

'I enjoy attending a group each week which is suitable for my baby, but also provides me with an opportunity to talk openly about the struggles of parenthood.'

'Being made to feel normal. Support groups available to me.'

'Chatting to the other mums.'

'Being able to attend the light group every Friday has helped me get out the house which was a huge struggle.'

"I enjoy the support group the most and being around other mums and having the group leader come and check in with you one to one"

Group Feedback

We also ask service users to evaluate our perinatal mental health peer support groups at the end of each session. A selection of comments regarding what people found most helpful about our groups is below:

Friendship

'Meeting new moms and building my confidence.'

'Solidarity, not feeling alone.'

'First time I've had opportunity to talk to other women/mothers.'

'Great to be out of the house and be around other people. Being in a group setting but one that feels safe, supportive with like-minded mums.'

'Friendly chat, company, and the opportunity to be honest about how I am feeling.'

'An emotionally safe place where everyone understands what you are going through.'

"Being able to be honest about how i am feeling and not feel judged"

"Getting out of the house and feeling heard and not alone"

"Meeting mums which made me feel less anxious about being pregnant and the birth"

Improved Mental Health

'I knew I was going to have a difficult morning due to appointments and it was just reassuring to know it would be here after. I always feel better after coming to a Light group.'

'Just knowing it was here on a difficult day made it so much less difficult.'

'My mood changed. X and X helped me a lot.'

"Relief to be back in a group with so much support and understanding .Very worried about coping with sleep deprivation/ intrusive thoughts. Feel this group helps"

Supportive Staff

'Being able to talk openly to others without judgement.'

"Being able to talk, rationalise and offload helped a lot"

Confidence

'That it's OK to have the feelings I am having. I am not alone.'

"A place to share feelings and insecurities"

1-1 Support

Finally, we ask service users to evaluate the 1-1 perinatal mental health peer support they have received after their 6th session. A selection of comments regarding what people found most helpful about the 1-1 support is below:

Supportive staff/ Safe Space

'Not talking to a health professional, it was a human being who was able to validate my feelings and get me to reflect on things.'

'Having dedicated time set aside to address what I'm feeling and what is going on in my life. Being able to be totally honest. Being able to chat with someone who listens, understands and does not judge.'

'Just the comfort of knowing the phone calls were happening and how easy it was to talk without fear of judgement.'

'The freedom to talk without judgement over the phone is invaluable. Just knowing I had Tina to talk to got me through the week sometimes. X was a perfect match...we had some shared experiences and that was so helpful. I truly feel I couldn't have been matched better.'

'I found my support worker really assured me about things in life that are hard work and it's nothing to be ashamed about.'

'Having a safe space to talk about whatever I needed to and having someone listen who understood what I meant.'

Not alone/ Someone to talk to

'Knowing I wasn't alone.'

'Knowing that for certain every week there was someone to speak to judgement free. Looking forward to the sessions and a sense of reassurance provided throughout the week leading up to sessions.'

"I felt less alone. X made me feel understood and cared for. She helped me reflect on my feelings. I looked forward to speaking to her all week"

"Just having someone to talk to who I felt could relate to the situation and someone who I felt genuinely cared"

Coping mechanisms

'Suggestions for coping mechanisms, validation of experiences, opportunity to talk about some experiences has allowed me to process some events.'

"Coping with anxiety during my pregnancy after having 5 miscarriages"

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Funding and Future Plans

Following our successful tender response in July 2023 to the Sheffield City Council, we began delivering an extended and enhanced PNMH Support Service as part of the Government's Family Hub Start for Life Programme from 1 August 2023 to 31 March 2024. We then worked collaboratively with the Council to develop a sustainability plan to continue delivering the service until 31 March 2026, which subsequently led to a contract extension.

In early 2024, we were successful in a tender response to Sheffield City Council Public Health team to continue to deliver PNMH Peer Support Services from 1 April 2024 to 31 March 2027. These two successes provided stability to our PNMH peer support service offer and increased our capacity to proactively reach out and engage with communities across the Sheffield area.

The contract we held with Sheffield Health & Social Care NHS Trust for the provision of PNMH Peer Support Services to be delivered collaboratively with Specialist PNMH Peer Support Services expired on 31 March 2023. Since then, commissioning discussions have continued; however, due to changes in the NHS contracting process the contract has not yet been agreed. The service has remained operational and has continued to receive funding despite the absence of a formal contract. This interim arrangement is now approaching resolution. We have received confirmation that a new contract covering the period up to 31 March 2028 is expected to be issued imminently.

We are now in early discussion with our Sheffield commissioners to look at opportunities to align NHS/Sheffield City Council commissioning arrangements for PNMH peer support from 2026/2027.

The Birth Trauma Peer Support Service, established in 2021, was commissioned by NHS South Yorkshire ICB to deliver services in Sheffield, Doncaster, Rotherham and Barnsley until 31st March 2025. We are now actively collaborating with ICB other Maternal Mental Health Service providers to clarify and embed a clear care pathway for women experiencing birth trauma. Our aim is to ensure that our service continues to be recognised as a vital component of this pathway and continues to be considered within future commissioning arrangements.

Following the success of our pilot offering perinatal mental health (PNMH) peer support to Barnsley families, initially commissioned by Barnsley until 31st March 2025—we were pleased to receive a contract extension through to 30th June 2025. However, local commissioners have since decided not to commission a standalone PNMH Peer Support Service beyond this period. Despite this, we remain actively engaged in relevant partnership forums to ensure the value of PNMH peer support is acknowledged as a vital component of support for women and families experiencing low to moderate mental health challenges during the perinatal period.

Rotherham Council, through Voluntary Action Rotherham, has recently commissioned an enhanced Perinatal Mental Health (PNMH) peer support service as part of the Family Hubs/Start for Life Programme. This service will be delivered from 1 October 2025 to 31 March 2026 and will provide much-needed additional capacity to provision in Rotherham. During this period, we will work closely with Rotherham commissioners with the intention of securing ongoing funding and ensure the sustainability of an enhanced offer beyond March 2026.

We are now actively looking to expand our PNMH Peer Support -Counselling pathway to enable seamless and timely support for more parent and collaborations with other VCS providers in the field of mental health support to aid recovery from women experiencing trauma.

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We will also continue to develop our involvement with research activities to ensure that the realities of the perinatal period are considered by the contribution of those with lived experience and we help amplify the voices of individuals and communities who have historically been underrepresented or overlooked.

Light remains focused on its business plan and realizing its ambition for the Lighthouse, which will provide a drop in a facility every day. In the meantime, we continue to work with our landlord to ensure our spaces meet our needs. Our workforce are our greatest asset and we will continue our efforts to ensure staff feel valued and respected, and their development supported. Light intends to be representative of its service users and will continue to take action to increase the diversity of our workforce.

Ensuring the sustainability of our charity remains a top priority. We are continuing our efforts to secure funding by engaging both new and existing funders, while broadening our approach to include a more diverse range of income streams, such as corporate collaborations and new innovations in donations capture. methods of capturing donations. To strengthen our engagement with service users and wider stakeholders, we intend that our marketing consultant will continue to lead our marketing and engagement function supported by a dedicated Marketing & Communications Officer. We also plan to recruit a Data and Performance Manager to strengthen our ability to monitor, evaluate, and clearly report on our impact. Our fundraising consultant continues to pursue funding opportunities and prepare grant applications, enabling us to deliver a creative and responsive perinatal mental health peer support service, backed by a robust and diversified income base.

The sustainability of Light has been enabled by the contracts awarded by our primary funders in previous years and in this period:

Sheffield City Council
Sheffield Health and Social Care NHS Trust
NHS South Yorkshire Integrated Care Board

We also extend our thanks for all grants and donations to Light from various grant making and funding bodies.

Reserves policy

Currently Light relies on a number of sources of funding to deliver services, we deliver core perinatal mental health peer support services on the basis of contract income which primarily comes from responding to tender publications and invitations to provide services. This enables us to plan with confidence in the lifespan of contracts once awarded. We additionally make grant and funding applications to support our core costs and be innovative and creative with our service offer.

Light aims to hold sufficient reserves to maintain financial stability, safeguards service continuity, and enables a strategic response to funding uncertainties. The policy is structured as follows:

Core Operating Reserves

We will maintain unrestricted reserves equivalent to a minimum of three months of budgeted operational costs across all services. This level of reserves is intended to provide; flexibility to continue service delivery in the event of delays or uncertainties in contract retendering processes, particularly with statutory sector partners; the capacity for a considered and managed retraction of services if ongoing funding cannot be secured.

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Service Continuity Reserves for Established Contracts

For services that are embedded within local delivery systems and have been awarded contracts of two years or more, we will hold additional reserves. These reserves recognise the critical nature of these contracts and provide further protection for their continuation in the event of temporary funding gaps.

Staff and Closure Provisions

We will also ensure sufficient reserves are held to meet potential staffing-related liabilities, including; notice periods; redundancy payments; associated office closure or wind-down costs.

The Trustees have determined that Light requires free reserves between £180,000 and £200,000.

As at 31 March 2025 the charity had free reserves of £379,633. The excess in free reserves over the target will allow us to explore with confidence time limited projects which align with our mission and use our charitable funds in the public interest

Our policy and reserves will be reviewed at Trustee meetings, which are currently held bi-monthly. It will be monitored by CEO with support from the Treasurer.

Reference and administration details

Company Number

08194767

Charity number

1149125

Directors/Trustees

Savi Robinson

Alice Curren

Sally Evans

Resigned 3 October 2024

Jan Cubison

Jo McGarrigle

Secretary

Jan Cubison

Key management - Chief Executive

Helen Miles

Registered office

Knowle House
4 Norfolk Park Road
Sheffield
S2 3QE

Accountants

Seven Hills Accountants Limited
57 Burton Street
Sheffield
S6 2HH

Light Peer Support Ltd
Trustees' annual report
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Structure and governance

Light Peer Support Ltd (Company number 08194767) was incorporated on 29 August 2012 and its Memorandum and Articles of Association govern it. Its legal status is that of a company limited by guarantee and a registered charity (Charity number 1149125). It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Overall management of the Charity is the responsibility of the trustee directors who are elected and co-opted under the terms of the Memorandum and Articles of Association. Day to day project activity is carried out by volunteers and paid staff.

Light has 4 trustees who meet every 8- 12 weeks. The trustees are Jan Cubison, who was the Clinical Service Manager for the NHS Sheffield Perinatal Mental Health Service before she retired in May 2015, Savi Robinson, who works in the statutory sector, Alice Curren, a full time mum who formerly worked in the financial sector and runs her own business, and Jo McGarrigle, who was previously our CEO and left to work for Derbyshire County Council. Jo has a wealth of experience with families and children.

We are always actively seeking new Trustees and management committee members from a variety of professional backgrounds who believe they can support our work. In particular fundraising experience would be invaluable. If you are interested in joining us then please email us at contactus@lightpeersupport.org.uk

Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of the charity for the purposes of company law) are responsible for preparing a Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the 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 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 charity 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 charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Light Peer Support Ltd
Trustees' annual report
For the year ended 31 March 2025

Small company exemption

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including the directors' report) above on 23 October 2025.

Signed on behalf of the charity's trustees:

A handwritten signature in black ink, appearing to be the name 'Savi Robinson', written in a cursive style.

Savi Robinson
Chair of Trustees

Independent examiner's report to the trustees of Light Peer Support Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

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.

S Lightfoot

Sarah Lightfoot, FCA DChA
Seven Hills Accountants Limited
57 Burton Street
Sheffield
S6 2HH

27 October 2025

Light Peer Support Ltd

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

For the year ended 31 March 2025

		<i>12 months</i>			<i>9 months</i>		
		Unrestricted funds	Restricted funds	2025 Total	Unrestricted funds	Restricted funds	2024 Total
	Notes	£	£	£	£	£	£
Income from:							
Donations and grants	2	25,399	32,000	57,399	25,244	14,752	39,996
Charitable activities	3	424,612	-	424,612	357,014	-	357,014
Bank interest		9,780	-	9,780	2,172	-	2,172
Total income		459,791	32,000	491,791	384,430	14,752	399,182
Expenditure on:							
Fundraising		4,778	-	4,778	5,023	-	5,023
Charitable activities	4	417,491	13,090	430,581	209,782	14,214	223,996
Total expenditure		422,269	13,090	435,359	214,805	14,214	229,019
Net movement in funds		37,522	18,910	56,432	169,625	538	170,163
Total funds brought forward		342,111	3,355	345,466	172,486	2,817	175,303
Total funds carried forward		379,633	22,265	401,898	342,111	3,355	345,466

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

All income and expenditure derive from continuing activities.

Light Peer Support Ltd
Balance Sheet
As at 31 March 2025

	Notes	2025 £	2024 £
Current Assets			
Balance at bank and cash		381,236	394,140
Debtors	7	<u>25,361</u>	<u>35,450</u>
Total current assets		406,597	429,590
Creditors: amounts falling due within one year	8	(4,699)	(84,124)
Net current assets		<u>401,898</u>	<u>345,466</u>
Total assets less current liabilities		401,898	345,466
Creditors: amounts falling due after one year		-	-
Total net assets		<u>401,898</u>	<u>345,466</u>
Represented By			
General funds		379,633	208,020
Designated funds		-	134,091
Total unrestricted funds	10	<u>379,633</u>	<u>342,111</u>
Restricted funds	11	<u>22,265</u>	<u>3,355</u>
Total funds	12	<u>401,898</u>	<u>345,466</u>

For the year ending 31 March 2025 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 in accordance with section 476 of the Companies Act 2006.

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

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

Approved by the board on 23 October 2025.

Signed on the board's behalf by:



Savi Robinson
Chair of Trustees

Light Peer Support Ltd
Notes to the financial statements
For the year ended 31 March 2025

1 Accounting Policies

(a) General

Light Peer Support Ltd is a charitable company in the United Kingdom limited by guarantee. In the event that the charity is wound up the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the legal and administrative information of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011. The financial statements have taken advantage of the exemption to prepare a Statement of Cash Flows.

The charity meets the definition of a public benefit entity as defined under FRS102. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £1.

(b) Income

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

Income from 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.

Legacy income is included in the accounts on the earlier of receipt of the legacy or the date of approval of a distribution e.g. approval of the final estate accounts.

Income received in advance of a specified service it is deferred until the criteria for income recognition are met.

(c) 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.

Grants payable are payments made to third parties in the furtherance of the charitable objects of the Trust. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant award. Grants awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled condition attaching to that grant is outside of the control of the Charity.

(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 that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised in the financial statements.

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.

(e) Tangible fixed assets

All items of capital expenditure below £750 are written off as incurred.

Depreciation has been calculated to write down the cost of all tangible fixed assets over their expected useful lives on the following basis:
Fixtures, fittings and equipment: 3 years straight line

(f) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Light Peer Support Ltd
Notes to the financial statements - continued
For the year ended 31 March 2025

1 Accounting Policies - continued

(g) Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

(h) Trade creditors

Trade creditors 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 the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

(i) Fund accounting

Unrestricted funds are donations and other income receivable or generated for the objects of the organisation without further specified purpose.

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 to be used for specific purposes as laid down by the donor.

(j) Pension costs and other post-retirement benefits

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

(k) Operating leases

Payments made under operating leases are charged to Statement of Financial Activities on a straight-line basis over the period of the lease.

(l) Taxation

As a charity, the organisation is exempt from tax on income and gains falling within the available tax exemptions to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

(m) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

Light Peer Support Ltd
Notes to the financial statements - continued
For the year ended 31 March 2025

	<i>12 months</i>			<i>9 months</i>		
	Unrestricted Fund	Restricted Funds	Total 2025	Unrestricted Fund	Restricted Funds	Total 2024
	£	£	£	£	£	£
Donations	5,515	-	5,515	6,994	-	6,994
Donations in kind	16,134	-	16,134	-	-	-
The Charles & Elsie Sykes Trust	-	3,000	3,000	-	-	-
The Cutlers Company Charitable Trust	750	-	750	750	-	750
The Freshgate Trust Foundation	-	500	500	-	-	-
The Hyman Winstone Foundation	-	500	500	-	-	-
The James Neill Trust Fund	1,000	-	1,000	1,000	-	1,000
The JG Graves Charitable Trust	-	2,000	2,000	-	1,000	1,000
The National Lottery Community Fund	-	20,000	20,000	-	10,000	10,000
Sheffield City Council - Family Hub	-	1,000	1,000	-	-	-
Sheffield Town Trust	1,500	-	1,500	2,000	-	2,000
South Yorkshire's Community Foundation	-	5,000	5,000	-	1,000	1,000
The Tramlines Trust	500	-	500	-	-	-
The Albert Hunt Trust	-	-	-	1,000	-	1,000
Dixon Pitchfork Charitable Trust Fund	-	-	-	-	652	652
May Hearnshaw Charitable Trust	-	-	-	1,000	-	1,000
Postcode Neighbourhood Trust	-	-	-	10,000	-	10,000
Sheffield Church Burgesses Trust	-	-	-	2,000	-	2,000
Sheffield Mutual	-	-	-	-	100	100
Westfield Health	-	-	-	-	2,000	2,000
The Zachary Merton & George Woofindin Convalescent Trust	-	-	-	500	-	500
	25,399	32,000	57,399	25,244	14,752	39,996

Where donors have given towards running/core costs these are unrestricted unless the donor has specified the grant should be restricted.

	<i>12 months</i>			<i>9 months</i>		
	Unrestricted Fund	Restricted Funds	Total 2025	Unrestricted Fund	Restricted Funds	Total 2024
	£	£	£	£	£	£
Sheffield Health and Social Care Trust	84,226	-	84,226	63,170	-	63,170
Sheffield City Council	41,377	-	41,377	31,400	-	31,400
Sheffield City Council - Family Hub	199,100	-	199,100	202,391	-	202,391
South Yorkshire ICB	35,658	-	35,658	28,058	-	28,058
Barnsley Metropolitan Borough Council	48,997	-	48,997	-	-	-
Other services	15,254	-	15,254	31,995	-	31,995
	424,612	-	424,612	357,014	-	357,014

Light Peer Support Ltd
Notes to the financial statements - continued
For the year ended 31 March 2025

4 Expenditure on charitable activities	12 months			9 months		
	Unrestricted Fund	Restricted Funds	Total 2025	Unrestricted Fund	Restricted Funds	Total 2024
	£	£	£	£	£	£
Direct costs						
Group and activity costs	1,189	2,990	4,179	2,091	397	2,488
Marketing and advertising	16,563	-	16,563	5,999	-	5,999
Counselling service	1,052	-	1,052	-	-	-
Rent	18,000	2,100	20,100	3,750	-	3,750
Other project costs	1,226	-	1,226	4,533	100	4,633
Volunteers expenses	80	-	80	-	-	-
Staff costs						
Salary costs	5 305,372	3,000	308,372	148,682	-	148,682
Staff travel and expenses	9,976	-	9,976	5,373	-	5,373
Payroll and HR support fees	7,371	-	7,371	5,006	-	5,006
Training	755	-	755	789	-	789
Office and administration costs						
Office rent	10,000	5,000	15,000	4,204	10,900	15,104
Insurance	894	-	894	-	-	-
Telephone, internet and cyber security	9,598	-	9,598	1,270	-	1,270
DBS checks and recruitment	944	-	944	999	-	999
Website	765	-	765	557	173	730
Computers, software and CRM	12,522	-	12,522	12,830	-	12,830
Printing, postage and stationery	372	-	372	443	-	443
Legal and professional fees	17,283	-	17,283	1,458	-	1,458
Equipment	14	-	14	7,847	-	7,847
Other expenses	833	-	833	1,561	-	1,561
Bank charges	168	-	168	110	-	110
Governance costs						
Independent examination	6 2,514	-	2,514	2,280	-	2,280
Return of unspent grant	-	-	-	-	2,644	2,644
	417,491	13,090	430,581	209,782	14,214	223,996

5 Staff costs, trustees remuneration and expenses, and the cost of key management personnel	12 months 2025	9 months 2024
	£	£
Gross salaries	288,301	140,511
Employer's national insurance contributions	19,453	8,607
Employer's allowance	(5,000)	(2,853)
Employer's pension contributions	5,618	2,417
	308,372	148,682

No employees had employee benefits in excess of £60,000 (2024: nil). There was an average of 16.9 employees during the period (2024: 12.9).

