

CAMBRIDGE BREASTFEEDING ALLIANCE

England & Wales · Charity number 1161678

Details

Other names	CBA
Status	Registered
Legal form	CIO
Registered	2015-05-15
Register	View on the Charity Commission register

Contact

Address	100 Windsor Road Cambridge CB4 3JN
Phone	01223365222
Email	cambridgebreastfeedingalliance@gmail.com
Website	www.cambridgebreastfeedingalliance.org.uk

Activities

Objects: THE OBJECT OF THE CIO IS THE ADVANCEMENT OF HEALTH, FOR THE PUBLIC BENEFIT, THROUGH THE PROVISION FREE AT POINT OF USE OF INFORMATION, SKILLED HELP AND SUPPORT CONCERNING BREASTFEEDING TO FAMILIES IN AND AROUND CAMBRIDGE WHO BREASTFEED THEIR BABIES OR WISH TO BREASTFEED THEIR BABIES.

Activities: We offer, and campaign for, the provision of free skilled breastfeeding support for every family who want it, when they need it, in the Cambridge area.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Cambridgeshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£28,020	£31,637	-	-
2024-03-31	£49,094	£31,826	-	-
2023-03-31	£5,034	£26,060	-	-
2022-03-31	£34,250	£20,267	-	-
2021-03-31	£23,380	£18,241	-	-

Trustees

Name	Role	Appointed
RACHEL MARIAN O'LEARY	Chair	2015-01-30
ANNA SIMPSON		2015-01-30
JOANNE Louise Rogers		2015-02-09
JUDITH ANN SOTUDEH-TEHRANI		2015-05-06
Joanna Louise Thompson		2024-11-20
Justine Rachel Fieth		2015-05-06
Kate Amanda Beats		2025-01-13
Madelaine Louise McMahon		2016-03-09
Rebecca TALBOT		2016-02-08

CAMBRIDGE BREASTFEEDING ALLIANCE

England & Wales - Charity number 1161678

Accounts



Trustees' Annual Report for the period 2024-2025

Cambridge Breastfeeding Alliance

Charity registration number: 1161678

Objectives and Activities

Summary of the purposes of the charity

The object of the Cambridge Breastfeeding Alliance is the advancement of health, for the public benefit, through the provision free at point of use of information, skilled help and support concerning breastfeeding to families in and around Cambridge who breastfeed their babies or wish to breastfeed their babies.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

Cambridge Breastfeeding Alliance provides free access to skilled breastfeeding support and care, in a community based, non-healthcare, accessible setting.

Our trained Breastfeeding Counsellors provide free online support three mornings a week to mothers and parents in need of breastfeeding help including bank holidays. In addition, we run a weekly face-to-face group where we provide free breastfeeding help and emotional support to mothers, with their babies and family members, in a local community centre. We have a team of seven Breastfeeding Counsellors who are on contract to CBA to provide our charity's services.

Our weekly group

We run a weekly face-to-face group in a community centre where we provide free skilled support to mothers and parents, with their babies and family members. At the group, mothers (and partners or supporters) are welcomed by volunteers, given refreshments and then have one-to-one time with one of our trained Breastfeeding Counsellors.

At the group each week we provide support to around 12 mothers and parents, with their babies and family members. At each session there are three trained Breastfeeding Counsellors (sessional workers, self-employed, on contracts to CBA), and one or two volunteers who are often peer supporters or Breastfeeding Counsellors in training.

Families attending are from diverse cultures and backgrounds and we have an area where we can offer a more private consultation for anyone who needs privacy.

Our online support

Our Breastfeeding Counsellors also provide online support three days a week so we can provide support to families between our weekly groups, and reach those who can only, or would rather access support virtually. We offer online support by email, messenger chats and video calls. This means anyone can get breastfeeding support very soon after their baby's birth and often from the comfort of their bed and sofa.

We have found offering support in this way has enabled us to reach families who aren't able to make a face-to-face appointment for reasons including health issues, culture, and accessibility. We are reaching a more diverse range of families by continuing to provide online support, including those that we had not previously seen so much at our face-to-face weekly group.

We also update our website resources page regularly, providing reliable breastfeeding information to the general public, free of charge.

www.cambridgebreastfeedingalliance.org.uk

Cambourne Breastfeeding Friends Group

We received another year's funding from Cambridgeshire County Council to support the breastfeeding support group at Cambourne Family and Children Hub. They commissioned Cambridge Breastfeeding Alliance to provide one breastfeeding counsellor to provide support to the group for one session a week. Attendees range from 3-12 families each week and often are there with their newborns and continue to attend until, and after, returning to work for ongoing support. From April 24 – March 25 there were 302 attendees (including 43 fathers).

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit

In deciding to provide these services, the trustees have had regard to the guidance issued by the Charity Commission on public benefit: the service advances health, for the public benefit, by enabling mothers to continue to breastfeed their babies.

Breastfeeding is a key public health objective. In planning activities for the year, trustees took into account Charity Commission guidance on public benefit. We identified well-evidenced health benefits for babies and for mothers; for mothers for example in a lower risk of postnatal depression if mothers are enabled to meet their own breastfeeding goals; and for the public in reducing costs to acute and primary care NHS services when

breastfeeding is effective, in avoiding babies suffering from infections needing hospital or GP treatments.

Contribution made by volunteers

We began the year with nine volunteer Trustees who are all parents and have experienced the early stress and vulnerability of feeding their babies. Over half were supported by our charity. Many work with new families daily, or due to their interest or paid employment, have professional skills that are of great value to running the charity (e.g. safeguarding, legal, financial expertise). During the year two Trustees resigned (Catherine Muge and Eleanor Crowe) and we recruited two new Trustees (Joanna Thompson and Kate Beats).

The Trustees provided their governance service as volunteers, meeting every 4-6 weeks online to review ways of working and fine-tune changes to the service in response to feedback. We met eight times in 2024-25.

Several Trustees undertook administrative tasks for the charity on a voluntary basis. This included Safeguarding support, DBS checks, liaising with our venue and administration of our services and service provision.

During 2024-25, we had three volunteers who welcomed families at the in-person sessions, offering refreshments and facilitating the flow of appointments. Our volunteers are a key part of making our group a welcoming place and many are peer supporters or breastfeeding counsellors in training.

