



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## 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"><li>• Throughout this reporting period, Cambridge Breastfeeding Alliance provided online breastfeeding information and support for mothers and families.</li><li>• From April to June, this service ran online 6 mornings a week, to comply with Covid restrictions.</li><li>• 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.</li><li>• Mothers experiencing breastfeeding difficulties accessed this service via Facebook, Zoom, email and phone. We set up a booking system for the in-person sessions.</li><li>• 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</li></ul>

		<p>and also received information and support.</p> <ul style="list-style-type: none"> <li>• Skilled Breastfeeding Counsellors and Lactation Consultants (IBCLC) provided specialist help.</li> <li>• This service is provided free of charge to any family who wishes to use it.</li> </ul>
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"> <li>• In June 2021, one long-standing Trustee retired; we thanked her for her many years of service.</li> </ul>

		<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• One of our Trustees ran the Cambridge Half-Marathon in fancy dress to raise funds for Cambridge Breastfeeding Alliance.</li> <li>• We began recruiting new volunteers to help us welcome families at the drop-in to begin in the 2022-23 financial year.</li> </ul>
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. 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>

		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.

#### **Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<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	<b>n/a</b>
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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

## 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

#### Name of chief executive or names of senior staff members (Optional information)

n/a
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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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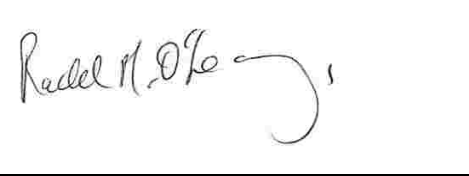
## Other optional information

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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	14 November 2022	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Cambridge Breastfeeding Alliance

No (if any)  
1161678

## Receipts and payments accounts

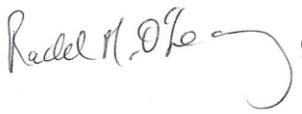
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For the period from	Period start date 01-Apr-21	To	Period end date 31-Mar-22
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### Section A Receipts and payments

	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 £
<b>A1 Receipts</b>					
Voluntary receipts	4,640	29,610	-	34,250	23,380
Activities for generating funds (trading)	-	-	-	-	-
Charitable activities	-	-	-	-	-
Other receipts	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	4,640	29,610	-	34,250	23,380
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	4,640	29,610	-	34,250	23,380
<b>A3 Payments</b>					
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
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	6,807	13,460	-	20,267	18,241
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	6,807	13,460	-	20,267	18,241
<b>Net of receipts/(payments)</b>	- 2,166	16,150	-	13,984	5,139
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	18,884	8,460	-	27,344	22,205
<b>Cash funds this year end</b>	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 £
<b>B1 Cash funds</b>	Barclays Bank	16,718	24,610	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	16,718	24,610	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	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	7.6.22	
			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