The trustees were not paid or received any other benefits from employment with the charity in the year (2024: £nil). No trustees were reimbursed expenses during the year (2024: £nil). No charity trustee received payment for professional or other services supplied to the charity (2024: £nil).

The key management personnel of the charity comprise the trustees and the Chief Executive Officer. The total employee benefits of the key management personnel for the year was £45,948 (2024: £35,242 - for 9 months).

Light Peer Support Ltd
Notes to the financial statements - continued
For the year ended 31 March 2025

6 Fees paid to the independent examiner's organisation

	2025	2024
	£	£
Independent examination fees	2,514	2,280
Other fees paid to the independent examiner's organisation for other financial services	324	324

7 Debtors

	2025	2024
	£	£
Trade debtors	21,807	31,995
Prepayments	3,554	3,455
	25,361	35,450

8 Creditors: amounts due within one year

	2025	2024
	£	£
Trade creditors	2,185	3,244
Accruals	2,514	2,880
Other taxes and social security	-	-
Deferred income	-	78,000
	4,699	84,124

9 Deferred income

	2025	2024
	£	£
Deferred income brought forward	78,000	(28,058)
Released in the year	(78,000)	28,058
Deferred in the year	-	78,000
Deferred income carried forward	-	78,000

Income is deferred on the basis of the contract period agreed with the funder.

Light Peer Support Ltd
Notes to the financial statements - continued
For the year ended 31 March 2025

10 Unrestricted funds

	Brought forward £	Income £	Expenditure £	Transfers £	Carried forward £
<u>Designated funds</u>					
Family Hub	134,091	-	-	(134,091)	-
Total designated funds	134,091	-	-	(134,091)	-
General funds	208,020	459,791	(422,269)	134,091	379,633
Total unrestricted funds	342,111	459,791	(422,269)	-	379,633

Family Hub This designated funding has been released back to general funds as this contract spanned the financial period end in the previous year.

<i>Prior year comparative</i>	<i>Brought forward £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Carried forward £</i>
<u>Designated funds</u>					
BAME Peer Support worker development	19,947	-	-	(19,947)	-
Family Hub	-	202,391	(68,300)	-	134,091
Total designated funds	19,947	202,391	(68,300)	(19,947)	134,091
General funds	152,539	182,039	(146,505)	19,947	208,020
	172,486	384,430	(214,805)	-	342,111

The trustees have set aside project funding which spans the financial year, to give a clearer picture of the ongoing services of the charity.

11 Restricted funds

	Brought forward £	Income £	Expenditure £	Transfers £	Carried forward £
Premises	100	-	(100)	-	-
Well being Walks	2,963	-	(1,060)	-	1,903
First aid training	292	-	(180)	-	112
Family Hub Community chest	-	1,000	(1,000)	-	-
Aqua Natural Project	-	1,000	(750)	-	250
Awards for all	-	20,000	-	-	20,000
Peer Support Groups	-	2,000	(2,000)	-	-
Core costs	-	8,000	(8,000)	-	-
	3,355	32,000	(13,090)	-	22,265

<i>Restricted funds - previous year</i>	<i>Brought forward £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Carried forward £</i>
National Lottery Awards for All	2,644	-	(2,644)	-	-
Catalyst and the National Lottery Community Fund COVID-19 Digital Response	173	-	(173)	-	-
Premises	-	10,000	(9,900)	-	100
Well being Walks	-	3,000	(37)	-	2,963
Welcome packs	-	100	(100)	-	-
First aid training	-	652	(360)	-	292
Core costs	-	1,000	(1,000)	-	-
	2,817	14,752	(14,214)	-	3,355

Light Peer Support Ltd
Notes to the financial statements - continued
For the year ended 31 March 2025

12 Analysis of net assets between funds

	General Funds	Designated Funds	Restricted Funds	Total 2025
	£	£	£	£
Net current assets	379,633	-	22,265	401,898
	<u>379,633</u>	<u>-</u>	<u>22,265</u>	<u>401,898</u>
<i>Analysis of net assets between funds - previous year</i>				
	<i>General Funds</i>	<i>Designated Funds</i>	<i>Restricted Funds</i>	<i>Total 2024</i>
	<i>£</i>	<i>£</i>	<i>£</i>	<i>£</i>
<i>Net current assets</i>	<i>208,020</i>	<i>134,091</i>	<i>3,355</i>	<i>345,466</i>
	<u><i>208,020</i></u>	<u><i>134,091</i></u>	<u><i>3,355</i></u>	<u><i>345,466</i></u>

13 Related party transactions

There were no related party transactions during the year, other than those detailed in note 4.

14 Operating lease commitments

At 31 March 2025 the charity was committed to making the following future minimum lease payments under non-cancellable operating leases as follows:

	2025	2024
	£	£
Payable within 1 year	4,421	18,171
	<u>4,421</u>	<u>18,171</u>

Light Peer Support (LTD)

England & Wales - Charity number 1149125

Accounts

Registered Charity Number: 1149125
Company number: 08194767

Light Peer Support Ltd

Annual Report and unaudited Financial Statements

For the 9 month period ended 31 March 2024

Light Peer Support Ltd
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Light Peer Support Ltd
Trustees' annual report
For the 9 month period ended 31 March 2024

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2024 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the charities Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland; FRS 102) issued in October 2019.

Chair's Report

This is the fourteenth annual report for Light Peer Support Ltd (Light).

I continue to be incredibly proud to represent Light Peer Support. As one of the founding members of the charity it means a huge amount to me to be able to say that we are in our fourteenth year of support for the families of South Yorkshire during pregnancy and after having had a baby. With the ever changing economic environment this year has continued to bring immense challenges for families, for volunteers, for staff and for Light.

Following our Covid 19 response with the establishment of remote working and emphasis on virtual support, I am pleased to report we have now fully established our normal support arrangements which respects service user choice of how they wish to receive support but champions in person contact aiding recovery. This period has seen a rapid expansion of our service, due to our success in securing a new contract to provide perinatal mental health peer support as part of Sheffield City Council's Family Hubs/Start for Life government funded by the Government. We have also been successful in being awarded a new contract with Barnsley Council to provide perinatal mental health peer support. This means that we can reach more people in person in a more diverse range of communities, operating over a much larger geographical area.

Of course, we continue to provide support through our contracts with Sheffield City Council and Sheffield Health & Social Care NHS Trust. We have worked hard to meet and exceed delivery targets and continue to expand our offering.

Our main focus for the current contracts has been to expand in person support groups in local communities. With an increase in referrals, we have increased face to face support and increased the number of groups, ensuring that there is more than one support group happening on every day of the week. We are still offering remote support via video call and telephone, email, text and our online forum. We have also continued to increase our targeted support with more focus on birth trauma, pregnancy, dads/co-parents and under-represented groups.

We are continually reviewing our contracts and support models and recently engaged a new HR consultancy to help us with our increasing staff numbers. We have been busy recruiting new staff for the family hubs provision and now have a total workforce of 18 employees (headcount) from an increasing range of diverse backgrounds to support the geographical expansion. We have also moved our managed service provider for our CRM as well as recruiting a new Governance & Business Manager working on requirement developments to ensure we can respond to performance information needs. As a result of the workforce expansion we have expanded our offices at Knowle house, enabling all staff to work from the office as well as flexible home working when appropriate.

**Light Peer Support Ltd
Trustees' annual report
For the 9 month period ended 31 March 2024**

What has been great this year is, is that we have developed our well-being walks, delivering a programme of summer walks, where cost is no barrier to participation, encouraging parents to get out in the green spaces and parks and improve fitness and mental health through exercise. This has been very successful and has now had a formal evaluation by Sheffield University. We are planning a further series of Walks for this year and hope to make them even more inclusive by initiating a series of walks for Muslim mothers, as it is being found that this type of support is preferred.

I would like to express my heartfelt thanks to all our families, staff, volunteers, funders and supporters, without you all we could not continue to deliver this vital support, the pandemic has impacted hugely on families having a baby or who have young children and the support we offer is a lifeline for many.

Savi Robinson
Chair of Light Trustees

About Light

Light Peer Support Ltd (Light) is a registered charity providing support to women and their families who are affected by mental health problems in pregnancy and around childbirth in Sheffield, Rotherham, Doncaster and more recently Barnsley. Light provides perinatal mental health peer support, which we are pleased to report is now being increasingly recognised as an aid to mental health recovery for mild – moderate mental health difficulties. We provide peer support in person on a 1-1 basis and in group settings. We also provide remote support via videocall, telephone, text and email.

Light was founded in July 2010 by Louise Heard and Karen Beetham, two mothers with a history of post natal depression and Savi Robinson, who was an NHS Volunteer at the time.

Mission and objectives of Light

Light aims to provide support to families who are affected by perinatal mental health illness. We do this by reducing isolation and stigma and increasing new parents' confidence so that those struggling with their emotional and mental wellbeing in the perinatal period are able to participate in normal life, interact with their babies and enjoy being parents.

Light also aims to raise awareness of perinatal mental health throughout South Yorkshire and further afield through building partnerships and referral pathways with related services and by being involved in the training of other voluntary and statutory organisations, so that they can recognise the symptoms of perinatal mental illness and can be preventative rather than reactive when they encounter parents with these issues.

Light's long-term vision is to establish a centrally located 'Lighthouse' hub that will be accessible to families every day on a drop-in basis, providing a safe place where they can come, receive support and talk about their emotional and mental wellbeing with others who have had similar experiences in the perinatal period and are now recovered, promoting recovery through self-help.

The objectives of Light are the promotion of any charitable purpose directed to alleviating those who suffer from perinatal mental illness and, in particular, the relief of sickness and the protection and promotion of good health (both physical and mental) by the provision of peer support and counselling and the advancement in education in matters relating to perinatal mental health, by the provision of advice and guidance.

Light Peer Support Ltd
Trustees' annual report
For the 9 month period ended 31 March 2024

Vision

Effective peer support for anyone struggling with their mental health and emotional wellbeing during pregnancy, birth and afterwards.

Mission

We support anyone struggling emotionally during pregnancy, birth and beyond. We provide peer support, raise awareness and promote understanding of perinatal mental health.

Values

- Hope – we show there is light at the end of the tunnel
- Supportive – we provide help to anyone who needs it, without judgement
- Empathetic – we truly understand how it feels to struggle emotionally
- Compassionate – we're caring, kind and considerate in all our actions
- Collaborative – we work together to ensure anyone gets the support they need

Analysis of Need

Estimates vary but NHS England reports that perinatal mental illness affects up to 27% of new and expectant mums and covers a wide range of conditions. It also effects dads and co-parents. If left untreated, mental health issues can have significant and long-lasting effects on parents, the child, and the wider family.

It is estimated that up to one in four new and expectant mums are affected by perinatal mental health problems, covering a range of conditions including postnatal depression, anxiety, post-traumatic stress disorder (PTSD) and postpartum psychosis. The right support at the right time can have an enormous impact on the psychological wellbeing and mental health of women and families

Sheffield had 5705 live births in 2022; Rotherham 2811 live births; Doncaster 3350 live births; and Barnsley 2525 live births. This means an estimate across South Yorkshire of up to 3598 women who will suffer mental health problems in the perinatal period each year (2022 figures: ONS stats from NOMIS accessed 27th Aug 2024).

What has Light done this year?

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance on 'public benefit: reporting (PB3)'.

Activities, Achievements & Performance

Staffing

This reporting period (1st July 2023 – 31st March 2024) Light was able to significantly expand our peer support workforce due to investment from the Family Hubs/Start for Life Programme in Sheffield. We now employ 12 peer support workers and 4 peer support coordinators, including 3 individuals from BAME communities which has enhanced the cultural sensitivity of our service offer. We are benefiting from improvement in our business infrastructure continuing to engage the services of a management account, human resources consultant and managed service providers for our IT infrastructure and CRM system. We also appointed a Governance & Business Manager to increase capacity to support our governance and business management needs. Our marketing consultant has enabled us to reach a wider audience raising awareness of perinatal illness and the support available. Our fundraising consultant continues to make funding and grant applications to ensure we have diversified income stream to enable longer term sustainability of Light and continued success with our mission and objectives

Referrals

Light continues to receive referrals from health professionals such as midwives, health visitors and NHS Specialist perinatal mental health services, and an increasing range of other professionals as well as enquiries from individuals who self-identify as needing support with their emotional and mental health in the perinatal period. This year we have seen an increase in professional referrals as result of work to improve referral pathways into our service; professional referrals accounted for 49% of a total of 517 enquiries/referrals between 1st July 2023 to 31st March 2024, to which we responded offering support tailored to individual need and signposting where appropriate. The biggest increases in professional referrals have been from midwives, health visitors and family hub/early years professionals which is indicative of the increased outreach and engagement activity enabled by Family Hubs/Start for Life funding particularly. Light continues to maintain a reputation for delivering a timely response to enquiries/referrals, within 24-48 hours.

Perinatal Mental Health Peer Support for parents and families

Following an overall increase in referrals, 340 individuals registered with Light for support between 1st July 2023 to 31st March 2024. Individuals can access 1-1 support in-person or via phone, text or email, group support or both. 288 individuals accessed 1-1 support in this period. 1-1 support is initially offered for 6 sessions but is extended if required. In person 1-1 sessions are offered from our hub at Knowle House in Sheffield, and this year we have also significantly expanded the 1-1 provision we are able to offer in other localities, from family hubs or family hub satellite sites, to reduce potential barriers to access such as transport and familiarity.

Light has also expanded our group provision this year and now offers peer support groups across Sheffield, Rotherham and Doncaster; we are set to establish groups in Barnsley from September 2024. Groups are offered in family hubs, and other community locations near service users' homes as well as at our hub in Knowle House, Sheffield.

Place & Locality Perinatal Mental Health Peer Support Groups

Sheffield

Light Hub – Knowle House
Darnall Family Hub
Early Days Family Hub
First Start Family Hub
Primrose Family Hub
Sharrow Family Hub
Shortbrook Family Hub
Valley Park Family Hub

Rotherham

Arnold Children's Centre
Aughton Early Years Centre
Rawmarsh Children's Centre

Doncaster

Bentley Family Hub
Rossington Family Hub
Moorends Family Hub

Targeted Peer Support Groups

In addition to our locality-based peer support groups, we offer a number of targeted peer support groups including a weekly birth trauma peer support group, pregnant parents and postpartum group (up to the end of the '4th trimester'), and young parents' group.

Light Peer Support Ltd
Trustees' annual report - continued
For the 9 month period ended 31 March 2024

Birth Trauma Peer Support

The birth trauma peer support offer was initially made possible by funding from Sheffield Clinical Commissioning Group and latterly by NHS South Yorkshire Integrated Care Board. We received continued funding to deliver support across Sheffield, Doncaster, Rotherham and Barnsley. We provide a weekly birth trauma peer support group in Sheffield and also provide birth trauma group support in Doncaster at two family hubs. We have been able to expand our birth trauma peer support offer and now employ two peer support workers who provide support specifically around birth experience. In the period 1st July 2023 to 31st March 2024, 64 individuals who registered with Light included birth experience as a presenting need/reason for accessing support. We offered 453 1-1 appointments with our birth trauma peer support workers in the period and had 92 attendances at our birth trauma peer support group at Knowle House.

We keep our groups under continuous review to ensure we meet the needs of our service users – for example, we have offered hypnobirthing and first aid sessions - and offer space at our hub for partner services such as Sheffield Specialist Perinatal Mental Health Services and Sheffield Family Hubs to host related groups such as Incredible Babies, Baby Massage, Start Well Families and Circle of Security. Following a successful walking group in 2023 we have planned and successfully delivered a programme of walking groups in Spring/Summer 2024.

Under-represented groups

Light has accelerated its work to address health inequalities and address cultural and communication barriers which compound perinatal mental health inequality. Through the Family Hubs/Start for Life funding in Sheffield we have been able to expand the number of peer support workers in our team from BAME backgrounds and able to deliver peer support in other languages, primarily Urdu and Punjabi. We have been undertaking targeted outreach and engagement activities in under-represented communities, tapping into diverse formal and informal networks to raise awareness and promote Light's services. Due to our expanded workforce, we have also been able to offer more tailored services than ever before to meet the specific needs identified by individuals from under-represented groups.

Activity Overview

Activity Type	Jul - Sep 2023	Oct - Dec 2023	Jan - Mar 2024
No. of support enquiries received	165	184	181
No. of registrations	112	97	131
Support groups on average (per month)	39	55	66
1-1 support (new matches)	73	71	82
1-1 support appointments (face to face, phone call, video call)	479	439	520
Counselling (avg. no. of users)	11	10	10
Facebook reach	3927	5954	10359

Light Peer Support Ltd
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Counselling service

Light has offered a counselling service since 2018, delivered by trainee counsellors who are undertaking their final 100 hours of practice to complete their qualifications. During this period, we have maintained our counselling capacity with 2/3 trainee counsellors in addition to 2 qualified counsellors who have remained with Light on a volunteer basis since completing their 100 hours counselling practice. In this period, we offered counselling to an average of 10 service users per quarter, either remotely or in our dedicated therapy spaces at our hub in Knowle House. We have recently conducted a review of our counselling provision undertaken by a BACP accredited provider with a view to improving and expanding our service. We are now recruiting to a Lead Integrative Counsellor and commencing implementation of the recommendations from the review.

Volunteers

Recovery from the impact of covid lockdown restrictions on our volunteer workforce was slow, changing social and economic conditions has impacted on our ability to recruit and retain volunteers, but the situation is improving. Although this year we have had interest in volunteering with Light from 30 individuals, volunteer recruitment remains a development area for the charity.

Our focus is on recruiting and training volunteers to provide assistance and support at peer support groups, using their own lived experience to help others with their recovery. We had 5 active perinatal mental health peer support volunteers in this period. We are looking to expand our volunteer criteria beyond exclusively those with lived experience to parents and students wishing to gain a greater knowledge of perinatal mental health as a means to increase our volunteer numbers.

Premises

In January 2024 Light moved into a larger office space at Knowle House to accommodate the expanding team and increase in service activity. The space occupied at Knowle House including 2 large group rooms, 2 peer support/therapy rooms and kitchen facilities continues to reap benefits in relation to our service offer and ability to offer complimentary services from partners in an environment that is familiar to our service users. Since the beginning of 2024 we have been able to take advantage of further space available in family hubs across South Yorkshire to deliver more 1-1 and group peer support in other localities.

We continue to work towards our longer-term vision to open the "Lighthouse" a hub for perinatal mental health peer support services which would be open throughout the week for women and families to drop-in as well as access planned 1-1 and group sessions run by ourselves and our perinatal mental health partners.

Developing infrastructure and fundraising

In this period Light has continued to strengthen its infrastructure by:

- Further developing the CRM system deployed in January 2023
- Engaging with an IT managed service provider to bolster our IT infrastructure and cybersecurity measures
- Engaging with a marketing consultant to strengthen Light's brand identity and expand our reach and engagement with target audiences
- Continuing to engage the services of a fundraising consultant to raise funds to support Light's charity activities and enable us to innovate and be creative in how we deliver perinatal mental health peer support. In this period these activities have resulted in £39,996 funds raised via donations and grants.

Networking & Relationships

Light has continued to develop relationships across South Yorkshire and beyond to advance the local and national provision of perinatal mental health services, raise awareness of perinatal mental health and share best practice. Some of the partners, networks, organisations and membership groups we work with are listed below:

- Local Maternity & Neonatal Voices Partnership
- NHS South Yorkshire Integrated Care Board – Maternal & Perinatal Mental Health Steering Group
- Sheffield City Council – Start for Life Perinatal Mental Health & Infant Mental Health Steering Group
- Sheffield Health and Social Care Trust
- Public Health Specialists and Commissioners
- Sheffield Teaching Hospitals NHS Trust
- NHS South Yorkshire and Bassetlaw Integrated Care System & Local Maternity System
- Rotherham, Doncaster and South Humber NHS Foundation Trust
- The Marce Society
- Synergy Alliance - Sheffield
- Sheffield Sling Library
- Make Birth Better
- Sheffield Hallam University
- Sheffield University

Raising awareness

Raising awareness of perinatal mental health and the value of peer support for women and families in the perinatal period is a major aim of Light and we continue our efforts to do this through a variety of channels.

The Family Hubs/Start for Life investment has meant our peer support team is able to be regularly present in family hubs across Sheffield, attending clinics and drop-ins as well as other community groups and events at which potential service users might be present.