Achievements and Performance

During the year, Cambridge Breastfeeding Alliance supported 450 families in-person, 400 families with one-to-one Zoom conversations, 350 mothers via messenger consultations, more via email (350) and phone: totalling around 1000 breastfeeding support interactions/helping situations.

We are active on Facebook, with a page and a Facebook group. And we increased our Instagram presence during the year as research show that there is where our audience is most active.

We have retained a skilled team to provide our services, all of whom have continued to keep their skills up to date and to undertake additional training. Feedback from those accessing our services encourages us that we are making a positive difference in the lives of breastfeeding families.

Many of these families have told us that our support has made the difference between them feeling equipped and empowered to reach their breastfeeding goals or not, and so, their babies being breastfed. Their comments tell us that CBA support enabled them to continue breastfeeding when they were close to giving up because of difficulties, and they are so glad they could continue to meet their goals. Being enabled to breastfeed mitigates poverty and deprivation, helps mental health and benefits the environment.

We were pleased we could continue to provide free, skilled breastfeeding support when families need it. We were delighted to provide both in-person service and online working, and that our fundraising and budgeting covered both ways to support the public.

As a small charity, we are now seen as a key provider of breastfeeding support in Cambridge by families and health professionals. Many of the families we support return for ongoing support because they trust us. We have a good local presence and reputation in the community. We have been pleased to welcome a number of student midwives and health visitors to observe our group.

We have established close relationships with the local NHS infant feeding teams and are represented on the Cambridge and Peterborough Infant Feeding Network.

We keep anonymized data on the services we provide. All those attending our in-person group are asked to complete a registration form, which means we can evaluate the number of families we are supporting, including the age of babies. We keep monthly and annual statistics on how many families we have supported in person, online and via video call.

We also have a feedback form that we send to all families we have supported, and we use that feedback and the comments to improve and adjust our services and how we provide support. This feedback is collated and shared with the team and the Trustees on a regular basis.

Financial Review

Review of the charity's financial position at the end of the period	£33,953
Statement explaining the policy for holding reserves stating why they are held	The CIO's target level of reserves is: £5,000. This covers 2 months of forecasted expenditure and assumes that new income sources are developed on an annual basis.
Amount of reserves held	£5000

The charity began the financial year with a cash fund of **£37,569**.

During the year the charity had a total income of **£28,020** (2023-24: £49,094), the charity spent **£31,637**(2023-24: £31,826).

This results in a cash fund at the end of the financial period of **£33,953** (2023-24: £37,569).

Income continued to meet the needs of the charity, through fundraising, successful grant applications, and donations from the public.

We are grateful for the general financial support from the public, donations, and the support of a number of grant-giving bodies during the financial year. This includes, but is not limited to, the following named grants:

- Cambridge Female Welfare Fund £2000
- PEM Charitable Trust: £450
- The Whitbread Cambridge Community Fund: £2106
- Postcode Peoples Trust: £15,000

Structure, Governance and Management

The charity's Trustees who are responsible for the overall management and strategy of the charity. They met 8 times in 2024-25. All trustees give of their time freely. There have been two Trustees recruited during 2024-25. Two trustees resigned.

We reviewed and updated the following policies: Reserves, Expenses, Finance, Equity and Inclusion, Safeguarding Adults, Safeguarding Children.

Reference and Administrative details

Charity name	Cambridge Breastfeeding Alliance
Other name the charity uses	CBA
Registered charity number	1161678
Charity's principal address	% 100 Windsor Road, Cambridge CB4 3JN

Names of the charity trustees who manage the charity

RACHEL O'LEARY (Chair)

JUSTINE FIETH (Secretary)

ELEANOR CROWE (Treasurer) (resigned 7.8.24)

MADELAINE McMAHON

REBECCA TALBOT

JUDITH ANN SOTUDEH-TEHRANI

JOANNE ROGERS

ANNA SIMPSON (Treasurer from August 2024)

JOANNA THOMPSON (appointed 1.12.24)

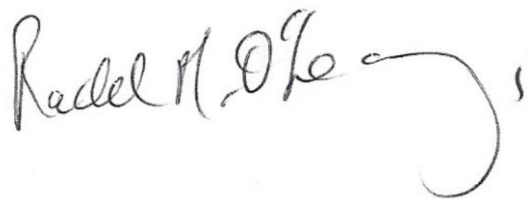
KATE BEATS (appointed 13.1.25)

CATHERINE MUGE (resigned 18.1.25)

Declarations

The Trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

A handwritten signature in black ink, appearing to read 'Rachel O'Leary', with a large, sweeping flourish at the end.

Full name: Rachel Marion O'Leary

Position: Chair

Date: 29 August 2025

Independent Examiners Report

Independent Examiner's Report to the trustees of Cambridge Breastfeeding Alliance

I report to the trustees on my examination of the financial statements of Cambridge Breastfeeding Alliance for the year ended 31 March 2024, which comprise the Statement of Financial Activities, the Balance Sheet, and the related notes, set out on pages 8 to 9.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011('the Act'). The trustees consider that an audit is not required for this year under the Charities Act 2011, s.144(2) (the 2011 Act) and that an independent examination is needed.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of the financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination.

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



CPAA

Solutions Accountancy & Bookkeeping Ltd

1 The Mews

Little Brunswick Street

Huddersfield

HD1 5JL

29 August 2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name	No (if any)
Cambridge Breastfeeding Alliance	1161678

CC16a

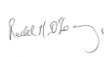
Receipts and payments accounts

For the period from	Period start date	To	Period end date
	01-Apr-24		31-Mar-25

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Voluntary receipts	20,784	7,236	-	28,020	49,075
Activities for generating funds (trading)	-	-	-	-	-
Charitable activities	-	-	-	-	-
Other receipts	-	-	-	-	19
Sub total (Gross income for AR)	20,784	7,236	-	28,020	49,094
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	20,784	7,236	-	28,020	49,094
A3 Payments					
Costs of generating voluntary receipts	-	-	-	-	-
Fundraising costs (trading activities)	-	-	-	-	-
Costs of charitable activities	3,128	28,089	-	31,217	31,741
Governance costs	-	420	-	420	85
Sub total	3,128	28,509	-	31,637	31,826
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,128	28,509	-	31,637	31,826
Net of receipts/(payments)	17,656	- 21,273	-	- 3,617	17,268
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	12,725	24,845	-	37,570	20,302
Cash funds this year end	30,381	3,572	-	33,953	37,570

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds	Natwest Bank	30,381	3,572	-
	Total cash funds	30,381	3,572	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
	Details	to nearest £	to nearest £	to nearest £
B2 Other monetary assets		-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
		Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		Rachel O'Leary		29/08/2025

CAMBRIDGE BREASTFEEDING ALLIANCE

England & Wales - Charity number 1161678

Accounts



Trustees' Annual Report for the period 2023-2024

Cambridge Breastfeeding Alliance

Charity registration number: 1161678

Objectives and Activities

Summary of the purposes of the charity

The object of the Cambridge Breastfeeding Alliance is the advancement of health, for the public benefit, through the provision free at point of use of information, skilled help and support concerning breastfeeding to families in and around Cambridge who breastfeed their babies or wish to breastfeed their babies.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

Cambridge Breastfeeding Alliance provides free access to skilled breastfeeding support and care, in a community based, non-healthcare, accessible setting.

