

# SOUTH CUMBRIA BREASTFEEDING SUPPORT

England & Wales · Charity number 1166379

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2016-04-05

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 29 St. Marys Park  
Windermere  
LA23 1AZ

**Phone** 07740377005

**Email** [ann@cumbriabreastfeeding.org.uk](mailto:ann@cumbriabreastfeeding.org.uk)

**Website** [www.cumbriabreastfeeding.org.uk](http://www.cumbriabreastfeeding.org.uk)

## Activities

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**Objects:** THE OBJECT OF THE CIO IS THE ADVANCEMENT OF HEALTH, FOR THE PUBLIC BENEFIT, THROUGH THE PROVISION OF INFORMATION, SKILLED HELP AND SUPPORT FOR MOTHERS IN AND AROUND SOUTH CUMBRIA WHO BREASTFEED OR WISH TO BREASTFEED THEIR BABIES, THE FAMILIES OF THOSE MOTHERS AND OTHERS WHO SUPPORT THEM.

**Activities:** Our aim is for mothers and babies to have the breastfeeding experience that they want to have. We run free, weekly drop-in groups in Kendal, Windermere and Ulverston. These bring breastfeeding mothers together to support each other. Our International Board Certified Lactation Consultant (IBCLC), and trained Peer Support volunteers can support mothers who are experiencing breastfeeding challenges.

## Classification

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

## Geography

- Cumbria

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-08-31	£18,881	£22,056	-	-
2023-08-31	£23,768	£23,982	-	-
2022-08-31	£20,497	£18,827	-	-
2021-08-31	£8,567	£11,997	-	-
2020-08-31	£23,819	£16,810	-	-

## Trustees

Name	Role	Appointed
Ann Bruce		2016-03-21
Carissa Lough		2023-05-08
Jessica Joan Curwen		2023-07-07
Kathleen Miller		2023-06-08
Michelle Lauren Duncan		2025-03-13

**SOUTH CUMBRIA BREASTFEEDING SUPPORT**

England & Wales - Charity number 1166379

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# Accounts

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# Trustees' Annual Report for the period

Period start date		Period end date					
<b>From</b>	01	Sept	2023	<b>To</b>	31	Aug	2024
South Cumbria Breastfeeding Support							
SCBS							
1166379							
29 St Mary's Park							
Windermere							
Cumbria							
<b>Postcode</b>				LA23 1AZ			

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Rebecca Beck			
Ann Bruce			
Jennifer Corrin			
Jessica Curwen	Treasurer		
Sarah Jones		Resigned 6.7.24	
Carissa Lough			
Lisa Metcalfe	Chair		
Kathleen Miller	Secretary		
Joanne Telford		Resigned 18.7.24	

## Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

Ann Bruce, Breastfeeding Counsellor and IBCLC Jessica Curwen, Treasurer Lisa Metcalfe, Chair or Trustees Kathleen Miller, Secretary
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## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	New trustees are appointed by existing trustees. The current trustees are all local parents who have volunteered to undertake this role.

### Additional governance issues (Optional information)

South Cumbria Breastfeeding Support has a written safeguarding policy to help breastfeeding supporters who are concerned about the welfare of a child or of a vulnerable adult.

South Cumbria Breastfeeding Support has a Code of Conduct by which all its representatives abide.

Trustees receive no remuneration or other benefits for their work as trustees. SCBS's Breastfeeding Counsellor, who is also a Trustee, is paid for some of her professional work as a Breastfeeding Counsellor. This is in line with SCBS's constitution and conflicts of interest procedures.

**Section C Objectives and activities**

Summary of the objects of the charity set out in its governing document

The object of South Cumbria Breastfeeding Support is the advancement of health, for the public benefit, through the provision of information, skilled help and support for mothers in and around South Cumbria who breastfeed or wish to breastfeed their babies, the families of those mothers and others who support them.

In planning our activities for the year, the trustees have had regard to the Charity Commission's guidance on public benefit.