Our podcast 'On a Lighter Note' has continued to publish episodes on a regular basis, with 23 live to date.

Light has also been working alongside Sheffield partners to deliver joint training on perinatal mental health that has been included in the Sheffield Early Help Training Programme to raise awareness amongst across the statutory and VCS sector.

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In 2023-24 Light engaged the support of a marketing consultant who has helped us to improve our visibility at outreach venues through a strengthened brand identity and effective print materials as well as raising awareness of the pathways to perinatal mental health support using social media and other marketing channels.

Our peer support coordinators take the lead on social media activity day-to-day, with our marketing consultant advising on strategic content development and campaigns, such as Maternal Mental Health Week. Our Facebook reach increased in the period from 3927 (1st July 2023 – 30th September 2023) to 10359 (1st January 2024 to 31st March 2024).

We aim to create content that is relatable to our service users and their families, often about topics which have come up through group or 1-1 support. We try to show our service users that we understand the demands of parenthood and the implications this can have on our mental health, whilst encouraging them to seek support and signposting to other useful services.

We recently transitioned our online forum to the Facebook platform to improve accessibility and boost engagement with this confidential, online space for our service users. Only registered members of Light can access the group and Light staff curate content and moderate discussions to ensure the group remains a safe and supportive platform for peer support.

Feedback

We periodically ask service users for feedback on the service they have received. We ask them to reflect on impact on mental health, impact on physical health, impact on social isolation, impact on self-esteem, and relationship/attachment to their child(ren). The feedback we receive is overwhelmingly positive with 94% of service users from 1st January 2024 – 31st March 2024 reporting that they were happy with the support they received from Light.

A selection of comments regarding what service users found most helpful is below:

'Staff who have similar experiences are easy to talk to and provide lots of support and advice.'

'Just having someone listen to me and actually understand how I'm feeling.'

'X has been very understanding and completely non-judgemental. She listens well and helps me find a good next step to my issues.'

'Patient-led approach, active listening and support, including excellent advice when needed.'

'Talking about what I am thinking and feeling and having someone be able to share insight as to why and point me in the direction of where/who to get help from. Absolutely no judgement and a commonality of thinking with others in needing to change the narratives around women's health postnatal.'

'Being in a group of people who are in similar situations to mine. Not feeling alone and not feeling isolated.'

'Great to have a supportive listening ear.'

'Less sense of isolation, don't feel that I'm crazy for thinking and feeling the way I do because I know that others do as well.'

'Being able to talk in a group where I don't feel judged.'

'I found it nice to talk to someone in the same situation. X is so nice, sometimes it can feel like professionals just see you as part of their job, but X can really relate to me.'

'I like the support group. I feel it's a safe space to talk about anything and X leads the sessions brilliantly. It's nice to be able to exchange with other moms in a relaxing and supportive environment.'

'I enjoy attending a group each week which is suitable for my baby, but also provides me with an opportunity to talk openly about the struggles of parenthood.'

Group Feedback

We also ask service users to evaluate our perinatal mental health peer support groups at the end of each session. A selection of comments regarding what people found most helpful about our groups is below:

'Meeting new moms and building my confidence.'

'Solidarity, not feeling alone.'

'Lovely talking to other mums with similar situations.'

'Having somewhere to go where it's OK to say you're not OK.'

'Just really nice to connect with other mums and feel less isolated.'

'I knew I was going to have a difficult morning due to appointments and it was just reassuring to know it would be here after. I always feel better after coming to a Light group.'

'Had a good chat and a laugh which I really needed more than ever after this week. I never feel judged here.'

'I got emotional support. It feels like I am talking to my family.'

'First time I've had opportunity to talk to other women/mothers.'

'Being somewhere you just know you can say anything, and someone will get it is invaluable.'

'We've had a difficult few weeks and it was reassuring that others understood because they are going through the same thing or have done in the past.'

'Being able to talk with an adult and not just a baby.'

'Great to be out of the house and be around other people. Being in a group setting but one that feels safe, supportive with like-minded mums.'

'Just knowing it was here on a difficult day made it so much less difficult.'

1-1 Support

Finally, we ask service users to evaluate the 1-1 perinatal mental health peer support they have received after their 6th session. A selection of comments regarding what people found most helpful about the 1-1 support is below:

'Gives you the time to talk through anything you want, you're matched with someone similar to you, so all the chats are relevant to you and [your peer support worker] knows how you feel so you feel validated.'

'Having somebody to listen who could relate to certain aspects due to their own personal experience.'

'Space to speak to someone with empathy. Flexibility of sessions.'

'Regular listening to my thoughts and sympathising with me. Helping me feel that I was not alone in my thoughts and feelings.'

'Not talking to a health professional, it was a human being who was able to validate my feelings and get me to reflect on things.'

'The focus on listening and the feedback not coming from a textbook.'

'Knowing I wasn't alone.'

'Shared experience, talking it out and how I am feeling and learning it is normal as well as helping me understand what is happening and directing me to other resources.'

'Having dedicated time set aside to address what I'm feeling and what is going on in my life. Being able to be totally honest. Being able to chat with someone who listens, understands and does not judge.'

'The advice to try things that might help me. Giving me mini goals to focus on.'

Financial Review & Future Plans

We are pleased to report that we were successful in July 2023 with a tender response to Sheffield City Council to provide an extended and enhanced PNMH Peer Support Service as part of the Government's Family Hubs Start for Life Programme until 31st March 2025. Over recent months we have been working with partners and Sheffield City Council to explore continued funding for this extended and enhanced offer 1st April 2025 onwards. We will also explore grant applications to continue to realize the benefits of working very locally in different communities, especially with under-represented groups.

Light was also successful in this period with its tender response to Sheffield City Council to continue to provide Perinatal Mental Health Peer Support Service from 1st April 2024 – 31st March 2027.

The contract we held with Sheffield Health & Social Care NHS Trust to provide Perinatal Mental Health Peer Support Services across Sheffield, Rotherham & Doncaster ended on 31st March 2024. Light have been successful in securing contract provision for a further 2 years effective from 1st April 2024, however the uplift in contract value has not yet been agreed.

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For the 9 month period ended 31 March 2024

We have also received additional funds from NHS South Yorkshire ICB to continue to provide Birth Trauma Peer Support to Sheffield, Doncaster, Rotherham and Barnsley families until 31st March 2025. We are exploring continued funding to the service 1st April 2025 onwards.

We successfully responded to an invitation from Barnsley Council to expand our perinatal mental health peer support offer to Barnsley families on a pilot basis until 31st March 2025. We are exploring continued funding to this service 1st April 2025 onwards.

Light remains focused on its business plan and realizing its ambition for the Lighthouse, which will provide a drop in a facility every day. In the meantime, we continue to work with our landlord to ensure our spaces meet our needs. Our workforce are our greatest asset and we will continue our efforts to ensure staff feel valued and respected, and their development supported. Light intends to be representative of its service users and will continue to take action to increase the diversity of our workforce.

Sustainability of our charity is paramount so we will continue the hard work to secure funding for Light, engaging with new and existing funders and expanding to work on more varied funding streams such as corporate collaboration and new innovations in donations capture. We have engaged a marketing consultant to expand our digital presence to support our engagement activities with both service users and wider stakeholders. Our fundraising consultant is continuing to make funding requests and grant applications to ensure we can be innovative and creative with our perinatal mental health peer support offer and demonstrate a diversified income stream.

The sustainability of Light has been enabled by the contracts awarded by our primary funders in previous years and in this period:

- Sheffield City Council
- Sheffield Health and Social Care NHS Trust
- NHS South Yorkshire Integrated Care Board

We also extend our thanks for all grants and donations to Light from various grant making and funding bodies.

Reserves policy

Currently Light relies on a number of sources of funding to deliver services, we deliver core perinatal mental health peer support services on the basis of contract income which primarily comes from responding to tender publications and invitations to provide services. This enables us to plan with confidence in the lifespan of contracts once awarded. We additionally make grant and funding applications to support our core costs and be innovative and creative with our service offer.

£134,091 was set aside in designated funds for the Family Hubs/Start for Life perinatal mental health peer support service contract which spans two financial periods. As our current contract with Sheffield City Council for the Family Hubs/Start for Life is a short-term contract with an end date of 31 March 2025 it is accepted that the expanded service would need to retract if continued funding is not secured.

The Trustees have determined that they require free reserves (general funds) to be at least six months budgeted operational costs for non-designated contracted services plus some provision for unforeseen costs, which is set at £130,000.

As at 31 March 2024 the charity had free reserves of £208,020. The excess in free reserves over the target would allow us to continue services in the event that there was a gap before securing new funding.

Light Peer Support Ltd
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For the 9 month period ended 31 March 2024

This policy will be reviewed at Trustee meetings, which are currently held bi-monthly. It will be monitored by CEO with support from the Treasurer.

Our policy and reserves will be reviewed at Trustee meetings, which are currently held bi-monthly. It will be monitored by CEO with support from the Treasurer.

Reference and administration details

Company Number
08194767

Charity number
1149125

Directors/Trustees

Savi Robinson

Alice Curren

Sally Evans

Jan Cubison

Jo McGarrigle

Appointed 27 September 2023

Secretary

Jan Cubison

Key management - Chief Executive

Helen Miles

Registered office
Knowle House
4 Norfolk Park Road
Sheffield
S2 3QE

Accountants
Seven Hills Accountants Limited
57 Burton Street
Sheffield
S6 2HH

Structure and governance

Light Peer Support Ltd (Company number 08194767) was incorporated on 29 August 2012 and its Memorandum and Articles of Association govern it. Its legal status is that of a company limited by guarantee and a registered charity (Charity number 1149125). It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Overall management of the Charity is the responsibility of the trustee directors who are elected and co-opted under the terms of the Memorandum and Articles of Association. Day to day project activity is carried out by volunteers and paid staff.

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For the 9 month period ended 31 March 2024

Management

Light has 5 trustees who meet every 8- 12 weeks. The trustees are Jan Cubison, who was the Clinical Service Manager for the NHS Sheffield Perinatal Mental Health Service before she retired in May 2015, Savi Robinson, who works in the statutory sector, Alice Curren, a full time mum who formerly worked in the financial sector and runs her own business, Sally Evans who is a successful business woman running her own business, and Jo McGarrigle, who was previously our CEO and left to work for Derbyshire County Council. Jo has a wealth of experience with families and children.

We are always actively seeking new Trustees and management committee members from a variety of professional backgrounds who believe they can support our work. In particular fundraising experience would be invaluable. If you are interested in joining us then please email us at contactus@lightpeersupport.org.uk

Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of the charity for the purposes of company law) are responsible for preparing a Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the 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 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 charity 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 charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Light Peer Support Ltd
Trustees' annual report - continued
For the 9 month period ended 31 March 2024

Small company exemption

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including the directors' report) above on 16.9.2024

Signed on behalf of the charity's trustees:

A handwritten signature in black ink, appearing to be 'Savi Robinson', with a long horizontal flourish extending to the right.

Savi Robinson
Chair of Trustees

Independent examiner's report to the trustees of Light Peer Support Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the 9 month period ended 31 March 2024.

Responsibilities and basis of report

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

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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.

Signed: 
Sarah Lightfoot, FCA DChA
Seven Hills Accountants Limited
57 Burton Street
Sheffield
S6 2HH

Date: 17 September 2024

Light Peer Support Ltd

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

For the 9 month period ended 31 March 2024

		9 months			12 months		
	Notes	Unrestricted funds £	Restricted funds £	2024 Total £	Unrestricted funds £	Restricted funds £	2023 Total £
Income from:							
Donations and grants	2	25,244	14,752	39,996	4,890	-	4,890
Charitable activities	3	357,014	-	357,014	173,985	-	173,985
Bank interest		2,172	-	2,172	-	-	-
Total income		384,430	14,752	399,182	178,875	-	178,875
Expenditure on:							
Fundraising		5,023	-	5,023	-	-	-
Charitable activities	4	209,782	14,214	223,996	202,760	2,051	204,811
Total expenditure		214,805	14,214	229,019	202,760	2,051	204,811
Net income/(expenditure)		169,625	538	170,163	(23,885)	(2,051)	(25,936)
Transfers	11	-	-	-	2,500	(2,500)	-
Net movement in funds		169,625	538	170,163	(21,385)	(4,551)	(25,936)
Total funds brought forward		172,486	2,817	175,303	193,871	7,368	201,239
Total funds carried forward		342,111	3,355	345,466	172,486	2,817	175,303

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

All income and expenditure derive from continuing activities.

Light Peer Support Ltd
Balance Sheet
As at 31 March 2024

	Notes	31 March 2024 £	30 June 2023 £
Current Assets			
Balance at bank and cash		394,140	185,591
Debtors	7	<u>35,450</u>	<u>26,082</u>
Total current assets		429,590	211,673
Creditors: amounts falling due within one year	8	(84,124)	(36,370)
Net current assets		<u>345,466</u>	<u>175,303</u>
Total assets less current liabilities		345,466	175,303
Creditors: amounts falling due after one year		-	-
Total net assets		<u><u>345,466</u></u>	<u><u>175,303</u></u>
Represented By			
General funds		208,020	152,539
Designated funds		<u>134,091</u>	<u>19,947</u>
Total unrestricted funds	10	<u>342,111</u>	<u>172,486</u>
Restricted funds	11	<u>3,355</u>	<u>2,817</u>
Total funds	12	<u><u>345,466</u></u>	<u><u>175,303</u></u>

For the year ending 31 March 2024 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 in accordance with section 476 of the Companies Act 2006.

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

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

Approved by the board on 16.9.2024

Signed on the board's behalf by:



Savi Robinson
 Chair of Trustees

1 Accounting Policies

(a) General

Light Peer Support Ltd is a charitable company in the United Kingdom limited by guarantee. In the event that the charity is wound up the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the legal and administrative information of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011. The financial statements have taken advantage of the exemption to prepare a Statement of Cash Flows.

The charity meets the definition of a public benefit entity as defined under FRS102. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £1.

(b) Income

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

Income from 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.

Legacy income is included in the accounts on the earlier of receipt of the legacy or the date of approval of a distribution e.g. approval of the final estate accounts.

Income received in advance of a specified service it is deferred until the criteria for income recognition are met.

(c) 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.

Grants payable are payments made to third parties in the furtherance of the charitable objects of the Trust. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant award. Grants awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled condition attaching to that grant is outside of the control of the Charity.

(d) Tangible fixed assets

All items of capital expenditure below £750 are written off as incurred.

Depreciation has been calculated to write down the cost of all tangible fixed assets over their expected useful lives on the following basis:
Fixtures, fittings and equipment: 3 years straight line

(e) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

(f) Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

(g) Trade creditors

Trade creditors 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 the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Light Peer Support Ltd
Notes to the financial statements - continued
For the 9 month period ended 31 March 2024

1 Accounting Policies - continued

(h) Fund accounting

Unrestricted funds are donations and other income receivable or generated for the objects of the organisation without further specified purpose.

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 to be used for specific purposes as laid down by the donor.

(i) Pension costs and other post-retirement benefits

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

(j) Operating leases

Payments made under operating leases are charged to Statement of Financial Activities on a straight-line basis over the period of the lease.

(k) Taxation

As a charity, the organisation is exempt from tax on income and gains falling within the available tax exemptions to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

(l) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2 Income from donations and grants	9 months			12 months		
	Unrestricted Fund £	Restricted Funds £	Total 2024 £	Unrestricted Fund £	Restricted Funds £	Total 2023 £
Donations	6,994	-	6,994	4,890	-	4,890
The National Lottery Community Fund	-	10,000	10,000	-	-	-
Postcode Neighbourhood Trust	10,000	-	10,000	-	-	-
The Albert Hunt Trust	1,000	-	1,000	-	-	-
The Company of Cutlers in Hallamshire	750	-	750	-	-	-
Dixon Pitchfork Charitable Trust Fund	-	652	652	-	-	-
May Hearnshaw Charitable Trust	1,000	-	1,000	-	-	-
The James Neill Trust Fund	1,000	-	1,000	-	-	-
The JG Graves Charitable Trust	-	1,000	1,000	-	-	-
Sheffield Church Burgesses Trust	2,000	-	2,000	-	-	-
Sheffield Mutual	-	100	100	-	-	-
Sheffield Town Trust	2,000	-	2,000	-	-	-
South Yorkshire's Community Foundation	-	1,000	1,000	-	-	-
- Legacy fund	-	-	-	-	-	-
Westfield Health	-	2,000	2,000	-	-	-
The Zachary Merton & George Woofindin Convalescent Trust	500	-	500	-	-	-
	25,244	14,752	39,996	4,890	-	4,890

3 Income from charitable activities	9 months			12 months		
	Unrestricted Fund £	Restricted Funds £	Total 2024 £	Unrestricted Fund £	Restricted Funds £	Total 2023 £
Sheffield Health and Social Care Trust	63,170	-	63,170	78,205	-	78,205
Sheffield City Council	31,400	-	31,400	40,000	-	40,000
Sheffield City Council - Family Hub	202,391	-	202,391	-	-	-
South Yorkshire ICB	28,058	-	28,058	23,765	-	23,765
Other services	31,995	-	31,995	32,015	-	32,015
	357,014	-	357,014	173,985	-	173,985

Light Peer Support Ltd
Notes to the financial statements - continued
For the 9 month period ended 31 March 2024

4 Expenditure on charitable activities	9 months			12 months		
	Unrestricted Fund £	Restricted Funds £	Total 2024 £	Unrestricted Fund £	Restricted Funds £	Total 2023 £
Direct costs						
Group and activity costs	2,091	397	2,488	2,558	-	2,558
Marketing and advertising	5,999	-	5,999	-	-	-
Other project costs	4,533	100	4,633	658	1,628	2,286
Volunteers expenses	-	-	-	552	-	552
Staff costs						
Salary costs	5 148,682	-	148,682	144,182	-	144,182
Staff travel and expenses	5,373	-	5,373	5,658	-	5,658
Payroll and HR support fees	5,006	-	5,006	4,345	-	4,345
Training	789	-	789	486	-	486
Office and administration costs						
Office rental	7,954	10,900	18,854	20,100	-	20,100
Insurance	-	-	-	507	-	507
Telephone and internet	1,270	-	1,270	2,302	-	2,302
DBS checks and recruitment	999	-	999	331	-	331
Website	557	173	730	-	300	300
Computers and software	12,830	-	12,830	18,508	-	18,508
Printing, postage and stationery	443	-	443	197	123	320
Legal and professional fees	858	-	858	405	-	405
Equipment	7,847	-	7,847	96	-	96
Other expenses	1,561	-	1,561	755	-	755
Bank charges	110	-	110	130	-	130
Governance costs						
Independent examination	6 2,880	-	2,880	990	-	990
Return of unspent grant						
	-	2,644	2,644	-	-	-
	209,782	14,214	223,996	202,760	2,051	204,811

5 Staff costs, trustees remuneration and expenses, and the cost of key management personnel	9 months 2024 £	12 months 2023 £
Gross salaries	140,511	138,098
Employer's national insurance contributions	8,607	8,781
Employer's allowance	(2,853)	(5,000)
Employer's pension contributions	2,417	2,303
	148,682	144,182

No employees had employee benefits in excess of £60,000 (2023: nil). There was an average of 12.9 employees during the period (2023: 9.7).

The trustees were not paid or received any other benefits from employment with the charity in the year (2023: £nil). No trustees were reimbursed expenses during the year (2023: £nil). No charity trustee received payment for professional or other services supplied to the charity (2023: £nil).

The key management personnel of the charity comprise the trustees and the Chief Executive Officer. The total employee benefits of the key management personnel for the 9 month period was £35,242 (2023: £43,048 - for the year).

Light Peer Support Ltd
Notes to the financial statements - continued
For the 9 month period ended 31 March 2024

6 Fees paid to the independent examiner's organisation		2024	2023
		£	£
	Independent examination fees	<u>2,880</u>	<u>990</u>
	Other fees paid to the independent examiner's organisation for other financial services	<u>324</u>	<u>450</u>
7 Debtors		2024	2023
		£	£
	Trade debtors	31,995	21,057
	Prepayments	3,455	5,025
		<u>35,450</u>	<u>26,082</u>
8 Creditors: amounts due within one year		2024	2023
		£	£
	Trade creditors	3,244	7,142
	Accruals	2,880	1,170
	Other taxes and social security	-	-
	Deferred income	9 78,000	28,058
		<u>84,124</u>	<u>36,370</u>
9 Deferred income		2024	2023
		£	£
	Deferred income brought forward	(28,058)	4,500
	Released in the year	28,058	(4,500)
	Deferred in the year	78,000	28,058
		<u>78,000</u>	<u>28,058</u>
	Deferred income carried forward		

Income is deferred on the basis of the contract period agreed with the funder.