Our trained Breastfeeding Counsellors provide free online support three mornings a week to mothers and parents in need of breastfeeding help including bank holidays. In addition, we run a weekly face-to-face group where we provide free breastfeeding help and emotional support to mothers, with their babies and family members, in a local community centre. We have a team of seven Breastfeeding Counsellors who are on contract to CBA to provide our charity's services.

Our weekly group

We run a weekly face-to-face group in a community centre where we provide free skilled support to mothers and parents, with their babies and family members. At the group, mothers (and partners or supporters) are welcomed by volunteers, given refreshments and then have one-to-one time with one of our trained Breastfeeding Counsellors.

At the group each week we provide support to around 12 mothers and parents, with their babies and family members. At each session there are three trained Breastfeeding Counsellors (sessional workers, self-employed, on contracts to CBA), and one or two volunteers who are often peer supporters or Breastfeeding Counsellors in training.

Families attending are from diverse cultures and backgrounds and we have an area where we can offer a more private consultation for anyone who needs privacy.

Our online support

Our Breastfeeding Counsellors also provide online support three days a week so we can provide support to families between our weekly groups, and reach those who can only, or would rather access support virtually. We offer online support by email, messenger chats and video calls. This means anyone can get breastfeeding support very soon after their baby's birth and often from the comfort of their bed and sofa.

We have found offering support in this way has enabled us to reach families who aren't able to make a face-to-face appointment for reasons including health issues, culture, and accessibility. We are reaching a more diverse range of families by continuing to provide online support, including those that we had not previously seen so much at our face-to-face weekly group.

We also update our website resources page regularly, providing reliable breastfeeding information to the general public, free of charge.

www.cambridgebreastfeedingalliance.org.uk

Cambourne Breastfeeding Friends Group

From April 2023, Cambridgeshire County Council began a breastfeeding support group at Cambourne Family and Children Hub. They commissioned Cambridge Breastfeeding Alliance to provide one breastfeeding counsellor to provide support to the group for one session a week.

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit

In deciding to provide these services, the trustees have had regard to the guidance issued by the Charity Commission on public benefit: the service advances health, for the public benefit, by enabling mothers to continue to breastfeed their babies.

Breastfeeding is a key public health objective. In planning activities for the year, trustees took into account Charity Commission guidance on public benefit. We identified well-evidenced health benefits for babies and for mothers; for mothers for example in a lower risk of postnatal depression if mothers are enabled to meet their own breastfeeding goals; and for the public in reducing costs to acute and primary care NHS services when breastfeeding is effective, in avoiding babies suffering from infections needing hospital or GP treatments.

Contribution made by volunteers

We began the year with 11 volunteer Trustees who are all parents and have experienced the early stress and vulnerability of feeding their babies. Over half were supported by our charity. Many work with new families daily, or due to their interest or paid employment, have professional skills that are of great value to running the charity (e.g. safeguarding, legal, financial expertise). Two of our volunteer Trustees stepped down during 2023.

The Trustees provided their governance service as volunteers, meeting every 4-6 weeks online to review ways of working and fine-tune changes to the service in response to feedback. We met nine times in 2023-24.

Several Trustees undertook administrative tasks for the charity on a voluntary basis. This included Safeguarding support, DBS checks, liaising with our venue and administration of our services and service provision. Our Trustees undertook the NSPCC Safeguarding for Trustees training.

During 2023-24, we had three volunteers who welcomed families at the in-person sessions, offering refreshments and facilitating the flow of appointments. Our volunteers are a key part of making our group a welcoming place and many are peer supporters or breastfeeding counsellors in training.

Achievements and Performance

During the year, Cambridge Breastfeeding Alliance supported 535 families in-person, 442 families with one-to-one Zoom conversations, 500 mothers via messenger consultations, more via email (275) and phone: totalling around 1000 breastfeeding support interactions/helping situations.

Our CBA Facebook page followers grew to 2200 at 1 April 2024 (<https://www.facebook.com/CambridgeBreastfeedingAlliance>).

Our Facebook Group, CBA Online Drop-In has 1212 members at 1 April 2024 (<https://www.facebook.com/groups/725008948037306>). All of these members are breastfeeding their babies, live in our catchment area, and actively need support.

The numbers of mothers and parents we support have increased. We have retained a skilled team to cope with this additional demand. Feedback from those accessing our services encourages us that we are making a positive difference in the lives of breastfeeding families.

Many of these families have told us that our support has made the difference between them feeling equipped and empowered to reach their breastfeeding goals or not, and so, their babies being breastfed. Their comments tell us that CBA support enabled them to continue breastfeeding when they were close to giving up because of difficulties, and they

are so glad they could continue to meet their goals. Being enabled to breastfeed mitigates poverty and deprivation, helps mental health and benefits the environment.

We were pleased we could continue to provide free, skilled breastfeeding support when families need it. We were delighted to provide both in-person service and online working, and that our fundraising and budgeting covered both ways to support the public.

As a small charity, we are now seen as a key provider of breastfeeding support in Cambridge by families and health professionals. Many of the families we support return for ongoing support because they trust us. We have a good local presence and reputation in the community. We have been pleased to welcome a number of student midwives and health visitors to observe our group.

We have actively approached two local charities: one who provides support to families in a low income area of Cambridge, and another that supports young parents, about how we can support their services (subject to funding).

We have established close relationships with the local NHS infant feeding teams and are represented on the Cambridge and Peterborough Infant Feeding Network.