10 Unrestricted funds

	Brought forward £	Income £	Expenditure £	Transfers £	Carried forward £
Designated funds					
BAME Peer Support worker development	19,947	-	-	(19,947)	-
Family Hub	-	202,391	(68,300)	-	134,091
Total designated funds	19,947	202,391	(68,300)	(19,947)	134,091
General funds	152,539	182,039	(146,505)	19,947	208,020
Total unrestricted funds	172,486	384,430	(214,805)	-	342,111

The trustees have set aside project funding which spans the financial year, to give a clearer picture of the ongoing services of the charity.
BAME Peer Support worker development This designated funding has been released back to general funds as other funding received has provision for this development.

<i>Prior year comparative</i>	<i>Brought forward £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Carried forward £</i>
Designated funds					
BAME Peer Support worker development	23,788	-	(3,841)	-	19,947
Electronic records system	13,965	-	(13,965)	-	-
Service Hub provision	7,849	-	(7,849)	-	-
Total designated funds	45,602	-	(25,655)	-	19,947
General funds	148,269	178,875	(177,105)	2,500	152,539
	193,871	178,875	(202,760)	2,500	172,486

The trustees have set aside project funding which spans the financial year, to give a clearer picture of the ongoing services of the charity.

11 Restricted funds

	Brought forward £	Income £	Expenditure £	Transfers £	Carried forward £
National Lottery Awards for All	2,644	-	(2,644)	-	-
Catalyst and the National Lottery Community Fund COVID-19	173	-	(173)	-	-
Digital Response	-	10,000	(9,900)	-	100
Premises	-	3,000	(37)	-	2,963
Well being Walks	-	100	(100)	-	-
Welcome packs	-	652	(360)	-	292
First aid training	-	1,000	(1,000)	-	-
Core costs	-	-	-	-	-
	2,817	14,752	(14,214)	-	3,355

National Lottery Awards for All

A grant received from the lottery, for the photography project "Through their eyes", in conjunction with SchARR. The project stalled due to the impact of covid, has not been completed. £2,500 was transferred to general funds in 22/23, for the administration and management costs incurred by the charity. £2,644 unspent funds were returned to the Lottery.

Light Peer Support Ltd
Notes to the financial statements - continued
For the 9 month period ended 31 March 2024

11 Restricted funds - continued

Restricted funds - previous year

	Brought forward	Income	Expenditure	Transfers	Carried forward
	£	£	£	£	£
National Lottery Awards for All	5,144	-	-	(2,500)	2,644
The National Lottery Community Fund - COVID-19 Community Perinatal Peer Support	2,224	-	(2,051)	-	173
	<u>7,368</u>	<u>-</u>	<u>(2,051)</u>	<u>(2,500)</u>	<u>2,817</u>

12 Analysis of net assets between funds

	General Funds	Designated Funds	Restricted Funds	Total 2024
	£	£	£	£
Net current assets	208,020	134,091	3,355	345,466
	<u>208,020</u>	<u>134,091</u>	<u>3,355</u>	<u>345,466</u>
<i>Analysis of net assets between funds - previous year</i>				
	General Funds	Designated Funds	Restricted Funds	Total 2023
	£	£	£	£
Net current assets	152,539	19,947	2,817	175,303
	<u>152,539</u>	<u>19,947</u>	<u>2,817</u>	<u>175,303</u>

13 Related party transactions

There were no related party transactions during the year, other than those detailed in note 4.

14 Operating lease commitments

At 31 March 2024 the charity was committed to making the following future minimum lease payments under non-cancellable operating leases as follows:

	2024	2023
	£	£
Payable within 1 year	15,396	6,380
Payable within 1-2 years	-	-
	<u>15,396</u>	<u>6,380</u>

Light Peer Support (LTD)

England & Wales - Charity number 1149125

Accounts

Registered Charity Number: 1149125
Company number: 08194767

Light Peer Support Ltd

Annual Report and unaudited Financial Statements

For the year ended 30 June 2023

Light Peer Support Ltd
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Light Peer Support Ltd Chair's Report

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 30 June 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the charities Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland; FRS 102) issued in October 2019.

Chair's Report

This is the thirteenth annual report for Light Peer Support Ltd (Light).

I continue to be incredibly proud to represent Light Peer Support. As one of the founding members of the charity it means a huge amount to me to be able to say that we are in our thirteenth year of support for the families of South Yorkshire during pregnancy and after having had a baby. With a changing economic environment this year has continued to bring immense challenges for families, for volunteers, for staff and for Light. I am proud of the resilience we showed during the Covid 19 Pandemic and the progress we have made post pandemic to return to 'normal' – whatever that might be! It's clear that the Covid 19 Pandemic has had a lasting impact on many businesses and individuals and it is not that easy just to go back to how it was. Service users had a different type of service because of Covid restrictions, and staff had got accustomed to working at home and providing support in a different way, but I'm pleased to report we have now re-established face - face service delivery to our service users.

This year has seen us consolidate the support we provide through our contracts with Sheffield City Council and the Sheffield, Rotherham and Doncaster Specialist Perinatal Mental Health Service. Whilst we secured a contract extension with SHSC, both these contracts come to end on the 31 March 2024. However as both these contracts come to an end we will be ensuring we respond to anticipated tender opportunities. We have also been successful in the Family hubs bid, which covers the next 2 years. We have worked hard to meet and exceed delivery targets and continue to expand our offering. We have recruited some specialist staff this year to support fundraising, book-keeping and HR/ legal support and have put in place an IT and CRM package to improve data recording and collection. We have recruited a fundraising consultant to support the diversification of our income streams. Recently we have engaged a marketing consultant to increase our engagement and expand our reach on social media and other channels.

Our main focus has been to expand physical support groups post lockdown. With an increase in referrals, we have increased face to face support and increased the number of groups, ensuring that there is more than one support group happening on every day of the week. We are still offering remote support via video call and telephone, email, text and the online forum. We have also increased our targeted support with more focus on birth trauma, pregnancy, dads/co-parents and under-represented groups.

I would like to express my heartfelt thanks to all our families, staff, volunteers, funders and supporters, without you all we could not continue to deliver this vital support, the pandemic has impacted hugely on families having a baby or who have young children and the support we offer is a lifeline for many.

Savi Robinson

Chair of Light Trustees

About Light

Light Peer Support Ltd (Light) is a registered charity providing support to women and their families who are affected by mental health problems in pregnancy and around childbirth in Sheffield, Rotherham and Doncaster. Light does not employ health professionals and cannot prescribe medication - we provide peer support via face to face one to ones, support groups, buddying, text and email support.

Light was founded in July 2010 by Louise Heard and Karen Beetham, two mothers with a history of post natal depression and Savi Robinson, who was an NHS Volunteer at the time.

Mission and objectives of Light

Light aims to reduce isolation, reduce stigma, and increase confidence so that mothers are able to participate in normal life, interact with their babies and enjoy life as other new mothers. It is common for mothers suffering from depression to stay inside, isolate themselves and worry that people will see them as a bad mother.

Light's long term vision is to establish a centrally located centre that will be accessible to mothers and provide a safe place where they can feel secure enough to come, receive support and talk about their illness with others who have experienced their illness and who are now recovered, promoting recovery through self help.

Mothers often experience difficulties accessing psychological services, particularly where there are childcare issues and the centre will aim to provide a counselling room where these services can be offered.

Light also aims to raise awareness of postnatal depression throughout Sheffield, Rotherham, Doncaster and further afield by being involved in the training of other voluntary and statutory organisations, so that they can recognise the symptoms of postnatal depression and can be preventative rather than reactive when they encounter a mother with these issues.

The objectives of Light are the promotion of any charitable purpose directed to alleviating those who suffer from postnatal depression and pregnancy-related illnesses and, in particular, the relief of sickness and protection and promotion of good health (both physical and mental) by the provision of support and counselling and the advancement in education in matters relating to postnatal depression and pregnancy-related illnesses and their effects in particular by the provision of advice and guidance.

Vision

Effective peer support for anyone struggling with their mental health and emotional wellbeing during pregnancy, birth and afterwards.

Mission

We support anyone struggling emotionally during pregnancy, birth and beyond. We provide peer support, raise awareness and promote understanding of perinatal mental health.

Values

- Hope – we show there is light at the end of the tunnel
- Supportive – we provide help to anyone who needs it, without judgement
- Empathetic – we truly understand how it feels to struggle emotionally
- Compassionate – we're caring, kind and considerate in all our actions
- Collaborative – we work together to ensure anyone gets the support they need

Analysis of Need

Postnatal depression is a worldwide phenomena for reasons that are unknown, though causes and effective treatments are being researched. There is good research into the incidence, which is 10% to 15% following childbirth. For example, Sheffield has a birthrate of approx. 6000 (5723 live births in 2021), Doncaster; 3,333 live births and Rotherham; 2,814 live births. This means an estimate across these regions of 1187 to 1780 women who will suffer mental health problems around the time of childbirth each year. (2021 figures :ONS stats from NOMIS on 31st Oct 22)

What has Light done this year?

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

Staffing

We have continued to grow our peer support workforce with 8 Peer Support Workers and 2 Peer Support Co-ordinators now in post. We now employ 2 Peer Support Workers from BAME communities which has enhanced the cultural sensitivity of our service offer. Following a review of our business infrastructure requirements we made the decision to increase the expertise available to us engaging the services of management accountant and managed service provider for our IT infrastructure. We also appointed a part time Business Manager and are currently looking to increase this capacity to enable further support to our governance and business management needs.

Referrals

Light continues to receive referrals from professionals and men and women who self-identify as needing support with their emotional and mental wellbeing in the perinatal period. We continue to work with all our stakeholders to improve the referral pathways into our service, for example introducing QR codes on Light media. Self-referral continues to account for the bulk of our referrals. We have responded to 475 referrals in this period offering initial support and signposting where appropriate. Light has a reputation for delivering a timely response to enquiries, within 24 -48 hours. This often surprises service users who thought they would have to wait, one newly registered service user said "I thought I'd have to wait, to be honest I didn't expect you to be so efficient"

Support for parents and families

There has been a significant increase in referrals in the last year. 316 people registered with us for ongoing support, 252 of these opting for 1:1 support via a videocall, telephone call or in person meeting. Support is initially offered for 6 sessions, but this can and does continue if required. In person sessions are held from our Knowle House Hub in Sheffield, but we also hold sessions nearer to people's homes when possible, usually from Family Centres or Family Hubs, especially for Service Users in Doncaster & Rotherham.

Locality Perinatal Mental Health Peer Support Groups

We have re-established our locality group offer as part of our portfolio of perinatal mental health peer support service across Sheffield, Doncaster and Rotherham following the lifting of covid restrictions.

Light Peer Support Ltd
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For the year ended 30 June 2023

We now hold weekly peer support groups at the following locations:

Sheffield
Primrose Family Hub
Darnall Family Hub
First Start Family Hub
Shortbrook Family Hub
Sharrow Family Hub

Rotherham
Aughton Early Years Centre
Rawmarsh Children's Centre

Doncaster
Bentley Family Hub
Rossington Family Hub

Targeted Peer Support Groups

Birth Trauma Peer Support Group

The birth trauma peer support offer was made possible by funding initially from Sheffield Clinical Commissioning Group and latterly by NHS South Yorkshire & Bassetlaw ICB. We established a weekly Birth Trauma Peer Support Group in November 2022 in response to the increasing number of birthing parents who were presenting to us with a difficult birth experience. The group is a facilitated by our Birth Trauma Peer Support Worker. We are also seeing an increase in the number of parents coming forward as a result of the birth experience of partners. In this period 73 people registered with us to provide support around experience of birth.

Pregnant Parents/4th Trimester Peer Support Group

We established this group in Sheffield as a result of the numbers of pregnant people registering with us for peer support in pregnancy. As new parents didn't want to leave the group following the birth of their baby, we extended this offer to include the early post-partum period. As this group proved very successful, we have now extended this offer and now provide a further group in Rotherham too.

Following the opening of our Light Rooms (additional accommodation within the same building providing a large group room, dedicated office space, counselling/1-1 rooms and kitchen) in January 2022, we continue to work to achieve our vision to open the Lighthouse (a hub for perinatal mental health peer support services) which will be open throughout the week for parents to be, parents and families to drop-in outside of the group sessions run by either ourselves or our perinatal mental health partners. We keep our group programme under continuous review to ensure we continue to meet the needs of our service users. We are presently offering first aid for parents, baby massage, the incredible babies programme, the start well families programme. Following a successful walking group in 2023 we are now planning walking groups for 2024.

Under-represented groups

Light has continued its work to address health inequalities and address cultural and communication barriers which compound perinatal mental health inequality. In July 2022 we collaborated with Sheffield Hallam University to secure funds to undertake a project to address health inequalities in perinatal mental health, being 1 of 10 successful applicants in the Small Business and Research Health Care Competition 20 (funded by NHS England). This was to develop a proof of concept within 6 months for an online digital tool to address health inequalities in perinatal mental health, initially working with the Arab Community. The aim of the work was to increase understanding of perinatal mental health and engagement with services for people with perinatal mental health needs. We recruited bilingual community engagement workers to ensure we successfully recruited sufficient people to participate in the work and inform the design of the tool. This work was completed by the 30th April 2023. We have submitted a further proposal under Phase 2 of the programme to develop this work further and expect to hear whether we have been successful in October 2023.

Activity Overview

Type	July - Sept 2022	Oct - Dec 2022	Jan - March 2023	April - June 2023
Types of Support Provided : Virtual Groups, Forum, One to Ones (telephone, text, email, video)				
No of support enquiries received	119	93	149	114
No of registrations	81	67	100	68
Support Groups on average(each week)	6	9	10	12
One to One Support (new matches)	66	51	70	65
One to One Support Appointments (all types, face – face, telephone, video call)	306	218	285	360
Counselling (average no. service users)	18	17	15	15
Online Forum: total registered (at the end of each period)	360	379	402	413
Facebook Reach	7305	3827	9106	7183

Counselling service

We continued to provide the Light counselling service that we started 2018. During this period the service has maintained its counselling capacity with 5/6 trainee or qualified volunteer counsellors providing services to on average 15 service users in each 3 month period. The opening of the Light Rooms in January 2022 provided dedicated therapy space. Our counsellors provide support by video call, telephone call or face-face from our therapy rooms in Sheffield.

Volunteers

Implementation of Lockdown restrictions impacted on our volunteer workforce as the majority of volunteers provided assistance and support at face to face groups throughout Sheffield, Doncaster and Rotherham. In this period we had interest from 30 people exploring volunteering for Light, however this only resulted in 10 perinatal mental health peer support trained volunteers commencing volunteering and after mandatory training and induction. Changing social and economic conditions has impacted on our ability to recruit and retain volunteers, but the situation is improving

Premises

Light's move to larger premises within the same building at Knowle House in Sheffield in January 2022 which provided us with a large group room, dedicated office and counselling/1-1 space and kitchen facilities continues to reap benefits in relation to our service offer and ability to offer complimentary services from our partners in an environment that is familiar to our service users. We are now working with our landlord to further maximize the use of the accommodation we have to ensure we have the space as we respond to the increase in referrals to our service.

Developing infrastructure and fundraising

During 2022-2023 Light strengthened its infrastructure:

- We realized the benefits of introducing "Quickbooks" in 2020-2021 as our accounting software and engagement of a management accountant to support financial governance.
- We deployed our new CRM in January 2023 with the benefits of streamlined record keeping and demonstrable compliance with GDPR and access to real time data on our peer support activities.

We engaged a fundraising consultant in March 2023 to help us raise additional funds to cover costs that often the main contracts do not fully cover. It also helps with unrestricted funding for small charities such as ours. This has already delivered results with various grants being awarded to Light in between August & September 2023.

Networking & Communication

Light has continued to develop relationships across South Yorkshire and the country to advance local and national provision of perinatal mental health services, raising awareness of perinatal mental health and sharing best practice. Some of these partnerships, networks, organisations and membership groups we work with are listed below:

- Local Maternity Voices Partnership
- Citywide Perinatal Mental Health Steering Group
- Sheffield Health and Social Care Trust.
- Sheffield City Council Public Health Commissioners
- Sheffield Teaching Hospitals NHS Trust
- South Yorkshire & Bassetlaw Integrated Care System & Local Maternity System
- Rotherham, Doncaster and South Humber NHS Foundation Trust
- The Marce Society
- Sheffield Mental Health Partnership Network
- Sheffield Sling Surgery
- Make Birth Better
- Sheffield Hallam University

Raising Awareness

Raising awareness continues to be a major aim of Light, continuing to work with others so that parents and families know that support is available. Lockdown affected our ability to deliver face – face awareness raising events. This has improved since the easing of Lockdown restrictions with Light staff now attending events to both raise awareness and promote Light's service offer. Further to the launch of our Podcast Series in "On a Lighter Note" with the first episode going live on 1st August 2022, we have now published 19 episodes to date.

We continue to promote the unique contribution perinatal mental health peer support has to recovery from perinatal mental health difficulties to professional audiences. Notably we presented at the and at the Royal College of Psychiatrists Perinatal Quality Network Annual Forum in October 2022 and at the Yorkshire Approved Mental Health Practitioners Conference in April 2023

Social Media

Our Peer Support Co-ordinators take the lead on Social Media. Our Facebook followers and reach has continued to grow in this period.

Light staff aim to create and post content related to our service users and their families, often topics which come up at group or through our one-to-one support are then created into a social media to show and share support. We try to show our service users that we understand the demands of parenthood and the implications this can bring on our mental health, whilst encouraging them to seek support and signposting to other services when appropriate.

We often share and signpost other services which we feel are relevant to our following this includes; PANDAS, SANDS and Miscarriage Association. We also promote and share services provided by the perinatal mental health services and family hubs across South Yorkshire. Finally we work together with our funders and other organisations to gather feedback to improve services. We recently promoted a survey gathering the views of younger parents

Our online forum provides a confidential space for our service users, where they can find reassurance. Light continues to share and promote the use of the online forum and its benefits to service users and their families. We will continue to post and share our own experience, tips and useful things we have found as part of our peer support offer.

Across all our social media assets, we will continue to create relatable and appropriate content for our followers and service users to continue to raise awareness of maternal mental health and encourage those who are struggling.

Networking & Partnerships

We will be continuing to work with partners across Sheffield, South Yorkshire and the rest of the UK.

Feedback

We ask service users for feedback on the service they've received, we ask for feedback across several domains using a 0-5 rating, the domains are impact on physical health, impact on mental health, impact on social isolation, impact on self-esteem, relationship/attachment to child/children. We mostly receive positive feedback or suggestions for improvement to service delivery.

Group Evaluation Feedback

These are a selection of comments received showing how service users have been supported with their circumstances/recovery in our peer support groups.

After speaking with X, I realise I need to actually accept that I am about to give birth and make a birth plan with my partner as it might help me feel more in control, prepared and less anxious.

Able to talk openly and not feel judged, share each other's experiences.

Attending and sharing my weeks highs and lows, even though I have not been well. I do feel mentally better for attending. Enjoyed today. Feeling great. Thank you.

A friendly space to talk about baby life, not worrying about being judged for difficult parts. It feels better to get things off my chest.

Acknowledgement /understanding that my worries are normal and others feel/have felt the same.

Being able to reason through my anxieties and reflect and be confident that I have made some good decisions this week. Really enjoyed today's group. I am starting to feel a lot more positive about everything.

A chance to cry and not feel bad about it. Supportive women. Tips and tricks.

Peer Support Evaluation - Periodic Evaluation

We survey our service users periodically, these are some of the responses received when we asked service users what they found most helpful.

I found the peer support from X incredibly helpful, my mental health was supported at a really difficult time.

X is so understanding and reassuring. The peer to peer support has been absolutely central to me feeling and coping better. Honestly, I had no idea how much it would help to have someone to talk to who is so experienced and considerate. The fact I can text her during the week has also been a huge asset.

X chats to me like a friend. She has been so supportive. She makes sure I am calm and happy before she hangs up.

Somewhere to talk about my traumas, triggers and mental health.

An outside perspective and flexibility of availability.

I feel like it prepares me for when the support ends, so that I have the skills to take forward to help me indefinitely.

Support workers are non-judgemental, offer advice, relatable and its good to talk with other parents going through similar issues.

Peer Support Evaluation - 1-1 Support (after 6 sessions of support)

These are some of the comments we received when we asked service users receiving 1:1 support what were the things that they found most useful.

I find it so helpful how she just makes me feel so validated in what I need to discuss and that I'm not insane. She just listens and helps me calm down.

Dedicated time, consistency, validation and relatable experiences. Great service and easy to access.

The ability to decompress and be reassured my issues are important. X is amazing she has helped me so much & the match was amazing!

Having someone to talk to about issues which are private and confidential. You're doing brilliant.

Been able to open up without judgement

Nobody else that I've spoken to since the birth was able to talk to me with such compassion, clarity and understanding. It made me feel like I am not alone in my experience. It's invaluable

Having someone to talk to and knowing that I'm not alone. Very friendly welcoming service. Just what I needed.

X is incredible, having 1:1 chats with her helped me through some very difficult times. She was kind, empathetic, helpful and always willing to talk. I will always be grateful to her.

Future Plans

Light remains focused on its business plan and realizing its ambition for the Lighthouse, which will provide a drop in a facility every day. We continue to work with our landlord to ensure our spaces meet our needs. Our workforce are our greatest asset and we will continue our efforts to ensure are staff feel valued and respected, and their development supported. Light intends to be representative of its service users and will continue to take action to increase the diversity of our workforce.

Sustainability of our Charity is paramount so we will continue the hard work to secure funding for Light, engaging with new and existing funders and expanding to work on more varied funding streams such as corporate collaboration and new innovations in donations capture. We have engaged a marketing consultant to expand our digital presence support our engagement activities with both service users and wider stakeholders.

The contract Light has with Sheffield City Council to provide Perinatal Mental Health Peer Support Services ends on 31 March 2024, we are anticipating this being retendered. We agreed a contract extension with NHS Sheffield Health and Social Care (SHSC) to provide Perinatal Mental Health Peer Support Services to 31 March 2024, with an uplift of contract value. We are still awaiting information on how SHSC will go out to tender for the contract from April 2024. We also received additional funds from NHS South Yorkshire & Bassetlaw ICB to continue to provide Birth Trauma Peer Support Services. We were unsuccessful in an RFQ submission to Sheffield City Council to provide peer support to Dad's and co-parents, but are pleased to report that we were successful with a tender response to Sheffield City Council to provide an extended and enhanced Perinatal Mental Health Peer Support Service as part of the Government's Family Hubs Start for Life Programme which is funded until 31 March 2025.

Financial review

Funding

The sustainability of Light has been enabled by the grants and contracts awarded by our primary funders in previous years, we are extremely grateful to these funders:

- Sheffield City Council
- Sheffield Health and Social Care Trust
- NHS Sheffield CCG/NHS South Yorkshire & Bassetlaw ICB

We also thank NHS England for the grant funding we received following our successful application in conjunction with Sheffield Hallam University to the SBRI Health Care Competition 20.

We also received grant income in this period from Health Education England for a training grant whilst peer support workers undertake a 12 week training course. We have secured further grant funding for 2023-2024 for the new peer support workers we will recruit to deliver against the Sheffield City Council Family Hubs PNMH Peer Support Contract.

We also extend our thanks for all donations to Light from various fundraising activities.

Light Peer Support Ltd
Trustees' annual report - continued
For the year ended 30 June 2023

Reserves policy

Light is dependent to some extent on fundraising activities to sustain some income. Light does not have a sole source of income or regular grant provision. Currently Light relies on a number of sources of funding, from one off donations and fundraising activities of groups to contractual grants from Sheffield City Council and Sheffield Health & Social Care.

The Trustees used the guidance provided by the Charities Commission to review the policy in January 2021, and determined that the ongoing policy is to require free reserves (general funds) to be at least six months budgeted operational costs plus some provision for unforeseen costs, which is set at approximately £130,000.

As at 30 June 2023 the charity had free reserves of £152,539.

In addition to this £19,947 was set aside in designated funds for project funding which spans the financial year.

This policy will be reviewed at Trustee meetings, which are currently held bi-monthly. It will be monitored by CEO with support from the Treasurer.

Reference and administration details

Company Number

08194767

Charity number

1149125

Directors/Trustees

Savi Robinson

Alice Curren

Sally Evans

Jan Cubison

Jo McGarrigle

appointed 27 September 2023

Secretary

Jan Cubison

Key management

Helen Miles

Chief Executive

Registered office

Knowle House
4 Norfolk Park Road
Sheffield
S2 3QE

Independent Examiner (and accountants)

Sarah Lightfoot, FCA DChA
Seven Hills Accountants Limited
57 Burton Street
Sheffield
S6 2HH

Light Peer Support Ltd
Trustees' annual report - continued
For the year ended 30 June 2023

Structure and governance

Light Peer Support Ltd (Company number 08194767) was incorporated on 29 August 2012 and its Memorandum and Articles of Association govern it. Its legal status is that of a company limited by guarantee and a registered charity (Charity number 1149125). It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Overall management of the Charity is the responsibility of the trustee directors who are elected and co-opted under the terms of the Memorandum and Articles of Association. Day to day project activity is carried out by volunteers and paid staff.

Management

Light has 4 trustees who meet every 8- 12 weeks. The trustees are Jan Cubison, who was the Clinical Service Manager for the NHS Sheffield Perinatal Mental Health Service before she retired in May 2015, Savi Robinson, who works in the statutory sector, Alice Curren, a full time mum who formerly worked in the financial sector and runs her own business and Sally Evans who is a successful business woman running her own business. We recently gained a new trustee, Jo McGarrigle, who was previously our CEO and left to work for Derbyshire County Council. Jo has a wealth of experience with families and children and detailed knowledge of how our charity works so we welcomed her return to volunteer on a trusteeship basis.

We are always actively seeking new Trustees and management committee members from a variety of professional backgrounds who believe they can support our work. In particular fundraising experience would be invaluable. If you are interested in joining us then please email us at contactus@lightpeersupport.org.uk

Small company exemption

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including the directors' report) above on 2.10.2023.

Signed on behalf of the charity's trustees:



Print name: SAVI ROBINSON

Position: CHAIR OF TRUSTEES.

Independent examiner's report to the trustees of Light Peer Support Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 June 2023.

Responsibilities and basis of report

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

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: S Lightfoot
Sarah Lightfoot, FCA DChA
Seven Hills Accountants Limited
57 Burton Street
Sheffield
S6 2HH

Date: 3 October 2023

Light Peer Support Ltd

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

for the year ended 30 June 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total £	Unrestricted funds £	Restricted funds £	2022 Total £
Income from:							
Donations		4,890	-	4,890	2,375	-	2,375
Charitable activities	2	173,985	-	173,985	199,119	-	199,119
Total income		178,875	-	178,875	201,494	-	201,494
Expenditure on:							
Group and activity costs		2,558	-	2,558	43	-	43
Other project costs		658	1,628	2,286	6,470	1,355	7,825
Volunteers expenses		552	-	552	30	-	30
Staff costs							
Salary costs	3	144,182	-	144,182	90,197	-	90,197
Staff travel and expenses		5,658	-	5,658	1,361	-	1,361
Payroll and HR support fees		4,345	-	4,345	787	-	787
Training		486	-	486	671	-	671
Office and administration costs							
Office rental		20,100	-	20,100	13,005	-	13,005
Insurance		507	-	507	387	-	387
Telephone and internet		2,302	-	2,302	3,378	-	3,378
DBS checks		331	-	331	667	-	667
Website		-	300	300	348	500	848
Computers and software		18,508	-	18,508	6,601	-	6,601
Printing, postage and stationery		197	123	320	13	500	513
Legal and professional fees		405	-	405	-	-	-
Equipment		96	-	96	274	-	274
Other expenses		755	-	755	431	-	431
Bank charges		130	-	130	106	-	106
Governance costs							
Independent examination	4	990	-	990	864	-	864
Trustee expenses		-	-	-	33	-	33
Total expenditure		202,760	2,051	204,811	125,666	2,355	128,021
Net income/(expenditure)		(23,885)	(2,051)	(25,936)	75,828	(2,355)	73,473
Transfers	9	2,500	(2,500)	-	180	(180)	-
Net movement in funds		(21,385)	(4,551)	(25,936)	76,008	(2,535)	73,473
Total funds brought forward		193,871	7,368	201,239	117,863	9,903	127,766
Total funds carried forward		172,486	2,817	175,303	193,871	7,368	201,239

Light Peer Support Ltd**Balance Sheet****As at 30 June 2023**

	Notes	2023 £	2022 £
Current Assets			
Balance at bank and cash		185,591	191,643
Debtors	5	<u>26,082</u>	<u>21,943</u>
Total current assets		211,673	213,586
Creditors: amounts falling due within one year	6	(36,370)	(12,347)
Net current assets		<u>175,303</u>	<u>201,239</u>
Total assets less current liabilities		175,303	201,239
Creditors: amounts falling due after one year		-	-
Total net assets		<u><u>175,303</u></u>	<u><u>201,239</u></u>
Represented By			
General funds		152,539	148,269
Designated funds		19,947	45,602
Total unrestricted funds	8	<u>172,486</u>	<u>193,871</u>
Restricted funds	9	<u>2,817</u>	<u>7,368</u>
Total funds	10	<u><u>175,303</u></u>	<u><u>201,239</u></u>

For the year ending 30 June 2023 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 in accordance with section 476 of the Companies Act 2006.

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

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

Approved by the board on 2.10.2023.

Signed on the board's behalf by:

Sign: 

Print: JAVI ROBINSON.

Position: CHAIR OF TRUSTEES

1 Accounting Policies

(a) General

Light Peer Support Ltd is a charitable company in the United Kingdom limited by guarantee. In the event that the charity is wound up the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the legal and administrative information of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011. The financial statements have taken advantage of the exemption to prepare a Statement of Cash Flows.

The charity meets the definition of a public benefit entity as defined under FRS102. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £1.

(b) Income

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

Income from 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.

Legacy income is included in the accounts on the earlier of receipt of the legacy or the date of approval of a distribution e.g. approval of the final estate accounts.

Income received in advance of a specified service it is deferred until the criteria for income recognition are met.

(c) 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.

Grants payable are payments made to third parties in the furtherance of the charitable objects of the Trust. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant award. Grants awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled condition attaching to that grant is outside of the control of the Charity.

(d) Tangible fixed assets

All items of capital expenditure below £500 are written off as incurred.

Depreciation has been calculated to write down the cost of all tangible fixed assets over their expected useful lives on the following basis:
Fixtures, fittings and equipment: 3 years straight line

(e) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

(f) Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

(g) Trade creditors

Trade creditors 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 the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

1 Accounting Policies - continued

(h) Fund accounting

Unrestricted funds are donations and other income receivable or generated for the objects of the organisation without further specified purpose.

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 to be used for specific purposes as laid down by the donor.

(i) Pension costs and other post-retirement benefits

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

(j) Operating leases

Payments made under operating leases are charged to Statement of Financial Activities on a straight-line basis over the period of the lease.

(k) Taxation

As a charity, the organisation is exempt from tax on income and gains falling within the available tax exemptions to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

(l) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2 Income from charitable activities

	Unrestricted Fund £	Restricted Funds £	Total 2023 £	Unrestricted Fund £	Restricted Funds £	Total 2022 £
Sheffield Health and Social Care Trust	78,205	-	78,205	110,189	-	110,189
Sheffield City Council	40,000	-	40,000	40,000	-	40,000
South Yorkshire ICB (previously CCG)	23,765	-	23,765	41,960	-	41,960
Other services	32,015	-	32,015	6,970	-	6,970
	<u>173,985</u>	<u>-</u>	<u>173,985</u>	<u>199,119</u>	<u>-</u>	<u>199,119</u>

3 Staff costs, trustees remuneration and expenses, and the cost of key management personnel

	2023 £	2022 £
Gross salaries	138,098	88,942
Employer's national insurance contributions	8,781	4,371
Employer's allowance	(5,000)	(4,371)
Employer's pension contributions	2,303	1,255
	<u>144,182</u>	<u>90,197</u>

No employees had employee benefits in excess of £60,000 (2022: nil). There was an average of 9.7 employees during the year (2022: 7.4).

Light Peer Support Ltd
Notes to the financial statements - continued
For the year ended 30 June 2023

3 Staff costs, trustees remuneration and expenses, and the cost of key management personnel - continued

The trustees were not paid or received any other benefits from employment with the charity in the year (2022: £nil). No trustees were reimbursed expenses during the year (2022: £nil). No charity trustee received payment for professional or other services supplied to the charity (2022: £nil).

The key management personnel of the charity comprise the trustees and the Chief Executive Officer. The total employee benefits of the key management personnel was £43,048 (2022: £29,684 - this include maternity pay and the maternity cover).

4 Fees paid to the independent examiner's organisation

	2023
	£
Independent examination fees	990
Other fees paid to the independent examiner's organisation for other financial services	450

5 Debtors

	2023	2022
	£	£
Trade debtors	21,057	16,918
Other taxes and social security	-	-
Prepayments	5,025	5,025
	<u>26,082</u>	<u>21,943</u>

6 Creditors: amounts due within one year

	2023	2022
	£	£
Trade creditors	7,142	6,394
Accruals	1,170	864
Other taxes and social security	-	589
Deferred income	28,058	4,500
	<u>36,370</u>	<u>12,347</u>

7 Deferred income

	2023	2022
	£	£
Deferred income brought forward	4,500	17,999
Released in the year	(4,500)	(13,499)
Deferred in the year	28,058	-
Deferred income carried forward	<u>28,058</u>	<u>4,500</u>

Income is deferred on the basis of the contract period agreed with the funder.

8 Unrestricted funds

	Brought forward	Income	Expenditure	Transfers	Carried forward
	£	£	£	£	£
Designated funds					
BAME Peer Support worker development	23,788	-	(3,841)	-	19,947
Electronic records system	13,965	-	(13,965)	-	-
Service Hub provision	7,849	-	(7,849)	-	-
Total designated funds	45,602	-	(25,655)	-	19,947
General funds	148,269	178,875	(177,105)	2,500	152,539
Total unrestricted funds	193,871	178,875	(202,760)	2,500	172,486

The trustees have set aside project funding which spans the financial year, to give a clearer picture of the ongoing services of the charity.

<i>Prior year comparative</i>	<i>Brought forward</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfers</i>	<i>Carried forward</i>
	£	£	£	£	£
<i>Designated funds</i>					
<i>BAME Peer Support worker development</i>	-	28,461	(4,673)	-	23,788
<i>Electronic records system</i>	-	19,950	(5,985)	-	13,965
<i>Service Hub provision</i>	-	17,775	(9,926)	-	7,849
Total designated funds	-	66,186	(20,584)	-	45,602
General funds	117,863	135,308	(105,082)	180	148,269
	117,863	201,494	(125,666)	180	193,871

The trustees have set aside project funding which spans the financial year, to give a clearer picture of the ongoing services of the charity.

9 Restricted funds

	Brought forward	Income	Expenditure	Transfers	Carried forward
	£	£	£	£	£
National Lottery Awards for All	5,144	-	-	(2,500)	2,644
Catalyst and the National Lottery Community Fund COVID-19 Digital Response	2,224	-	(2,051)	-	173
	7,368	-	(2,051)	(2,500)	2,817

National Lottery Awards for All

A grant received from the lottery, for the photography project "Through their eyes", in conjunction with SchARR. The project stalled due to the impact of covid, has not been completed. £2,500 has been transferred to general funds, for the administration and management costs incurred by the charity. The Lottery have indicated that they require the unspent balance of £2,644 to be returned to them.

Catalyst and the National Lottery Community Fund COVID-19 Digital Response

This grant was to support Light's online presence but the funds were used for additional peer support capacity and focus group capture data, with the permission of the funder.

Light Peer Support Ltd
Notes to the financial statements - continued
For the year ended 30 June 2023

9 Restricted funds - continued

<i>Restricted funds - previous year</i>	<i>Brought forward</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfers</i>	<i>Carried forward</i>
	£	£	£	£	£
<i>National Lottery Awards for All</i>	6,499	-	(1,355)	-	5,144
<i>The National Lottery Community Fund - COVID-19</i>					
<i>Community Perinatal Peer Support</i>	180	-	-	(180)	-
<i>Catalyst and the National Lottery Community Fund COVID-19 Digital Response</i>	3,224	-	(1,000)	-	2,224
	<u>9,903</u>	<u>-</u>	<u>(2,355)</u>	<u>(180)</u>	<u>7,368</u>

10 Analysis of net assets between funds

	General Funds	Designated Funds	Restricted Funds	Total 2023
	£	£	£	£
Net current assets	-	172,486	2,817	175,303
	<u>-</u>	<u>172,486</u>	<u>2,817</u>	<u>175,303</u>
<i>Analysis of net assets between funds - previous year</i>				
	<i>General Funds</i>	<i>Designated Funds</i>	<i>Restricted Funds</i>	<i>Total 2022</i>
	£	£	£	£
Net current assets	148,269	45,602	7,368	201,239
	<u>148,269</u>	<u>45,602</u>	<u>7,368</u>	<u>201,239</u>

11 Related party transactions

There were no related party transactions during the year, other than those detailed in note 4.

12 Operating lease commitments

At 30 June 2023 the charity was committed to making the following future minimum lease payments under non-cancellable operating leases as follows:

	2023	2022
	£	£
Payable within 1 year	6,380	15,225
Payable within 1-2 years	-	3,738
	<u>6,380</u>	<u>18,963</u>

Light Peer Support (LTD)

England & Wales - Charity number 1149125

Accounts

Registered Charity Number: 1149125
Company number: 08194767

Light Peer Support Ltd

Annual Report and unaudited Financial Statements

For the year ended 30 June 2022

Light Peer Support Ltd
Contents

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Light Peer Support Ltd
Chair's Report

This is the twelfth annual report for Light Peer Support Ltd (Light).

I continue to be incredibly proud to represent Light Peer Support. As one of the founding members of the charity it means a huge amount to me to be able to say that we are in our twelfth year of support for the families of South Yorkshire during pregnancy and after having had a baby. This year has continued to bring immense challenges for families, for volunteers, for staff and for Light. I am proud of the resilience we have shown and the progress we have made post pandemic to begin to return to 'normal' – whatever that might be! It's clear that the Covid 19 Pandemic has had a lasting impact on many businesses and individuals and it is not that easy just to go back to how it was. Service users have had a different type of service over the last two years and staff have got accustomed to working at home and providing support in a different way

This year has seen us consolidate the support we provide through our contracts with Sheffield City Council and the Sheffield, Rotherham and Doncaster Perinatal Mental Health Service, we have worked hard to meet and exceed delivery targets and value the support and strong relationship we have formed with both. In addition to this we have successfully secured additional funding via our local Clinical Commissioning Groups to develop the cultural sensitivity of our peer support offer by the recruitment of a Black and Minority Ethnic (BAME) Peer Support Development Worker. We also secured non-recurrent statutory sector funding to expand our accommodation to facilitate the shift post covid from virtual to face to face service delivery and increased group offers. Additionally, we have been able to improve our data/information management infrastructure by procuring a CRM which will facilitate the service user journey with Light, whilst at the same time enable needs assessment and information provision to our funders.

Our main form of support to families had been physical support groups and this was obviously no longer possible once lockdown started. In the latter part of 2021 we were able to start planning for face to face conversations and throw our attention to how we might adapt back to office working and make best use of the counselling space that we have. We have begun to increase face to face support once again and re-instate some of the support groups. We are still offering remote support via virtual chat facilities and of course phone, email and the forum. The word 'hybrid' has become commonplace in discussions around support models for service users but there is an enthusiasm to get the right offer available for each individual.

I would like to express my heartfelt thanks to all our families, staff, volunteers, funders and supporters, without you all we could not continue to deliver this vital support, the pandemic has impacted hugely on families having a baby or who have young children and the support we offer is a lifeline for many.