We keep anonymized data on the services we provide. All those attending our in-person group are asked to complete a registration form, which means we can evaluate the number of families we are supporting, including the age of babies. We keep monthly and annual statistics on how many families we have supported in person, online and via video call.

We also have a feedback form that we send to all families we have supported, and we use that feedback and the comments to improve and adjust our services and how we provide support. This feedback is collated and shared with the team and the Trustees on a regular basis.

In October, we provided a training session for our breastfeeding counsellors and volunteer team which included bespoke Safeguarding training.

Financial Review

Review of the charity's financial position at the end of the period	£37,569
Statement explaining the policy for holding reserves stating why they are held	The CIO's target level of reserves is: £5,000. This covers 2 months of forecasted expenditure and assumes that new income sources are developed on an annual basis.
Amount of reserves held	£5000

During the year the charity had a total income of £49,094 (2022-23: £5,034), the charity spent £31,826 (2022-23: £26,060).

This results in a cash fund at the end of the financial period of 37,569. (2022-23: £20,302).

Income continued to meet the needs of the charity, through fundraising, successful grant applications, and donations from the public.

We are grateful for the financial support from the public, donations, and the support of a number of grant giving bodies during the financial year, including:

- Donation of a holiday which we raffled in August (£1K)
- The Frank Litchfield General Charitable Trust (£1K)
- Benefact Group Movement for Good Award (£1k)
- Cole Charitable Trust (£500)
- Pye Foundation (£2K)
- Cambridgeshire Community Foundation (Marshall £2K)
- Marsh Community Trust (£500)
- Alan Boswell Charitable Trust (£3000)
- National Lottery Awards for all (£19,997)
-

Structure, Governance and Management

The charity's Trustees who are responsible for the overall management and strategy of the charity. They met 9 times in 2023-4. All trustees give of their time freely. There have been no new Trustees elected or recruited during 2023-24. Two trustees resigned.

Reference and Administrative details

Charity name	Cambridge Breastfeeding Alliance
Other name the charity uses	CBA
Registered charity number	1161678
Charity's principal address	% 100 Windsor Road, Cambridge CB4 3JN

Names of the charity trustees who manage the charity

RACHEL O'LEARY (Chair)

JUSTINE FIETH (Secretary)

ELEANOR CROWE (Treasurer)

MADELAINE McMAHON

REBECCA TALBOT

JUDITH ANN SOTUDEH-TEHRANI

JOANNE ROGERS

ANNA RICHARDSON (resigned 1.12.23)

ANNA SIMPSON

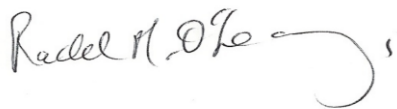
CATHERINE MUGE

LORNA THOMPSON (resigned 17.4.23)

Declarations

The Trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

A handwritten signature in black ink, appearing to read 'Rachel O'Leary', with a stylized flourish at the end.

Full name: Rachel Marion O'Leary

Position: Chair

Date: 12 August 2024

Independent Examiners Report

Independent Examiner's Report to the trustees of Cambridge Breastfeeding Alliance

I report to the trustees on my examination of the financial statements of Cambridge Breastfeeding Alliance for the year ended 31 March 2024, which comprise the Statement of Financial Activities, the Balance Sheet, and the related notes, set out on pages 8 to 9.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011('the Act'). The trustees consider that an audit is not required for this year under the Charities Act 2011, s.144(2) (the 2011 Act) and that an independent examination is needed.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of the financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination.

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



CPAA

Solutions Accountancy & Bookkeeping Ltd

1 The Mews

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HD1 5JL

13 September 2024



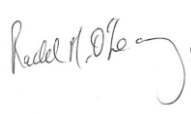
Receipts and payments accounts

For the period from	Period start date 01-Apr-23	To	Period end date 31-Mar-24
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Voluntary receipts	17,445	31,630	-	49,075	5,034
Activities for generating funds (trading)	-	-	-	-	-
Charitable activities	-	-	-	-	-
Other receipts	19	-	-	19	-
Sub total (Gross income for AR)	17,464	31,630	-	49,094	5,034
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	17,464	31,630	-	49,094	5,034
A3 Payments					
Costs of generating voluntary receipts	-	-	-	-	-
Fundraising costs (trading activities)	-	-	-	-	-
Costs of charitable activities	21,566	10,175	-	31,741	25,975
Governance costs	85	-	-	85	85
Sub total	21,651	10,175	-	31,826	26,060
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	21,651	10,175	-	31,826	26,060
Net of receipts/(payments)	- 4,187	21,455	-	17,268	- 21,026
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	16,904	3,397	-	20,302	41,328
Cash funds this year end	12,717	24,852	-	37,569	20,302

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Natwest Bank	12,725	24,845	-
	Total cash funds	12,725	24,845	-
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	Details		-	-
			-	-
B4 Assets retained for the charity's own use	Details		-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		Rachel O'Leary		12-Aug-24

CAMBRIDGE BREASTFEEDING ALLIANCE

England & Wales - Charity number 1161678

Accounts



Trustees' Annual Report for the period 2022-2023

Cambridge Breastfeeding Alliance

Charity registration number: 1161678

Objectives and Activities

Summary of the purposes of the charity

The object of the Cambridge Breastfeeding Alliance is the advancement of health, for the public benefit, through the provision free at point of use of information, skilled help and support concerning breastfeeding to families in and around Cambridge who breastfeed their babies or wish to breastfeed their babies.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

Cambridge Breastfeeding Alliance provides free access to skilled breastfeeding support and care, in a community based, non-healthcare, accessible setting.

Our trained Breastfeeding Counsellors provide free online support three mornings a week to mothers and parents in need of breastfeeding help including bank holidays. In addition, we run a weekly face-to-face group where we provide free breastfeeding help and emotional support to mothers, with their babies and family members, in a local community centre. We have a team of seven Breastfeeding Counsellors who are on contract to CBA to provide our charity's services.

Our weekly group

We run a weekly face-to-face group in a community centre where we provide free skilled support to mothers and parents, with their babies and family members. At the group, mothers (and partners or supporters) are welcomed by volunteers, given refreshments and then have one-to-one time with one of our trained Breastfeeding Counsellors.

At the group each week we provide support to around 12 mothers and parents, with their babies and family members. At each session there are three trained Breastfeeding Counsellors (sessional workers, self-employed, on contracts to CBA), and one or two volunteers who are often peer supporters or Breastfeeding Counsellors in training.