Savi Robinson

Chair of Light Trustees

About Light

Light Peer Support Ltd (Light) is a registered charity providing support to women and their families who are affected by mental health problems in pregnancy and around childbirth in Sheffield, Rotherham and Doncaster. Light does not employ health professionals and cannot prescribe medication - we provide peer support via face to face one to ones, support groups, buddying, text and email support. Light was founded in July 2010 by Louise Heard and Karen Beetham, two mothers with a history of post natal depression and Savi Robinson, who was an NHS Volunteer at the time.

Mission and objectives of Light

Light aims to reduce isolation, reduce stigma, and increase confidence in parenthood. We aim to promote and enhance well-being in this period to allow for those struggling to reduce isolation and adjust to becoming a parent; interact with their babies and enjoy life as new parents.

It is common for mothers suffering from depression to stay inside, isolate themselves and worry that people will see them as a bad mother.

Light's long term vision is to establish a centrally located centre that will be accessible to mothers and provide a safe place where they can feel secure enough to come, receive support and talk about their illness with others who have experienced their illness and who are now recovered, promoting recovery through self help.

Mothers often experience difficulties accessing psychological services, particularly where there are childcare issues and the centre will aim to provide a counselling room where these services can be offered.

Light also aims to raise awareness of postnatal depression throughout Sheffield, Rotherham, Doncaster and further afield by being involved in the training of other voluntary and statutory organisations, so that they can recognise the symptoms of postnatal depression and can be preventative rather than reactive when they encounter a mother with these issues.

The objectives of Light are the promotion of any charitable purpose directed to alleviating those who suffer from postnatal depression and pregnancy-related illnesses and, in particular, the relief of sickness and protection and promotion of good health (both physical and mental) by the provision of support and counselling and the advancement in education in matters relating to postnatal depression and pregnancy- related illnesses and their effects in particular by the provision of advice and guidance.

Vision

Effective peer support for anyone struggling with their mental health and emotional wellbeing during pregnancy, birth and afterwards.

Mission

We support anyone struggling emotionally during pregnancy, birth and beyond. We provide peer support, raise awareness and promote understanding of perinatal mental health.

Values

- Hope – we show there is light at the end of the tunnel
- Supportive – we provide help to anyone who needs it, without judgement
- Empathetic – we truly understand how it feels to struggle emotionally
- Compassionate – we're caring, kind and considerate in all our actions
- Collaborative – we work together to ensure anyone gets the support they need

Analysis of Need

Postnatal depression is a worldwide phenomena for reasons that are unknown, though causes and effective treatments are being researched. There is good research into the incidence, which is 10% to 15% following childbirth. For example, Sheffield has a birthrate of approx. 6000 (5723 live births in 2021), Doncaster; 3,333 live births and Rotherham; 2,814 live births. This means an estimate across these regions of 1187 to 1780 women who will suffer mental health problems around the time of childbirth each year. (2021 figures :ONS stats from NOMIS on 31st Oct 22)

What has Light done this year?

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

Staffing

We have seen some changes in staffing, Helen Miles, Chief Executive was appointed in June 2021, we then successfully recruited to two Peer Support Workers and a new Peer Support Co-ordinator. However, this was followed by the resignation of our Business Manager and a Peer Support Worker who both left to pursue career development opportunities. In this period we have reviewed our business infrastructure requirements, making the decision to invest in systems to support our charity operations. We have been reviewing our people requirements and are looking to appoint a new Business Manager and a Charity/Business Development Manager this financial year.

Referrals

Light continues to receive referrals from professionals and men and women who self-identify as needing support with their mental wellbeing in the perinatal period. We are also seeing different types of referrals, for example – concerned friends and relatives. We worked with health care professionals to improve the referral pathways into our service, which has consequently enabled us to reach more mums. Self-referral accounts for the bulk of our referrals.

Support for women and families

We have responded to 342 enquiries in this period offering initial support and signposting where appropriate. This initial support and being available on the telephone may be all that is required. 228 people registered with us for ongoing support, of these opting for 1:1 support. 198 Service Users commenced 1-1 support in this period. Face to face sessions are offered primarily from Light in Sheffield, but we also offer these from other venues in Sheffield, Doncaster & Rotherham. We also offer 1-1 support via video call, telephone, text or email support. Support is initially offered for 6 sessions, but this can and does continue for further sessions as if required.

We provided virtual online support groups throughout lockdown, following easing of restrictions we started to resume our face – face support group offer in November 2021. By the end of June 2022 we had resumed our support group offer across Sheffield, Rotherham and Doncaster. We continue to explore new locations to offer group support. Support groups are primarily provided from Children's Centres or Family Hubs.

We opened our Light Rooms in January 2022, our new group space is proving very successful, we have been able to offer "drop in" support and offer a variety of different groups, for example Music Groups, Craft Session, Pregnant Parents group, Baby Massage in addition to offering group space for Light's Perinatal Mental Health Partners. We intend continuing to expand our service offer from our rooms at Knowle House to develop our Vision for the Light Hub, open not just when groups are running.

Light Peer Support Ltd
Trustees' annual report - continued
For the year ended 30 June 2022

We offer our services to Dads and partners and continue to raise awareness of this element of our service offer.

There is evidence that mothers who go through trauma during their birth or pregnancy are more susceptible to mental health issues. We have been able to develop our support for people who suffer emotional and mental health difficulties following childbirth by recruiting to a peer support worker role to focus on this support. This post was funded via the local CCGs and is part of the local maternal mental health service offer. This role has proved very successful, we received 45 referrals in the first year of service delivery and are currently receiving 8- 10 referrals each month.

We are building on the outcome of the implementation of Covid 19 Community Perinatal Peer Support training programme and recruited a Peer Support Development Worker to develop our peer support offer to BAME communities and improve our cultural sensitivity to under represented groups. This provided a platform to develop a successful bid with Sheffield Hallam University which has resulted in project funding from NHS England for 6 months to develop a proof of concept for a digital solution to addresses inequalities in perinatal mental health, this is being taken forward with the local Arab community.

Light has a reputation for delivering a timely response to enquiries with a response to referrers within 48 hours. 1-1 Support from a Peer Support Worker is the first choice of support for most service users, this support is reviewed after 6 sessions to ensure the service user is continuing to benefit from this service offer and isn't more suited to group support as part of their recovery journey. The concept of "being there", "not feeling alone" is a common theme of feedback from our service users.

Light's availability via the on-line forum and social media provides comfort to our service users and is very much an integral part of our service offer.

Counselling service

We have continued the Light counselling service that we started 2018. Light's counselling capacity has remained the same with 5 trainee counsellors offering interventions. Covid operating conditions required the move to the provision of therapy virtually either by video or telephone contact. The opening of the Light rooms has enabled the provision of 2 counselling rooms which has provided dedicated therapy space, with a return to face to face delivery in Spring 2022. The service continues to receive very positive feedback.

Premises

Light has been able to expand its accommodation within the same building at Knowle House. A large group room, dedicated office and counselling/1-1 space, and kitchen has added to our service offer, and reduce the competition we had for space to meet with service users. We have been able to hold training courses on site, have a drop in facility, run various groups and enable partners to run complimentary groups. The dedicated office space has provided invaluable in supporting the post lockdown return to the work space and move away from home working, supporting team development.

Activity overview

Type	July - Sept 2021	Oct - Dec 2021	Jan - March 2022	April - June 2022
Types of Support Provided : Virtual Groups, Forum, One to Ones (telephone, text, email, video)				
Support Groups (each week)	2	4	7	6
One to One Support (new matches)	32	50	49	67
Counselling (average no. service users)	10	10	13	10
Online Forum: total registered (at the end of each period)	294	313	332	342
Facebook Reach	6342	3471	8935	12231

Volunteers

Implementation of Lockdown restrictions impacted on our volunteer workforce as the majority of volunteers provided assistance and support at face to face groups throughout Sheffield, Doncaster and Rotherham. In this period we had interest from 38 people exploring volunteering for Light, however this only resulted in 11 volunteers commencing volunteering after mandatory training and induction. Changing social and economic circumstances has impacted on our ability to recruit and retain volunteers but the situation is now improving.

Fundraising

Lockdown impacted on our ability to fundraise in terms of restrictions on face to face activity and staff deployment to increased 1:1 activity with service users. However, we raised funds via the following platforms:

- Amazon Smile
- Charities Trust
- Easy fundraising
- Facebook Donate

We have now moved to Stripe as our donation platform with donor signposting to our website following the closure of Virgin Money Giving.

Raising Awareness

Raising awareness continues to be a major aim of Light, continuing to work with others so women and families know that support is available. Lockdown affected our ability to deliver face – face awareness raising events. This has improved since the easing of Lockdown restrictions with Light staff now attending events to both raise awareness and promote Light's service offer. In this period we planned the development and launch of the Podcast series "On a Lighter Note" with the first episode going live on 1st August 2022, with 12 episodes published to date.

Networking & Communication

Light has continued to develop relationships across South Yorkshire and the country to advance local and national provision of perinatal mental health services, raising awareness of perinatal mental health and sharing best practice. Some of these partnerships, networks, organisations and membership groups we work with are listed below:

- Local Maternity Voices Partnership
- Citywide Perinatal Mental Health Steering Group
- Sheffield Health and Social Care Trust.
- Sheffield City Council Public Health Commissioners
- Sheffield Teaching Hospitals NHS Trust
- South Yorkshire & Bassetlaw Integrated Care System & Local Maternity System
- Rotherham, Doncaster and South Humber NHS Foundation Trust
- The Marce Society
- Sheffield Mental Health Partnership Network
- Sheffield Sling Surgery
- Make Birth Better

Social Media

Our Peer Support Co-ordinators take the lead on Social Media. Our Facebook followers and reach has continued to grow in this period.

Light staff aim to create and post content related to our service users and their families, often topics which come up at group or through our one-to-one support are then created into a social media to show and share support. We try to show our service users that we understand the demands of parenthood and the implications this can bring on our mental health, whilst encouraging them to seek support and signposting to other services when appropriate.

For example, throughout the festive period, light are aware of the impacts and pressure this can bring upon parents and the effects this may have on their mental health as a result. Our focus was to remind parents that they are enough and that sometimes social media causes us to compare to other's unrealistic standards. One follower commented 'I'm five years into parenthood and this is still a hard one to remember. But yes, we all have different 'coping levels' and shouldn't compare ourselves to others. This applies all the time, not just the festive season. Be kind to yourself'

We also shared other parents' journeys who struggled during the festive season with their perinatal mental health. This related well to our followers with comments such as 'Rachel, what a journey. your story will help others xx' and 'Such a tough read but lovely to see a happy ending! Getting the word out there is so vital.'

We often share and signpost other services which we feel are relevant to our following this includes; PANDAS, SANDS, Miscarriage Association, The Psychology Mom.

We also promote and share services provided by the perinatal mental health and family hubs across South Yorkshire. Examples include, promoting an expressive writing course, sleep classes, crafting sessions, sensory play sessions and well-being walks.

Finally we work together with our funders and other organisation to gather feedback to improve services. Recently advertising the 0-5 years services feedback survey.

Light Peer Support Ltd
Trustees' annual report - continued
For the year ended 30 June 2022

In the spring/summer period we took part in Infants Mental Health Week which saw us share some fun and easy techniques that can be used with your little ones to help them express and understand how they may be feeling.

This included things such as, the worry jar, worry tree and expressing emotions worksheets.

We opened the floor for our followers to share and express things they find helpful with their little ones. One follower commented 'We used the colour monster from 18 months. With the littlest one when she frustrated we give her a teddy to squeeze and teach her safe outlets' and another mum 'I think these are brilliant ideas!'

We also took part in volunteer's week with the hope to recruit and thank those who we have on board. During this time we shared one of our volunteers stories.

We also took part in Father's Mental Health Day and the importance of recognizing fathers/partners needs during the perinatal period.

Our online forum provides a confidential space for our service users, where they can find reassurance. Light continues to share and promote the use of the online forum and its benefits to service users and their families. We will continue to post and share our own experience, tips and useful things we have found as part of our peer support offer.

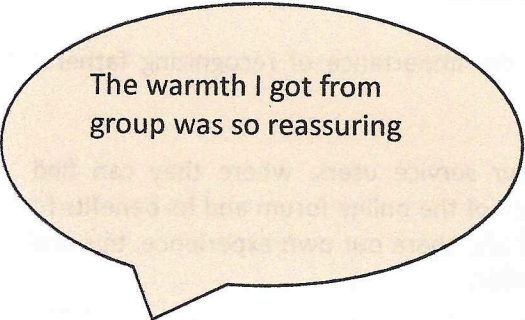
Across all our social media assets, we will continue to create relatable and appropriate content for our followers and service users to continue to raise awareness of maternal mental health and encourage those who are struggling.

Feedback

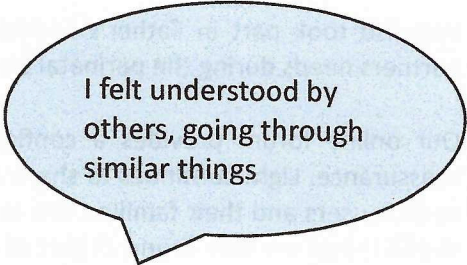
We ask service users for feedback on the service they've received, we ask for feedback across several domains using a 0-5 rating, the domains are impact on physical health, impact on mental health, impact on social isolation, impact on self-esteem, relationship/attachment to child/children. We mostly receive positive feedback or suggestions for improvement to service delivery.

These are a selection of comments received showing how service users have been supported with their recovery

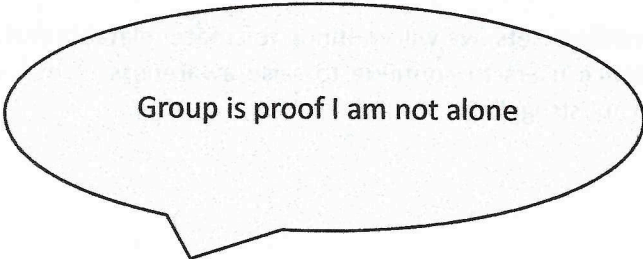
Group Evaluation Feedback




The warmth I got from group was so reassuring



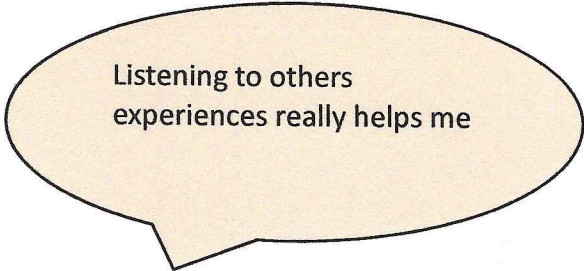
I felt understood by others, going through similar things



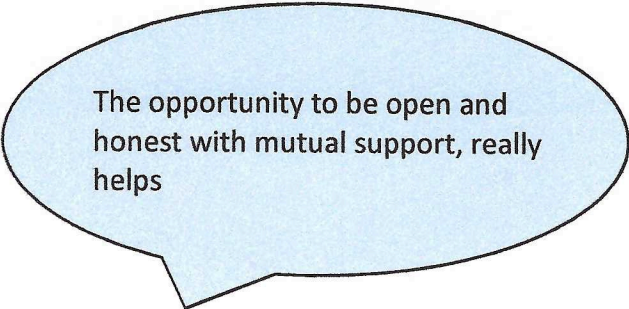
Group is proof I am not alone




Sharing of experiences was really powerful



Listening to others experiences really helps me



The opportunity to be open and honest with mutual support, really helps



Meeting others really helped

Peer Support Evaluation - Periodic Evaluation

What have you found most helpful?

It's been good to be able to come to meet at Knowle house with my little boy and feel a little bit looked after and that I could breathe a little bit

Regular and reliable- X has gone out of her way on some occasions to speak with me. Talking to someone who has experienced what you're feeling. and can offer

The personal emails were the best for me when I needed them, and the support provided meant that I no longer needed it as I felt much better with help

Been given the opportunity to be vulnerable and air out anything on my anxious and tired mind and that's ok.

Being able to talk to someone who understands how you're feeling

Wonderful range of types of support, all helping me to feel better in myself and gain confidence as a mother

Love how genuine everyone from Light is with their support - maybe because of staff having their own experiences of mental health challenges when becoming a parent

Peer Support Evaluation - 1-1 Support (after 6 sessions of support)

The feeling of safety and judgement free that is created is vital

Talking to someone each week has allowed me to understand and process feelings

Getting everything off my chest

Having someone to talk too and discuss my worries has really helped

Having someone to offload too who really understands

The fact staff have lived experience really matters

Sharing of tips and experiences really helps and make me feel at ease

Meeting others who don't hide behind a mask and are open and honest makes you feel less alone

Light Peer Support Ltd
Trustees' annual report - continued
For the year ended 30 June 2022

Funding

We have received a number of grants and contracts this year which has been very important for the sustainability of Light, we are extremely grateful to primary funders.

- Sheffield City Council
- Sheffield Health and Social Care Trust
- NHS Sheffield CCG
- Health Education England

We also extend our thanks to all donations to Light from varied fundraising activities

Future Plans

We have been looking at our business plan which includes expanding support for drop in facilities for women. As mentioned we have already secured larger premises to facilitate this. We have also been looking at staff retention and how we can ensure the charity can retain our skilled and empathetic individuals. We also want to continue our support for BAME individuals and training support for other organisations who are supporting women around childbirth who need specific training, for which our organization has the expertise.

Sustainability of our Charity is paramount so we will continue the hard work to secure funding for Light, engaging with new and existing funders and expanding to work on more varied funding streams such as corporate collaboration and new innovations in donations capture.

Networking & Partnerships

We will be continuing to work with partners across Sheffield, South Yorkshire and the rest of the UK.

Financial review

Light has been successful in securing the contract with Sheffield City Council for 3 years, 1st April 2021 – 31st March 2024 to deliver Perinatal Mental Health Peer Support. Additionally, Light has secured the contract with Sheffield Health & Social Care to provide a range of peer support interventions/options for mums, dads and families across all Sheffield, Rotherham and Doncaster commencing 1st April 2021, with the end date still under review by NHS commissioners.

Light must pursue corporate funding via corporate collaborations to assist with longer term financial stability. We have made the decision to recruit to a Business/Charity Development Manager to undertake this work stream. Additionally, focus should be given to grant applications to support step change by Light. We will realise the benefits from the deployment of our new CRM streamlined record keeping, improved quality of shared information, demonstrable compliance with GDPR, and the release of staff resource to yield more time for the provision of peer support interventions. Access to real time data will not only support performance management but will enable us to demonstrate to our funders, service activity and outcomes in a timely manner. Needs data drawn from the system will enable improved targeting of support, development of our peer support offer and demonstrate the value of our service to grant makers and potential funders.

Reserves policy

Light is dependent to some extent on high risk forms of fundraising activities to sustain some expenditure. Light does not have a sole source of income or regular grant provision. Currently Light relies on a number of sources of funding, from one off donations and fundraising activities of groups to contractual grants from Sheffield City Council and NHS Commissioners.

The Trustees used the guidance provided by the Charities Commission to review the policy in January 2021, and determined that the ongoing policy is to require free reserves (unrestricted funds) to be at least six months budgeted operational costs plus some provision for unforeseen costs, this is now set at approximately £108,000.

As at 30 June 2022 the charity had unrestricted free reserves of £148,269.

In addition to this £45,602 was set aside in designated funds for project funding which spans the financial year.

This policy will be reviewed at Trustee meetings, which are currently held bi-monthly. It will be monitored by CEO with support from the Treasurer.

Reference and administration details

Company Number

08194767

Charity number

1149125

Directors/Trustees

Savi Robinson

Alice Curren

Sally Evans

Jan Cubison

Secretary

Jan Cubison

Key management

Helen Miles

Chief Executive

Registered office

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S2 3QE

Independent Examiner

Sarah Lightfoot, FCA DChA

Employee of:

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The Circle

33 Rockingham Lane Sheffield

S1 4FW

Light Peer Support Ltd
Trustees' annual report - continued
For the year ended 30 June 2022

Structure and governance

Light Peer Support Ltd (Company number 08194767) was incorporated on 29 August 2012 and its Memorandum and Articles of Association govern it. Its legal status is that of a company limited by guarantee and a registered charity (Charity number 1149125). It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Overall management of the Charity is the responsibility of the trustee directors who are elected and co-opted under the terms of the Memorandum and Articles of Association. Day to day project activity is carried out by volunteers and paid staff.

Management

Light has 4 trustees who meet every 8- 12 weeks. The trustees are Jan Cubison, who was the Clinical Service Manager for the NHS Sheffield Perinatal Mental Health Service before she retired in May 2015, Savi Robinson, who works in the statutory sector, Alice Curren, a full time mum who formerly worked in the financial sector and runs her own business and Sally Evans who is a successful business woman running her own business.

We are always actively seeking new Trustees and management committee members from a variety of professional backgrounds who believe they can support our work. In particular fundraising experience would be invaluable. If you are interested in joining us then please email us at contactus@lightpeersupport.org.uk

Small company exemption

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above on 27.1.2023

Signed on behalf of the charity's trustees:



Print name: SAVI ROBINSON

Position: CHAIR OF TRUSTEES.

Independent examiner's report to the trustees of Light Peer Support Ltd ('the Company')

I report to the trustees on my examination of the accounts of the Company for the year ended 30 June 2022.

Responsibilities and basis of report

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

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: S Lightfoot
Sarah Lightfoot, FCA DChA
Employee of:
VAS Community Accountancy
The Circle
33, Rockingham Lane
Sheffield
S1 4FW

Date: 27 January 2023

Light Peer Support Ltd

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

for the year ended 30 June 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total £	Unrestricted funds £	Restricted funds £	2021 Total £
Income from:							
Donations		2,375	-	2,375	3,121	-	3,121
Charitable activities	2	199,119	-	199,119	99,934	26,175	126,109
Total income		201,494	-	201,494	103,055	26,175	129,230
Expenditure on:							
Group and activity costs		43	-	43	-	2,685	2,685
Other project costs		6,470	1,355	7,825	-	-	-
Volunteers expenses		30	-	30	84	-	84
Grants payable	3	-	-	-	-	2,500	2,500
Staff costs							
Salary costs	4	90,197	-	90,197	63,143	11,587	74,730
Staff travel and expenses		1,361	-	1,361	-	-	-
Payroll and HR support fees		787	-	787	885	-	885
Training		671	-	671	-	-	-
Office and administration costs							
Office rental		13,005	-	13,005	6,282	318	6,600
Insurance		387	-	387	367	-	367
Telephone and internet		3,378	-	3,378	2,342	-	2,342
DBS checks		667	-	667	71	-	71
Website		348	500	848	598	2,800	3,398
Computers and software		6,601	-	6,601	246	999	1,245
Printing, postage and stationery		13	500	513	7	-	7
Administrative costs		-	-	-	282	-	282
Equipment		274	-	274	175	-	175
Other expenses		431	-	431	-	700	700
Bank charges		106	-	106	81	-	81
Governance costs							
Independent examination	5	864	-	864	720	-	720
Total expenditure		125,666	2,355	128,021	75,283	21,589	96,872
Net movement in funds		76,008	(2,535)	73,473	29,272	3,086	32,358
Total funds brought forward		117,863	9,903	127,766	88,591	6,817	95,408
Total funds carried forward		193,871	7,368	201,239	117,863	9,903	127,766

Light Peer Support Ltd
Balance Sheet
As at 30 June 2022

	Notes	2022 £	2021 £
Current Assets			
Balance at bank and cash		191,643	117,244
Debtors	6	21,943	29,625
Total current assets		<u>213,586</u>	<u>146,869</u>
Creditors: amounts falling due within one year	7	(12,347)	(19,103)
Net current assets		<u>201,239</u>	<u>127,766</u>
Total assets less current liabilities		<u>201,239</u>	<u>127,766</u>
Creditors: amounts falling due after one year		-	-
Total net assets		<u><u>201,239</u></u>	<u><u>127,766</u></u>
Represented By			
General funds		148,269	117,863
Designated funds	10	45,602	-
Total unrestricted funds		<u>193,871</u>	<u>117,863</u>
Restricted funds	9	7,368	9,903
Total funds	11	<u><u>201,239</u></u>	<u><u>127,766</u></u>

For the year ending 30 June 2022 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 in accordance with section 476 of the Companies Act 2006.

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

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

Approved by the board on 27.1.2023

Signed on the board's behalf by:

Sign:



Print:

Savi Robinson.

Position:

CHAIR OF TRUSTEES.

Light Peer Support Ltd
Notes to the financial statements
For the year ended 30 June 2022

1 Accounting Policies

(a) General

Light Peer Support Ltd is a charitable company in the United Kingdom limited by guarantee. In the event that the charity is wound up the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the legal and administrative information of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011. The financial statements have taken advantage of the exemption to prepare a Statement of Cash Flows.

The charity meets the definition of a public benefit entity as defined under FRS102. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £1.

(b) Income

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

Income from 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.

Legacy income is included in the accounts on the earlier of receipt of the legacy or the date of approval of a distribution e.g. approval of the final estate accounts.

Income received in advance of a specified service it is deferred until the criteria for income recognition are met.

(c) 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.

Grants payable are payments made to third parties in the furtherance of the charitable objects of the Trust. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant award. Grants awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled condition attaching to that grant is outside of the control of the Charity.

(d) Tangible fixed assets

All items of capital expenditure below £500 are written off as incurred.

Depreciation has been calculated to write down the cost of all tangible fixed assets over their expected useful lives on the following basis:
Fixtures, fittings and equipment: 3 years straight line

(e) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

(f) Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

(g) Trade creditors

Trade creditors 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 the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

1 Accounting Policies - continued

(h) Fund accounting

Unrestricted funds are donations and other income receivable or generated for the objects of the organisation without further specified purpose and are available as general funds.

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 to be used for specific purposes as laid down by the donor.

(i) Pension costs and other post-retirement benefits

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

(j) Operating leases

Payments made under operating leases are charged to Statement of Financial Activities on a straight-line basis over the period of the lease.

(k) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2 Income from charitable activities

	Unrestricted Fund £	Restricted Funds £	Total 2022 £	Unrestricted Fund £	Restricted Funds £	Total 2021 £
Sheffield Health and Social Care Trust	110,189	-	110,189	57,944	-	57,944
Sheffield City Council	40,000	-	40,000	40,002	-	40,002
NHS Sheffield CCG	41,960	-	41,960	-	-	-
The National Lottery Community Fund - COVID-19 Community Perinatal Peer Support Catalyst and the National Lottery Community Fund COVID-19 Digital Response	-	-	-	-	9,938	9,938
The Evan Cornish Foundation	-	-	-	-	12,737	12,737
Doncaster Community Fund - Members Ward Budget	-	-	-	-	3,000	3,000
Other services	6,970	-	6,970	1,988	500	500
	199,119	-	199,119	99,934	26,175	126,109

3 Grants payable

	Unrestricted Fund £	Restricted Funds £	Total 2022 £	Unrestricted Fund £	Restricted Funds £	Total 2021 £
Receipts of research institutional grants: Sheffield Hallam University	-	-	-	-	2,500	2,500
	-	-	-	-	2,500	2,500

4 Staff costs, trustees remuneration and expenses, and the cost of key management personnel

	2022 £	2021 £
Gross salaries	88,942	55,422
Employer's national insurance contributions	4,371	1,911
Employer's allowance	(4,371)	(1,911)
Employer's pension contributions	1,255	375
	90,197	55,797

No employees had employee benefits in excess of £60,000 (2021: nil). There was an average of 7.4 employees during the year (2021: 6.4).

Light Peer Support Ltd
Notes to the financial statements - continued
For the year ended 30 June 2022

4 Staff costs, trustees remuneration and expenses, and the cost of key management personnel - continued

The trustees were not paid or received any other benefits from employment with the charity in the year (2021: £nil). No trustees were reimbursed expenses during the year (2021: £nil). No charity trustee received payment for professional or other services supplied to the charity (2021: £nil).

The key management personnel of the charity comprise the trustees and the Chief Executive Officer. The total employee benefits of the key management personnel was £29,684 (2021: £13,287). The figures include maternity pay and the maternity cover.

5 Fees paid to the independent examiner's organisation

	2022	2021
	£	£
Independent examination fees	<u>864</u>	<u>720</u>
Other fees paid to the independent examiner's organisation for payroll provision, software and training	<u>1,071</u>	<u>691</u>

6 Debtors

	2022	2021
	£	£
Trade debtors	16,918	26,918
Other taxes and social security	-	2,707
Prepayments	5,025	-
	<u>21,943</u>	<u>29,625</u>

7 Creditors: amounts due within one year

	2022	2021
Note	£	£
Trade creditors	6,394	384
Accruals	864	720
Accruals	589	-
Deferred income	8 4,500	17,999
	<u>12,347</u>	<u>19,103</u>

8 Deferred income

	2022	2021
	£	£
Deferred income brought forward	17,999	-
Released in the year	(13,499)	-
Deferred in the year	-	17,999
Deferred income carried forward	<u>4,500</u>	<u>17,999</u>

Income is deferred on the basis of the contract period agreed with the funder.

Light Peer Support Ltd
Notes to the financial statements - continued
For the year ended 30 June 2022

9 Restricted funds

	Brought forward	Income	Expenditure	Transfers	Carried forward
	£	£	£	£	£
National Lottery Awards for All The National Lottery Community Fund - COVID-19	6,499	-	(1,355)	-	5,144
Community Perinatal Peer Support Catalyst and the National Lottery Community Fund COVID-19	180	-	-	(180)	-
Digital Response	3,224	-	(1,000)	-	2,224
	9,903	-	(2,355)	(180)	7,368

National Lottery Awards for All

A grant received from the lottery, secured by SchARR. 75% is payable as grants to SchARR and 25% of which is for Light administration, and will be transferred to unrestricted funds on completion of the project.

Catalyst and the National Lottery Community Fund COVID-19 Digital Response

This grant was to support Light's online presence but the funds were used for additional peer support capacity and focus group capture data, with the permission of the funder.

<i>Restricted funds - previous year</i>	<i>Brought forward</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfers</i>	<i>Carried forward</i>
	£	£	£	£	£
<i>National Lottery Awards for All</i>	6,499	-	-	-	6,499
<i>Room rental</i>	318	-	(318)	-	-
<i>The National Lottery Community Fund - COVID-19</i>	-	-	-	-	-
<i>Community Perinatal Peer Support</i>	-	9,938	(8,258)	(1,500)	180
<i>Catalyst and the National Lottery Community Fund COVID-19 Digital Response</i>	-	12,737	(9,513)	-	3,224
<i>The Evan Cornish Foundation</i>	-	3,000	(3,000)	-	-
<i>Doncaster Community Fund - Tots play</i>	-	500	(500)	-	-
	6,817	26,175	(21,589)	(1,500)	9,903

10 Designated funds

	Brought forward	Income	Expenditure	Transfers	Carried forward
	£	£	£	£	£
BAME Peer Support worker development	-	28,461	(4,673)	-	23,788
Electronic records system	-	19,950	(5,985)	-	13,965
Service Hub provision	-	17,775	(9,926)	-	7,849
	-	66,186	(20,584)	-	45,602

The trustees have set aside project funding which spans the financial year, to give a clearer picture of the ongoing services of the charity.

There were no designated funds in the previous year.

Light Peer Support Ltd
Notes to the financial statements - continued
For the year ended 30 June 2022

11 Analysis of net assets between funds

	General Funds £	Designated Funds £	Restricted Funds £	Total 2022 £
Net current assets	148,269	45,602	7,368	201,239
	148,269	45,602	7,368	201,239
<i>Analysis of net assets between funds - previous year</i>				
	General Funds £	Designated Funds £	Restricted Funds £	Total 2021 £
Net current assets	117,863	-	9,903	127,766
	117,863	-	9,903	127,766

12 Related party transactions

There were no related party transactions during the year, other than those detailed in note 4.

13 Operating lease commitments

At 30 June 2022 the charity was committed to making the following future minimum lease payments under non-cancellable operating leases as follows:

	2022 £	2021 £
Payable within 1 year	15,225	-
Payable within 1-2 years	3,738	-
	18,963	-

Light Peer Support (LTD)

England & Wales - Charity number 1149125

Accounts

Registered Charity Number: 1149125
Company number: 08194767

Light Peer Support Ltd

Annual Report and unaudited Financial Statements

For the year ended 30 June 2021

Light Peer Support Ltd
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Light Peer Support Ltd
Chair's Report

This is the eleventh annual report for Light Peer Support Ltd (Light).

I continue to be incredibly proud to represent Light Peer Support. As one of the founding members of the charity it means a huge amount to me to be able to say that we are in our eleventh year of support for the families of South Yorkshire during pregnancy and after having had a baby. This year has continued to bring immense challenges for families, for volunteers, for staff and for Light. I am proud of the resilience we have shown in the face of the pandemic and second lockdown in the UK as we have continued to provide our support – albeit in an altered way – throughout.

This year has seen us consolidate the support we provide through our contracts with Sheffield City Council and the Sheffield, Rotherham and Doncaster Perinatal Mental Health Service, we have worked hard to meet and exceed delivery targets and value the support and strong relationship we have formed with both. In addition to this we have successfully secured a number of new grants this year.

The Covid-19 Pandemic and the restrictions alongside this continued to pose a significant risk to Light and the support service we provide. Our main form of support to families had been physical support groups and this was obviously no longer possible once lockdown started. After consulting with Light service users we transformed our offer to be delivered remotely; offering virtual support groups throughout the week, one to one support was prioritised and offered via telephone, virtual call or email, and our online support forum was offered to all service users. These adapted forms of support proved extremely popular, we have seen a great increase in many of our forms of support and we are proud of the continuing support we have been able to offer the families of South Yorkshire. In the latter part of 2021 we were able to start planning for face to face conversations and throw our attention to how we might adapt back to office working and make best use of the counselling space that we have.

I would like to express my heartfelt thanks to all of our families, staff, volunteers, funders and supporters, without you all we could not continue to deliver this vital support, the pandemic has impacted hugely on families having a baby or who have young children and the support we offer is a lifeline for many.

Savi Robinson
Chair of Light Trustees

Light Peer Support Ltd
Trustees' annual report
For the year ended 30 June 2021

About Light

Light Peer Support Ltd (Light) is a registered charity providing support to women and their families who are affected by mental health problems in pregnancy and around childbirth in Sheffield, Rotherham and Doncaster. Light does not employ health professionals and cannot prescribe medication - we provide peer support via face to face one to ones, support groups, buddying, text and email support.

Light was founded in July 2010 by Louise Heard and Karen Beetham, two mothers with a history of post natal depression and Savi Robinson, who was an NHS Volunteer at the time.

Mission and objectives of Light

Light aims to reduce isolation, reduce stigma, and increase confidence so that mothers are able to participate in normal life, interact with their babies and enjoy life as other new mothers.

It is common for mothers suffering from depression to stay inside, isolate themselves and worry that people will see them as a bad mother.

Light's long term vision is to establish a centrally located centre that will be accessible to mothers and provide a safe place where they can feel secure enough to come, receive support and talk about their illness with others who have experienced their illness and who are now recovered, promoting recovery through self help.

Mothers often experience difficulties accessing psychological services, particularly where there are childcare issues and the centre will aim to provide a counselling room where these services can be offered.

Light also aims to raise awareness of postnatal depression throughout Sheffield, Rotherham, Doncaster and further afield by being involved in the training of other voluntary and statutory organisations, so that they can recognise the symptoms of postnatal depression and can be preventative rather than reactive when they encounter a mother with these issues.

The objectives of Light are the promotion of any charitable purpose directed to alleviating those who suffer from postnatal depression and pregnancy-related illnesses and, in particular, the relief of sickness and protection and promotion of good health (both physical and mental) by the provision of support and counselling and the advancement in education in matters relating to postnatal depression and pregnancy-related illnesses and their effects in particular by the provision of advice and guidance.

Vision

Effective peer support for anyone struggling with their mental health and emotional wellbeing during pregnancy, birth and afterwards.

Mission

We support anyone struggling emotionally during pregnancy, birth and beyond. We provide peer support, raise awareness and promote understanding of perinatal mental health.

Values

- Hope – we show there is light at the end of the tunnel
- Supportive – we provide help to anyone who needs it, without judgement
- Empathetic – we truly understand how it feels to struggle emotionally
- Compassionate – we're caring, kind and considerate in all our actions
- Collaborative – we work together to ensure anyone gets the support they need

Analysis of Need

Postnatal depression is a worldwide phenomena for reasons that are unknown, though causes and effective treatments are being researched. There is good research into the incidence, which is 10% to 15% following childbirth. For example, Sheffield has a birthrate of 6000, which means an estimate across Sheffield of 700 to 1000 women who will suffer mental health problems around the time of childbirth each year.

What has Light done this year?

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

Staffing

We saw some changes in staffing, our CEO, Jo Mc Garrigle left us in February 2021 and we had a challenging few months recruiting a replacement, especially given face to face interviewing was not common place and we had just come out of a second lockdown. However we found an excellent replacement in Helen Miles who joined us in June, just before the end of the financial year. We also lost a peer support co-ordinator and a peer support worker during the pandemic period, so Helen's first challenge was to fill these posts. (which she has been extremely successful with). Due to the pressures of the Pandemic and two lockdowns, we also lost Lucy Ann Wood, one of our trustees who had been with us for a number of years, however Lucy is still keen to keep in contact and occasionally volunteer when we have big events or need support.

Support for women and families

We have responded to 322 enquiries in this period offering initial support and signposting where appropriate. The initial support of 1 -2 contacts may be all that is required. 173 people registered with us for ongoing support, 115 of these opting for 1:1 support via a virtual online meeting, telephone, text or email support. Support is initially offered for 6 sessions, but this can and does continue if required.

Continued COVID Response

Due to the restrictions as a result of COVID-19 all Light staff began to work from home from March 2020. We managed to act quickly and flexibly to adapt our support to the situation, focusing on telephone, email and online support. Our existing Online Forum has been excellently placed to act as another form of peer support as it is a closed forum with members comprising of service users, volunteers and staff. We regularly posted support ideas, tips and help on Facebook and this was proven to be very popular.

We continued to develop our services by implementing several new support mechanisms; virtual online support groups, continuing and improving our Instagram and Facebook presence to include live events and organised specific threads on our Forum aimed at different groups e.g. dads, new mums, pregnant ladies etc.

As we had seen an increase in service users requesting one to one support during 2020 we started to plan during the latter end of 2021 for visits to the office and seeing mums face to face where necessary. We believed this was largely due to the more intense pressures placed upon our service users as a result of Covid-19, a reticence to engage with virtual groups in some cases or in others a reported frustration and weariness of so many aspects of their lives being conducted via virtual call and so again they do not wish to join our replacement groups and so request more

Light Peer Support Ltd
Trustees' annual report - continued
For the year ended 30 June 2021

regular one to one support, rather than the regular support they would normally receive at a physical group.

We worked hard to make improvements to our One to One Service, which gives mums (and dads) support directly from a peer support worker or volunteer, despite the pandemic we were able to continue this via email or telephone/text and introduced video calling on Zoom or MS Teams. We have robust processes in place to ensure volunteers and mums (and dads) are well supported and feedback has been very positive.

Ad hoc one to one support remained very high, rather than the model of 7 sessions. The feedback from service users again highlighted that they benefit from both the more formal one to one service we offer, but mainly benefit from the fact that Light are available to offer support in times of need. We have evidence that suggests that much of the support we offer is un-booked/instantaneous and at times of very low mood and distress. This is a vital part of Light's service - Light is available on the phone/email/text/secure online forum and social media when needed and not necessarily when a group is running.

Counselling service

We continued the Light counselling service that we started 2018. During this period the service was able to increase its capacity with 5 trainee counsellors offering interventions. As a response to Covid operating conditions required the move to the provision of therapy virtually either by video or telephone contact. We were able to provide on average counselling to 8 people each quarter, with 31 people supported. The service continues to receive very positive feedback.

Referrals

Light continues to receive referrals from professionals and men and women who self-identify as needing support with their mental wellbeing in the perinatal period. We are also seeing different types of referrals, for example – concerned friends and relatives. We worked with health care professionals to improve the referral pathways into our service, which has consequently enabled us to reach more mums. Self-referral accounts for the bulk of our referrals.

Support activity

The pandemic and the resulting work we adapted and executed to improve pathways and support services, resulted in increased virtual activity.