Families attending are from diverse cultures and backgrounds and we have an area where we can offer a more private consultation for anyone who needs privacy.

Our online support

Our Breastfeeding Counsellors also provide online support three days a week so we can provide support to families between our weekly groups, and reach those who can only, or would rather access support virtually. We offer online support by email, messenger chats and video calls. This means anyone can get breastfeeding support very soon after their baby's birth and often from the comfort of their bed and sofa.

We have found offering support in this way has enabled us to reach families who aren't able to make a face-to-face appointment for reasons including health issues, culture, and accessibility. We are reaching a more diverse range of families by continuing to provide online support, including those that we had not previously seen so much at our face-to-face weekly group.

We also update our website resources page regularly, providing reliable breastfeeding information to the general public, free of charge.

(www.cambridgebreastfeedingalliance.org.uk)

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit

In deciding to provide these services, the trustees have had regard to the guidance issued by the Charity Commission on public benefit: the service advances health, for the public benefit, by enabling mothers to continue to breastfeed their babies.

Breastfeeding is a key public health objective. In planning activities for the year, trustees took into account Charity Commission guidance on public benefit. We identified well-evidenced health benefits for babies and for mothers; for mothers for example in a lower risk of postnatal depression if mothers are enabled to meet their own breastfeeding goals; and for the public in reducing costs to acute and primary care NHS services when breastfeeding is effective, in avoiding babies suffering from infections needing hospital or GP treatments.

Contribution made by volunteers

We have 11 volunteer Trustees who are all parents and have experienced the early stress and vulnerability of feeding their babies. Over half were supported by our charity. Many work with new families daily, or due to their interest or paid employment, have professional skills that are of great value to running the charity (e.g. safeguarding, legal, financial expertise).

The 11 Trustees provided their governance service as volunteers, meeting monthly to review ways of working and fine-tune changes to the service in response to feedback. Several Trustees undertook administrative tasks for the charity on a voluntary basis. This included Safeguarding support, DBS checks, liaising with our venue and administration of our services and service provision. One of our Trustees ran the Cambridge Half-Marathon in fancy dress to raise funds for Cambridge Breastfeeding Alliance.

During 2022-23, we had five volunteers who welcomed families at the in-person sessions, offering refreshments and facilitating the flow of appointments. Our volunteers are a key part of making our group a welcoming place and many are peer supporters or breastfeeding counsellors in training.

We were delighted to be able to award one of our volunteers with a Room to Reward Hotel Break as a way of acknowledging her significant voluntary contribution to the charity.

Achievements and Performance

During the year, Cambridge Breastfeeding Alliance supported 535 families in-person, 442 families with one-to-one Zoom conversations, 500 mothers via messenger consultations, more via email (275) and phone: totalling around 1000 breastfeeding support interactions/helping situations.

Our CBA Facebook page followers grew to (1998 at 1 April) (<https://www.facebook.com/CambridgeBreastfeedingAlliance>).

Our Facebook Group, CBA Online Drop-In has 959 members at 1 April 2023 (<https://www.facebook.com/groups/725008948037306>). All of these members are breastfeeding their babies, live in our catchment area, and actively need support.

The numbers of mothers and parents we support have increased. We have retained a skilled team to cope with this additional demand. Feedback from those accessing our services encourages us that we are making a positive difference in the lives of breastfeeding families.

Many of these families have told us that our support has made the difference between them feeling equipped and empowered to reach their breastfeeding goals or not, and so, their babies being breastfed. Their comments tell us that CBA support enabled them to continue breastfeeding when they were close to giving up because of difficulties, and they are so glad they could continue to meet their goals. Being enabled to breastfeed mitigates poverty and deprivation, helps mental health and benefits the environment.

We were pleased we could continue to provide free, skilled breastfeeding support when families need it. We were delighted to provide both in-person service and online working, and that our fundraising and budgeting covered both ways to support the public.

As a small charity, we are now seen as a key provider of breastfeeding support in Cambridge by families and health professionals. Many of the families we support return for ongoing support because they trust us. We have a good local presence and reputation in the

community. We have been pleased to welcome a number of student midwives and health visitors to observe our group.

We have actively approached two local charities: one who provides support to families in a low income area of Cambridge, and another that supports young parents, about how we can support their services (subject to funding).

We have established close relationships with the local NHS infant feeding teams and are represented on the Cambridge and Peterborough Infant Feeding Network.

We reviewed our Equity, Diversity and Inclusion policy and procedures in March 2023. We are committed to the principles of equality of opportunity, diversity, and inclusion in respect of all families who use our services, volunteers and contracted Breastfeeding Counsellors and Trustees. All Trustees, Breastfeeding Counsellors and volunteers are expected to actively implement this policy.

We ran an Equality, Diversity and Inclusion survey in early February/March 2023 to help us better understand the families we were supporting, and importantly find out more about those we weren't reaching. The results of this survey have been discussed by Trustees to shape our priorities, and the team delivering support discussed how the findings can impact the support we provide.

We are aware we want to reach more families from under-represented ethnic groups in the support we provide. We know from seeing who we are supporting, that our online support is reaching a much more diverse range of families than attend in person.

We provided a training session for our team which included Safeguarding and skill-sharing.

We keep anonymized data on the services we provide. All those attending our in-person group are asked to complete a registration form, which means we can evaluate the number of families we are supporting, including the age of babies. We keep monthly and annual statistics on how many families we have supported in person, online and via video call.

We also have a feedback form that we send to all families we have supported, and we use that feedback and the comments to improve and adjust our services and how we provide support. This feedback is collated and shared with the team and the Trustees on a regular basis.

Financial Review

Review of the charity's financial position at the end of the period	£20,302
Statement explaining the policy for holding reserves stating why they are held	The CIO's target level of reserves is: £5,000. This covers 2 months of forecasted expenditure and assumes that new income sources are developed on an annual basis.

Amount of reserves held	£5000
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During the year the charity had a total income of £5,034 (2021-22: £34,250), the charity spent £26,060 (2021-22: £20,267).

This results in a cash fund at the end of the financial period of £20,302. (2021-22: £41,328).

Income continued to meet the needs of the charity, through fundraising, successful grant applications, and donations from the public.