Light Peer Support Ltd
Trustees' annual report - continued
For the year ended 30 June 2021

Type	July - Sept 2020	Oct - Dec 2020	Jan - March 2021	April - June 2021
Types of Support Provided : Virtual Groups, Forum, One to Ones (telephone, text, email, video)				
Support Groups (each week)	4	4	3	3
One to One Support (new matches)	35	28	25	18
Counselling (average no. service users)	5	9	11	6
Email Support (count)	959	1,218	1,634	1595
Telephone Support (count)	210	219	193	215
Text Support (count)	343	478	576	313
Online Forum: total registered (at the end of each period)	205	235	250	264
Online Forum: voices (at the end of each period)	88	75	45	21

As reported above we have seen some considerable changes to the ways we deliver support during the pandemic. This highlighted the importance of other areas of support that we couldn't previously concentrate on e.g. virtual support.

We seek feedback from our service users as to the value of the different types of support offered. The value of 1:1 support whether virtually by video call or by telephone consistently evaluates positively. Virtual group support via video call has received mixed reviews. A theme emerging from the implementation of lockdown restrictions is that 1:1 interventions, which weren't a significant element of service delivery pre-lockdown aid recovery, but that group interactions needs to continue to complete the service offer.

Volunteers

Implementation of Lockdown restrictions impacted on our volunteer workforce as the majority of volunteers provided assistance and support at face to face groups throughout Sheffield, Doncaster and Rotherham. In this period we had interest from 39 people exploring volunteering for Light resulting in 18 trained volunteers. Due to the restrictions on face – face activity several volunteers were inactive pending lifting of lockdown restrictions as their preference was to work face – face in group settings.

Light Peer Support Ltd
Trustees' annual report - continued
For the year ended 30 June 2021

Fundraising

Lockdown impacted on our ability to fundraise in terms of restrictions on face to face activity and staff deployment to increased 1:1 activity with service users. However we did raise funds via the following platforms:

- Virgin Money Giving
- Amazon Smile
- Charities Trust
- Easy fundraising
- Facebook Donate

Networking & Communication

Light's CEO has concentrated on trying to develop relationships with partners from across Sheffield and the perinatal mental health arena. Some of the meetings and organisations we work with are listed below:

- Perinatal Mental Health Network Event
- Maternity Voices Partnership (formerly the Maternity Services Liaison Committee)
- Citywide Perinatal Mental Health Steering Group
- Sheffield Perinatal Service User Engagement Forum
- MAST teams again to engage and get closer links
- Health Visitor Teams
- Sheffield Health and Social Care Trust.
- Sheffield City Council Public Health Commissioners
- Sheffield Teaching Hospitals NHS Trust
- South Yorkshire & Bassetlaw Integrated Care System & Local Maternity System
- Rotherham, Doncaster and South Humber NHS Foundation Trust
- The Marce Society
- Sheffield Mental Health Partnership Network
- Sheffield Sling Surgery

Raising Awareness

Raising awareness continues to be a major aim of Light, continuing to work with others so women and families know that support is available, keeping under review how we offer support ensuring to ensure timely and appropriate intervention.. Women have told us previously that they had been frightened to "Like" the Light Facebook page because it may identify them as a postnatal depression sufferer.

Our online forum provides a confidential space for our service users, where they can find reassurance. We have had great feedback from mums about the forum and the comfort they get from reading historic posts and discussions. One mum said "Having the safe space to read and share at any time of time of day or night on any topic or subject such as breastfeeding problems, weaning, colic, toddler tantrums etc really helped and made me feel understood by someone who had gone through similar experiences and could share some tips". Another mum shared "although I do not have the confidence to post right now, reading other people conversations offers me comfort and hope. It shows me I am not alone and it is ok to feel this way".

Light continue to share and promote the use of the online forum and its benefits to service users and their families. We will continue to post and share our own experience, tips and useful things we have found as part of our peer support offer.

Social Media

Our Peer Support Co-ordinators take the lead on Facebook. We have 2054 Facebook followers, in this period we reached 73,700 people. In this period we had 1010 followers on Instagram.

Light staff aim to create and post content related to our service users and their families, often topics which come up at group or through our one-to-one support are then created into a social media to show and share support. We try to show our service users that we understand the demands of parenthood and the implications this can bring on our mental health, whilst encouraging them to seek support and signpost of the support out there for them. Some feedback shared by one service user was "Light's Facebook posts kept me going until I felt ready to reach out for support, that day was today". Another said "I feel liking you on Facebook and seeing your posts is enough to get me through the week" Also one mum said " I enjoy interacting on your Facebook and engaging in the little games you post, they help free my mind up for a few minutes without thinking about when I next need to feed or change the baby".


Light staff aim to keep up to date with current affairs and engage in social media campaigns that are current and related to our service users and their families; recent ones include world mental health date and baby loss awareness week in which we participated in the #waveofflight.

We will continue to create relatable and appropriate content for our followers and service users to continue to raise awareness of maternal mental health and encourage those who are struggling to reach out for support.


Feedback

We ask service users for feedback on the service they've received, mostly receiving positive feedback or suggestions for improvement to service delivery.

These are a selection of comments received showing how service users have been supported with their recovery:



"The support you receive from Light is from people that have actually gone through what you are going through and speak from experience. There is a support network of other parents that share ideas, messages of support and a sense of community. It feels personal and the people that run and work for the charity seem to genuinely care about the people they support, it is not just a job to them."



"I wanted to take this opportunity to thank everyone at Light for all the support I have received. I can't tell you what a difference it has made to me, the service has been invaluable and to be able to access sessions with (counsellor) has been amazing."

"I'm starting to feel much more myself nowadays. To the point that it is hard to recall how I did feel. I look back on messages I sent in those first few months and can't believe how far I have come. Your support has been a huge contributing factor in getting me here. So thank you!"

"I thank God that there are support groups like Light to help take the fear away and help mums get well again."

"The peer support groups have been a real lifeline for me. Having a dedicated space to talk about the mental health aspects of becoming a parent has reduced my feeling of isolation and helped me realise that many new parents experience similar challenges. It's the one space where I don't feel like I have to preface every difficulty I'm facing with how much I love my baby - it's a really inclusive and accepting space"

Funding

We have received a number of grants and contracts this year which has been very important for the sustainability of Light, we are extremely grateful to all our funders:

- Sheffield City Council
- Sheffield Health and Social Care Trust
- The National Lottery Community Fund - COVID-19 Community Perinatal Peer Support
- Catalyst and the National Lottery Community Fund COVID-19 Digital Response
- The Evan Cornish Foundation

Light Peer Support Ltd
Trustees' annual report - continued
For the year ended 30 June 2021

Future Plans

We have a number of future plans to continue the expansion and success of the Charity, this includes securing larger accommodation to enable delivery of face – face groups at our own premises and improved counselling facilities. We are evaluating the success of the remote support activities that we have put in place in response to lockdown over the past year to examine which of these can continue moving forward. We are building on the outcome of the implementation of Covid 19 Community Perinatal Peer Support training programme and will be looking to recruit to a Peer Support Worker (BAME /Cultural needs) to enable us to address cultural and communication barriers which compound perinatal mental health inequality. Sustainability of our Charity is paramount so we will continue the hard work to secure funding for Light, engaging with new and existing funders and expanding to work on more varied funding streams such as corporate collaboration and new innovations in donations capture.

Networking & Partnerships

We will be continuing to work with partners across Sheffield, South Yorkshire and the rest of the UK.

Financial review

Light has been successful in securing the contract with Sheffield City Council for a further 3 years, 1st April 2021 – 31st March 2024 to deliver Perinatal Mental Health Peer Support. Additionally, Light has secured the contract with Sheffield Health & Social Care to provide a range of peer support interventions/options for mums, dads and families across all Sheffield, Rotherham and Doncaster commencing 1st April 2021, with the end date still under review by NHS commissioners.

During 2020-2021 Light continued to strengthen their financial tracking and management to ensure that it is robust with the introduction of 'Quickbooks' and training support from VAS (voluntary Action Sheffield) in 2021-2022. Anticipated increases in expenditure as a result of continuing to strengthen the governance infrastructure of the charity have been considered as part of contract pricing. However, Light must pursue corporate funding via corporate collaborations to assist with longer term financial stability. Focus should be given to grant applications to support step change by Light.

Reserves policy

Light is dependent to some extent on high risk forms of fundraising activities to sustain some income. Light does not have a sole source of income or regular grant provision. Currently Light relies on a number of sources of funding, from one off donations and fundraising activities of groups to contractual grants from Sheffield City Council and Perinatal NHS Health Trust.

The Trustees used the guidance provided by the Charities Commission to review the policy in January 2021, and determined that the ongoing policy is to require free reserves (unrestricted funds) to be at least six months budgeted operational costs plus some provision for unforeseen costs, which is set at approximately £80,000.

As at 30 June 2021 the charity had unrestricted free reserves of £117,863, which is in the region of the revised reserves target.

This policy will be reviewed at Trustee meetings, which are currently held bi-monthly. It will be monitored by CEO with support from the Treasurer.

Light Peer Support Ltd
Trustees' annual report - continued
For the year ended 30 June 2021

Reference and administration details

Company Number

08194767

Charity number

1149125

Directors/Trustees

Savi Robinson

Alice Curren

Lucy Wood

Resigned 19 April 2021

Sally Evans

Jan Cubison

Secretary

Jan Cubison

CEO/Service Manager

Jo McGarrigle

Until February 2021

Helen Miles

From June 2021

Registered office

Knowle House
4 Norfolk Park Road
Sheffield
S2 3QE

Independent Examiner

Sarah Lightfoot, FCA DChA
Employee of:
VAS Community Accountancy
The Circle
33 Rockingham Lane Sheffield
S1 4FW

Light Peer Support Ltd
Trustees' annual report - continued
For the year ended 30 June 2021

Structure and governance

Light Peer Support Ltd (Company number 08194767) was incorporated on 29 August 2012 and its Memorandum and Articles of Association govern it. Its legal status is that of a company limited by guarantee and a registered charity (Charity number 1149125). It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Overall management of the Charity is the responsibility of the trustee directors who are elected and co-opted under the terms of the Memorandum and Articles of Association. Day to day project activity is carried out by volunteers and paid staff.

Management

Light has 6 trustees who meet every 8- 12 weeks. The trustees are Jan Cubison, who was the Clinical Service Manager for the NHS Sheffield Perinatal Mental Health Service before she retired in May 2015, Savi Robinson, who works in the statutory sector, Alice Curren, a full time mum who formerly worked in the financial sector and runs her own business, Sally Evans who is a successful business woman running her own business and Lucy Ann Wood, a former teacher who runs a successful events business and works in the education sector (recently resigned).

We are always actively seeking new Trustees and management committee members from a variety of professional backgrounds who believe they can support our work. In particular fundraising experience would be invaluable. If you are interested in joining us then please email us at contactus@lightpeersupport.org.uk

Small company exemption

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above on 25/4/2022

Signed on behalf of the charity's trustees:



Print name: SAVI ROBINSON

Position: CHAIR OF TRUSTEES.

Independent examiner's report to the trustees of Light Peer Support Ltd Charitable Company ('the Company')

I report to the trustees on my examination of the accounts of the Company for the year ended 30 June 2021.

Responsibilities and basis of report

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

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: *S Lightfoot*
Sarah Lightfoot, FCA DChA
Employee of:
VAS Community Accountancy
The Circle
33, Rockingham Lane
Sheffield
S1 4FW

Date: 28 April 2022

Light Peer Support Ltd

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

for the year ended 30 June 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total £	Unrestricted funds £	Restricted funds £	2020 Total £
Income from:							
Donations		3,121	-	3,121	10,163	-	10,163
Charitable activities	2	99,934	26,175	126,109	108,489	-	108,489
Other income		-	-	-	378	-	378
Total income		103,055	26,175	129,230	119,030	-	119,030
Expenditure on:							
Group and activity costs		-	2,685	2,685	921	-	921
Volunteers expenses		84	-	84	507	-	507
Grants payable	3	-	2,500	2,500	-	3,501	3,501
Staff costs							
Salary costs	4	63,143	11,587	74,730	66,591	3,960	70,551
Staff travel and expenses		-	-	-	1,490	-	1,490
Payroll fees		885	-	885	624	-	624
Training		-	-	-	48	-	48
Office and administration costs							
Office rental		6,282	318	6,600	5,350	682	6,032
Insurance		367	-	367	345	-	345
Telephone		2,342	-	2,342	1,768	-	1,768
DBS checks		71	-	71	322	-	322
Website		598	2,800	3,398	118	-	118
Computers and software		246	999	1,245	1,626	-	1,626
Printing, postage and stationery		7	-	7	47	-	47
Administrative costs		282	-	282	21	-	21
Other expenses		-	700	700	47	-	47
Bank charges		81	-	81	72	-	72
Equipment		175	-	175	380	-	380
Governance costs							
Independent examination	5	720	-	720	600	-	600
Total expenditure		75,283	21,589	96,872	80,877	8,143	89,020
Net movement in funds		29,272	3,086	32,358	38,153	(8,143)	30,010
Total funds brought forward		88,591	6,817	95,408	50,438	14,960	65,398
Total funds carried forward		117,863	9,903	127,766	88,591	6,817	95,408

Light Peer Support Ltd
Balance Sheet
As at 30 June 2021

	Notes	2021 £	2020 £
Current Assets			
Balance at bank and cash		117,244	79,177
Debtors	6	<u>29,625</u>	<u>17,066</u>
Total current assets		<u>146,869</u>	<u>96,243</u>
Creditors: amounts falling due within one year	7	(19,103)	(835)
Net current assets		<u>127,766</u>	<u>95,408</u>
Total assets less current liabilities		<u>127,766</u>	<u>95,408</u>
Creditors: amounts falling due after one year		-	-
Total net assets		<u>127,766</u>	<u>95,408</u>
Represented By			
Unrestricted funds		117,863	88,591
Restricted funds	9	<u>9,903</u>	<u>6,817</u>
Total funds	10	<u>127,766</u>	<u>95,408</u>

For the year ending 30 June 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 in accordance with section 476 of the Companies Act 2006.

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

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

Approved by the board on 25/4/2022

Signed on the board's behalf by:

Sign: 

Print: Savi Robinson

Position: CHAIR OF TRUSTEES.

1 Accounting Policies

(a) General

Light Peer Support Ltd is a charitable company in the United Kingdom limited by guarantee. In the event that the charity is wound up the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the legal and administrative information of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011. The financial statements have taken advantage of the exemption to prepare a Statement of Cash Flows.

The charity meets the definition of a public benefit entity as defined under FRS102. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £1.

(b) Income

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

Income from 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.

Legacy income is included in the accounts on the earlier of receipt of the legacy or the date of approval of a distribution e.g. approval of the final estate accounts.

Income received in advance of a specified service it is deferred until the criteria for income recognition are met.

(c) 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.

Grants payable are payments made to third parties in the furtherance of the charitable objects of the Trust. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant award. Grants awards that are subject to the recipient fulfilling performance conditions are only accrued when the recipient has been notified of the grant and any remaining unfulfilled condition attaching to that grant is outside of the control of the Charity.

(d) Tangible fixed assets

All items of capital expenditure below £500 are written off as incurred.

Depreciation has been calculated to write down the cost of all tangible fixed assets over their expected useful lives on the following basis:

Fixtures, fittings and equipment: 3 years straight line

(e) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

(f) Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

(g) Trade creditors

Trade creditors 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 the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Light Peer Support Ltd
Notes to the financial statements - continued
For the year ended 30 June 2021

1 Accounting Policies - continued

(h) Fund accounting

Unrestricted funds are donations and other income receivable or generated for the objects of the organisation without further specified purpose and are available as general funds.

Restricted funds are to be used for specific purposes as laid down by the donor.

(i) Pension costs and other post-retirement benefits

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

(j) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2 Income from charitable activities

	Unrestricted Fund £	Restricted Funds £	Total 2021 £	Unrestricted Fund £	Restricted Funds £	Total 2020 £
Sheffield Health and Social Care Trust	57,944	-	57,944	68,489	-	68,489
Sheffield City Council	40,002	-	40,002	40,000	-	40,000
The National Lottery Community Fund - COVID-19 Community Perinatal Peer Support	-	9,938	9,938	-	-	-
Catalyst and the National Lottery Community Fund COVID-19 Digital Response	-	12,737	12,737	-	-	-
The Evan Cornish Foundation	-	3,000	3,000	-	-	-
Doncaster Community Fund - Members Ward Budget	-	500	500	-	-	-
Other services	1,988	-	1,988	-	-	-
	99,934	26,175	126,109	108,489	-	108,489

3 Grants payable

	Unrestricted Fund £	Restricted Funds £	Total 2021 £	Unrestricted Fund £	Restricted Funds £	Total 2020 £
Receipients of research institutional grants:						
Sheffield University School of Health and Related Research (SchARR)	-	-	-	-	3,501	3,501
Sheffield Hallam University	-	2,500	2,500	-	-	-
	-	2,500	2,500	-	3,501	3,501

4 Staff costs, trustees remuneration and expenses, and the cost of key management personnel

	2021 £	2020 £
Gross salaries	73,756	55,422
Employer's national insurance contributions	2,863	1,911
Employer's allowance	(2,863)	(1,911)
Employer's pension contributions	974	375
	74,730	55,797

No employees had employee benefits in excess of £60,000 (2020: nil). There was an average of 6.4 employees during the year (2020: 7.8).

The trustees were not paid or received any other benefits from employment with the charity in the year (2020: £nil). No trustees were reimbursed expenses during the year (2020: £nil). No charity trustee received payment for professional or other services supplied to the charity (2020: £nil).

The key management personnel of the charity comprise the trustees and the Chief Executive Officer. The total employee benefits of the key management personnel was £14,134 (2020: £22,757). The figures include maternity pay and the maternity cover.

Light Peer Support Ltd
Notes to the financial statements - continued
For the year ended 30 June 2021

5 Fees paid to the independent examiner's organisation

	2021 £	2020 £
Independent examination fees	720	600
Other fees paid to the independent examiner's organisation for payroll provision	691	818

6 Debtors

	2021 £	2020 £
Trade debtors	26,918	13,675
Other taxes and social security	2,707	3,391
	<u>29,625</u>	<u>17,066</u>

7 Creditors: amounts due within one year

	2021 £	2020 £
Trade creditors	384	235
Accruals	720	600
Deferred income	17,999	-
	<u>19,103</u>	<u>835</u>

8 Deferred income

	2021 £	2020 £
Deferred in the year	17,999	-
Deferred income carried forward	<u>17,999</u>	<u>-</u>

Income is deferred on the basis of the contract period agreed with the funder.

Light Peer Support Ltd
Notes to the financial statements - continued
For the year ended 30 June 2021

9 Analysis of movements in restricted funds

	Brought forward	Income	Expenditure	Transfers	Carried forward
	£	£	£	£	£
National Lottery Awards for All	6,499	-	-	-	6,499
Room rental	318	-	(318)	-	-
The National Lottery Community Fund - COVID-19 Community Perinatal Peer Support	-	9,938	(8,258)	(1,500)	180
Catalyst and the National Lottery Community Fund COVID-19 Digital Response	-	12,737	(9,513)	-	3,224
The Evan Cornish Foundation	-	3,000	(3,000)	-	-
Doncaster Community Fund - Tots play	-	500	(500)	-	-
	6,817	26,175	(21,589)	(1,500)	9,903

National Lottery Awards for All

A grant received from the lottery, secured by SchARR. 75% is payable as grants to SchARR and 25% of which is for Light administration, and will be transferred to unrestricted funds on completion of the project. The project is on hold due to COVID-19.

The National Lottery Community Fund - COVID-19 Community Perinatal Peer Support

This grant was to support Light's online presence but the funds were used for additional peer support capacity and focus group capture data, with the permission of the funder. £1,500 has been transferred to cover general overhead costs.

Analysis of movements in restricted funds - previous year

	Brought forward	Income	Expenditure	Transfers	Carried forward
	£	£	£	£	£
Rosa UK - Woman to Woman	3,960	-	(3,960)	-	-
National Lottery Awards for All	10,000	-	(3,501)	-	6,499
Room rental	1,000	-	(682)	-	318
	14,960	-	(8,143)	-	6,817

10 Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total 2021	Unrestricted Funds	Restricted Funds	Total 2020
	£	£	£	£	£	£
Net current assets	117,863	9,903	127,766	88,591	6,817	95,408
	117,863	9,903	127,766	88,591	6,817	95,408

11 Related party transactions

There were no related party transactions during the year, other than those detailed in note 4.