We are grateful for the financial support of the following during the financial year:

- Grant from Postcode Places Trust
- Grant from Arnold Clark Fund
- Individuals fundraising eg Cambridge Half Marathon
- Donations

Structure, Governance and Management

The charity's 11 Trustees who are responsible for the overall management and strategy of the charity. They met 11 times. All trustees give of their time freely and no remuneration or expenses were paid in the year. There have been no new Trustees elected or recruited during 2022-23.

Reference and Administrative details

Charity name	Cambridge Breastfeeding Alliance
Other name the charity uses	CBA
Registered charity number	1161678
Charity's principal address	% 100 Windsor Road, Cambridge CB4 3JN

Names of the charity trustees who manage the charity

RACHEL O'LEARY (Chair)

JUSTINE FIETH (Secretary

ELEANOR CROWE (Treasurer)

MADELAINE McMAHON

REBECCA TALBOT

JUDITH ANN SOTUDEH-TEHRANI

JOANNE ROGERS

ANNA RICHARDSON

ANNA SIMPSON

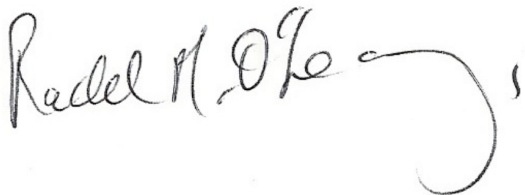
CATHERINE MUGE

LORNA THOMPSON

Declarations

The Trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

A handwritten signature in black ink, appearing to read 'Rachel O'Leary', with a large, sweeping flourish at the end.

Full name: Rachel Marion O'Leary

Position: Chair

Date: 18.9.23



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Cambridge Breastfeeding Alliance	No (if any) 1161678
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CC16a

Receipts and payments accounts

For the period from	Period start date 01-Apr-22	To	Period end date 31-Mar-23
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Voluntary receipts	4,034	1,000	-	5,034	34,250
Activities for generating funds (trading)	-	-	-	-	-
Charitable activities	-	-	-	-	-
Other receipts	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<i>AR)</i>	4,034	1,000	-	5,034	34,250
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-
Total receipts	4,034	1,000	-	5,034	34,250
A3 Payments					
Costs of generating voluntary receipts	-	-	-	-	-
Fundraising costs (trading activities)	-	-	-	-	-
Costs of charitable activities	3,762	22,213	-	25,975	20,237
Governance costs	85	-	-	85	30
	-	-	-	-	-

	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	3,847	22,213	-	26,060	20,267
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,847	22,213	-	26,060	20,267
Net of receipts/(payments)	187	- 21,213	-	- 21,026	13,984
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	16,718	24,610	-	41,328	27,344
Cash funds this year end	16,904	3,397	-	20,302	41,328

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Barclays Bank	16,904	3,397	-
		-	-	-
		-	-	-
	Total cash funds	16,904	3,397	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds

B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-

B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>Rachel O'Leary</i>		
	Rachel O'Leary	22.5.23

CAMBRIDGE BREASTFEEDING ALLIANCE

England & Wales - Charity number 1161678

Accounts



Trustees' Annual Report for the period

From 01/04/2021

Period start date To

31/03/2022

Period end date

Charity name: Cambridge Breastfeeding Alliance

Charity registration number: 1161678

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The object of the CIO is the advancement of health, for the public benefit, through the provision free at point of use of information, skilled help and support concerning breastfeeding to families in and around Cambridge who breastfeed their babies or wish to breastfeed their babies.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<ul style="list-style-type: none">• Throughout this reporting period, Cambridge Breastfeeding Alliance provided online breastfeeding information and support for mothers and families.• From April to June, this service ran online 6 mornings a week, to comply with Covid restrictions.• From 11 June to the end of the reporting period, we ran weekly in-person sessions at Ross Street Community Centre, Cambridge, alongside our online service, which reduced to 3 mornings a week.• Mothers experiencing breastfeeding difficulties accessed this service via Facebook, Zoom, email and phone. We set up a booking system for the in-person sessions.• Babies may be any age but were mostly under 6 weeks of age. During this period, we noticed an increase in numbers of babies a few days old. Other family members joined in with the mother

		<p>and also received information and support.</p> <ul style="list-style-type: none"> • Skilled Breastfeeding Counsellors and Lactation Consultants (IBCLC) provided specialist help. • This service is provided free of charge to any family who wishes to use it.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>In deciding to provide this service, the trustees have had regard to the guidance issued by the Charity Commission on public benefit: the service advances health, for the public benefit, by enabling mothers to continue to breastfeed their babies.</p> <p>Breastfeeding is a key public health objective. In planning activities for the year, trustees took into account Charity Commission guidance on public benefit. We identified well-evidenced health benefits for babies and for mothers; for mothers for example in a lower risk of postnatal depression if mothers are enabled to meet their own breastfeeding goals; and for the public in reducing costs to acute and primary care NHS services when breastfeeding is effective, in avoiding babies suffering from infections needing hospital or GP treatments.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	<ul style="list-style-type: none"> • In June 2021, one long-standing Trustee retired; we thanked her for her many years of service.

		<ul style="list-style-type: none"> • The (12, then 11) Trustees provided their governance service as volunteers, meeting monthly to review ways of working and fine-tune changes to the service in response to feedback. • Several Trustees undertook administrative tasks for the charity on a voluntary basis. This included Safeguarding support, DBS checks, setting up our online booking system, liaising with our venue, recruiting and orienting new team members. • One of our Trustees ran the Cambridge Half-Marathon in fancy dress to raise funds for Cambridge Breastfeeding Alliance. • We began recruiting new volunteers to help us welcome families at the drop-in to begin in the 2022-23 financial year.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>During the year, Cambridge Breastfeeding Alliance supported over 300 families in-person, 380 families with one-to-one Zoom conversations, 480 mothers via messenger consultations, more via email and phone: totalling around 1000 breastfeeding support interactions/helping situations.</p> <p>Our CBA Facebook page followers grew to (1772 at 1 April). Our Facebook Group, CBA Online Drop-In has 720 members at 1 April 2022. All of these members are breastfeeding their babies, live in our catchment area, and actively need support.</p> <p>Mothers and families give us feedback via an (optional) online form. Their comments tell us that CBA support enabled them to continue breastfeeding when they were close to giving up</p>

		<p>because of difficulties, and they are so glad they could continue to meet their goals. Being enabled to breastfeed mitigates poverty and deprivation, helps mental health and benefits the environment.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>We were pleased we could continue to provide free, skilled breastfeeding support when families need it. We were delighted to return to in-person service in addition to online working, and that our fundraising and budgeting expanded to cover both ways to support the public.</p> <p>The numbers of mothers and parents we support have increased. We have grown our team to cope with this additional demand by recruiting and orienting 2 new members during this period.</p> <p>We have noticed a diverse population accessing our services. (We do not collect or process data on ethnicity or disability.)</p>
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Performance of fundraising activities against objectives set	Para 1.41	Income continued to meet the needs of the charity, through fundraising, successful grant applications, and donations from the public.
Investment performance against objectives	Para 1.41	n/a
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	£ 41,328 in bank at the end of the reporting period. This is unusually high because it includes grant funding received close to the year end, to provide breastfeeding support sessions in the year 2022-23.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The CIO's target level of reserves is: £4,500. This covers 3 months of forecasted expenditure and assumes that new income sources are developed on an annual basis. Should forecasted income fall below expectations, this reserve allows continuation of operations whilst taking remedial action to address the income deficit and consider where else to direct beneficiaries for essential services, and publicity for the changes. (extract from CBA Reserves Policy)
Amount of reserves held	Para 1.22	£16,718. This is higher than our policy amount because we plan to use unrestricted funds when our restricted funding ends – while keeping £4.500 in reserve as our reserves policy requires.
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	During this reporting period, CBA received funding from: National Lottery Community Fund, the Evelyn Trust, and donations from our supporters and the general public.
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	CBA relies on grant funding and public donations.

Other		
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Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustee members elect new Trustees

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	New trustees must read CBA Constitution, Policies and Procedures, and agree to them, before being elected. Interviews are held early in our recruitment process.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The charity chooses Breastfeeding Counsellors (BFCs) who are accredited by national and international breastfeeding charities, and Lactation Consultants who are qualified as International Board Certified Lactation Consultants (IBCLCs). CBA has no formal relationship with any of these charities or certifying agencies, but maintains links for exchange of information. The BFCs and IBCLCs are self-employed and work on a sessional basis, with contracts. The charity maintains good working relationships with NHS midwives, the Health Visiting team and the Rosie Hospital, but is independent of any NHS body.
Relationship with any related parties	Para 1.51	We rent our venue – Ross Street Community Centre, Ross Street, Cambridge CB1 3UZ – from the Romsey Mill Trust, but we are not in any form of relationship with this Trust.
Other		

Reference and Administrative details

Charity name	Cambridge Breastfeeding Alliance
Other name the charity uses	CBA
Registered charity number	1161678

Charity's principal address	100 Windsor Road Cambridge CB4 3JN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Eleanor Crowe	Treasurer		
2	Justine Fieth	Secretary		
3	Maddie McMahon			
4	Catherine Muge			
5	Rachel O'Leary	Chair		
6	Anna Richardson			
7	Joanne Rogers			
8	Anna Simpson			
9	Judy Sotudeh-Tehrani			
10	Becky Talbot			
11	Lorna Thompson			
12	S. Mary Wright		01/04/2021– 22/06/2021	
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

n/a

Exemptions from disclosure

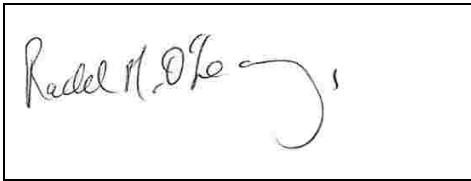
Reason for non-disclosure of key personnel details

Other optional information

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Rachel Marion O'Leary	
Position (eg Secretary, Chair, etc)	Chair	
Date	14 November 2022	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Cambridge Breastfeeding Alliance	No (if any) 1161678
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CC16a

Receipts and payments accounts

For the period from	Period start date 01-Apr-21	To	Period end date 31-Mar-22
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Voluntary receipts	4,640	29,610	-	34,250	23,380
Activities for generating funds (trading)	-	-	-	-	-
Charitable activities	-	-	-	-	-
Other receipts	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	4,640	29,610	-	34,250	23,380
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	4,640	29,610	-	34,250	23,380
A3 Payments					
Costs of generating voluntary receipts	-	-	-	-	-
Fundraising costs (trading activities)	-	-	-	-	-
Costs of charitable activities	6,807	13,430	-	20,237	18,211
Governance costs	-	30	-	30	30
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	6,807	13,460	-	20,267	18,241
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	6,807	13,460	-	20,267	18,241
Net of receipts/(payments)	- 2,166	16,150	-	13,984	5,139
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	18,884	8,460	-	27,344	22,205
Cash funds this year end	16,718	24,610	-	41,328	27,344

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Barclays Bank	16,718	24,610	-
		-	-	-
		-	-	-
	Total cash funds	16,718	24,610	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

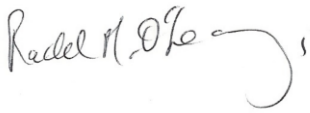
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Rachel O'Leary	7.6.22
2		05/01/2023

Independent Examiner's Report to the Trustees of Cambridge Breastfeeding Alliance

I report to the charity trustees on my examination of the accounts of the Cambridge Breastfeeding Alliance (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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:

Jenna Robertson

Jenna Robertson
1 Shrublands
Saffron Walden
Essex
CB10 2EH

Date: 12 January 2023

CAMBRIDGE BREASTFEEDING ALLIANCE

England & Wales - Charity number 1161678

Accounts



Trustees' Annual Report for the period

From 01/04/2020 Period start date To 31/03/2021 Period end date

Charity name: Cambridge Breastfeeding Alliance

Charity registration number: 1161678

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The object of the CIO is the advancement of health, for the public benefit, through the provision free at point of use of information, skilled help and support concerning breastfeeding to families in and around Cambridge who breastfeed their babies or wish to breastfeed their babies.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>Throughout this reporting period, Cambridge Breastfeeding Alliance provided online breastfeeding information and support for mothers and families on 6 mornings a week, to comply with Covid restrictions. Mothers experiencing breastfeeding difficulties accessed this service via Facebook, Zoom, email and phone. (Babies may be any age, but were mostly under 6 weeks of age, and some a few days old.) Other family members joined in with the mother and also received information and support. Skilled Breastfeeding Counsellors and Lactation Consultants (IBCLC) provided specialist help.</p> <p>This service is provided free of charge to any family who wishes to use it.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	In deciding to provide this service, the trustees have had regard to the guidance issued by the Charity Commission on public benefit: the service advances health, for the public benefit, by enabling mothers to continue to breastfeed their babies. Breastfeeding is a key public health objective. In planning activities for the year, trustees took into account Charity Commission guidance on public

		benefit. We identified well-evidenced health benefits for babies and for mothers; for mothers for example in a lower risk of postnatal depression if mothers are enabled to meet their own breastfeeding goals; and for the public in reducing costs to acute and primary care NHS services when breastfeeding is effective, in avoiding babies suffering from infections needing hospital or GP treatments.
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	The 12 Trustees provided their governance service as volunteers, meeting more frequently than usual (monthly, sometimes fortnightly) to review ways of working and fine-tune changes to the service in response to feedback. Several undertook administrative tasks for the charity on a voluntary basis. This included setting up online services; training Breastfeeding Counsellors and Lactation Consultants (IBCLCs) in the use of online tools; Safeguarding support.
Other		

Achievements and Performance

	SORP reference	
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<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>During the year, Cambridge Breastfeeding Alliance supported 468 mothers via messenger consultations, more via email and phone: over 500 in total. We provided 410 one-to-one consultations on Zoom. In addition our Breastfeeding Counsellors provided three online sessions for a partner group in a deprived area of the city during November-December 2020. Our CBA Facebook page followers grew to 1500. We started our Facebook Group, CBA Online Drop-In, in March 2020. Numbers of members shot up to 434. All of these members are breastfeeding their babies, live in our catchment area, and actively need support. Mothers give us feedback via an (optional) online form. Their comments tell us that CBA support enabled them to continue breastfeeding when they were close to giving up because of difficulties, and they are so glad they could continue to meet their goals. Being able to breastfeed mitigates poverty and deprivation and benefits the environment (see #GreenFeeding).</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>We were pleased we could continue to provide free, skilled breastfeeding support when families need it despite the challenges of Covid and lockdown. We have maintained the numbers of mothers we support by offering online help. Objectives to expand our reach were met by working online. We have noticed a more diverse population accessing our services. (We do not collect or process data on ethnicity or disability.)</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>Income continued to meet the needs of the charity, through fundraising, successful grant applications, and donations from the public.</p>
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	<p>n/a</p>
<p>Other</p>		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	£27,344.00 in bank at the end of the reporting period
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The CIO's target level of reserves is: £4,500. This covers 3 months of forecasted expenditure and assumes that new income sources are developed on an annual basis. Should forecasted income fall below expectations, this reserve allows continuation of operations whilst taking remedial action to address the income deficit and consider where else to direct beneficiaries for essential services, and publicity for the changes. (extract from CBA Reserves Policy)
Amount of reserves held	Para 1.22	£4,500
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	During this reporting period, CBA used funding from: Postcode Community Fund, Cambridgeshire County Council Covid Fund, Lottery Community Fund, and donations from our supporters and the general public.
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	CBA relies on grant funding and public donations.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustee members elect new trustees

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	New trustees must read CBA Constitution, Policies and Procedures, and agree to them, before being elected. Interviews are held early in our recruitment process.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The charity chooses Breastfeeding Counsellors (BFCs) who are accredited by national and international breastfeeding charities, and Lactation Consultants who are qualified as International Board Certified Lactation Consultants (IBCLCs). CBA has no formal relationship with any of these charities or certifying agencies, but maintains links for exchange of information. The BFCs and IBCLCs are self-employed and work on a sessional basis, with contracts. The charity maintains good working relationships with NHS midwives, the Health Visiting team and the Rosie Hospital, but is independent of any NHS body.
Relationship with any related parties	Para 1.51	We work with a small local charity – Kings Hedges Family Support Project, providing breastfeeding counselling sessions for the families who use their services, at the request of the charity. Funding for these sessions is included in our grant applications.
Other		

Reference and Administrative details

Charity name	Cambridge Breastfeeding Alliance
Other name the charity uses	CBA
Registered charity number	1161678

Charity's principal address	100 Windsor Road Cambridge CB4 3JN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Eleanor Crowe	Treasurer		
2	Justine Fieth	Secretary		
3	Maddie McMahon			
4	Catherine Muge			
5	Rachel O'Leary	Chair		
6	Anna Richardson			
7	Joanne Rogers			
8	Anna Simpson			
9	Judy Sotudeh-Tehrani			
10	Becky Talbot			
11	Lorna Thompson			
12	S. Mary Wright			
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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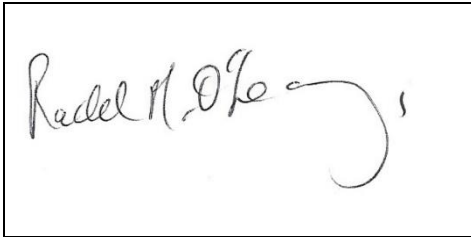
Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Rachel Marion O'Leary	
Position (eg Secretary, Chair, etc)	Chair	
Date	5.11.21	



Receipts and payments accounts

For the period from	Period start date 01-Apr-20	To	Period end date 31-Mar-21
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Voluntary receipts	7,862	15,518	-	23,380	-
Activities for generating funds (trading)	-	-	-	-	-
Charitable activities	-	-	-	-	-
Other receipts	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	7,862	15,518	-	23,380	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	7,862	15,518	-	23,380	-
A3 Payments					
Costs of generating voluntary receipts	-	-	-	-	-
Fundraising costs (trading activities)	-	-	-	-	-
Costs of charitable activities	687	17,524	-	18,211	-
Governance costs	-	30	-	30	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	687	17,554	-	18,241	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	687	17,554	-	18,241	-
Net of receipts/(payments)	7,175	- 2,036	-	5,139	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	11,709	10,496	-	22,205	-
Cash funds this year end	18,884	8,460	-	27,344	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Barclays Bank	18,884	8,460	-
CCXX R1 accounts (SS)	1	-	-	09/11/2021 -

	-	-	-
Total cash funds	18,884	8,460	-
(agree balances with receipts and payments account(s))	OK	OK	OK

Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
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B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

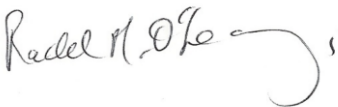
B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Rachel O'Leary	5.11.21