**Breastfeeding drop-in groups**

South Cumbria Breastfeeding Support runs three drop-in groups each week, in Ulverston, Kendal and Windermere. Mums can come to these free groups without making an appointment, in order to receive help or support with any aspect of breastfeeding, such as painful feeds, slow weight gain, or continuing to breastfeed when they return to work. Mums also come to the groups simply to meet up with other mums who are breastfeeding, to feel part of a supportive community and reduce their isolation.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Our groups are run by a dual-qualified IBCLC (Lactation Consultant) and Breastfeeding Counsellor, together with volunteers who help with the practical side of the groups e.g. meeting and greeting, making tea etc. Many mums first attend a drop-in to get help with a specific breastfeeding challenge, and then begin attending regularly for the social benefits that the groups provide. Many mums become long-term friends with people that they meet at one of our groups.

**Online support**

We provide online support through *SCBS In It Together* (a closed online forum) and videocall support. Both of these can be accessed only by local families (LA and CA postcodes).

**Breast Friend Award**

This is an annual award, launched by SCBS in 2016-17, that enables local mothers to nominate Health Professionals who have made a significant and positive difference to their breastfeeding journey. The Breast Friend awards aims to:

- highlight good practice in breastfeeding support by Health Professionals
- raise awareness amongst Health Professionals and parents of the importance of good support for breastfeeding.

Any Health Professional working in South Cumbria, or who has worked with a mum who lives in this area could be nominated. This could include, for example, Midwives, Maternity Assistants, Health Visitors, Obstetricians, GPs, Nurses, Paediatricians or Dieticians.

**Liaison with local Health Professionals**  
 We liaise with local Health Professionals, including midwives and health visitors, in order to advocate for best practice in breastfeeding support, and to ensure that our services are meeting local need. We attend meetings of Maternity and Neonatal Voices, Cumbria County Council's Breastfeeding Strategy Group and the Infant Feeding Forum for the Local Maternity System, as well as linking up with individual practitioners in support of specific families.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

We value the contribution made by volunteers very highly. We rely on volunteers to ensure the smooth running of the groups, and to make sure that all mums have a positive experience when they come to a group, no matter how busy the group is.

**Section D Achievements and performance**

**Summary of the main achievements of the charity during the year**

**In person groups**  
 Attendances in the 2023-24 financial year have been as follows total attendances: 803; new attendees 157, which again represents a significant increase on the previous year. The majority of attendees are from the immediate local area. However, the groups have a very good reputation, which leads to people seeking them out from further afield, including from Barrow, Cockermouth, Carlisle, Kirkby Lonsdale, Lancaster, Sedbergh, Whitehaven and Workington. During this financial year, there were 288 1:1

consultations during the drop-in groups.

Recent feedback from mums who have attended our in-person groups includes:

*'I came to your group for the first time when my son was 3 weeks old. It was immediately welcoming and so helpful. It was so reassuring and supportive. You're so out of your depth when you've just had a baby. Coming to the group felt empowering, and it was really nice to get both the amazing technical support, which was given in a gentle, collaborative way, but also the sense of community; I made lots of mum friends. We made plans to get out together for walks and baby groups, and laughed a lot - they will be friends for life! It was unbelievable that the drop-ins were available for free, three times a week, and that the support was available indefinitely.'*

*'Came very early on. Gave me advice when initially starting breastfeeding which was both helpful but also reassuring that we were on track. Found it to be even more useful than just the advice, the opportunity to socialise in the early days when baby play groups aren't suitable was great, and it was nice to have it as some structure to our day/week.'*

*'I have found the group incredibly helpful. Ann has been very kind and helpful to support our breastfeeding journey with tips of different positions to try, support in that we're doing a good job. The group makes me feel comfortable and relaxed which I find helpful setting to receive breastfeeding advice. It has also benefited my mental health, talking to other mothers who have had similar challenges and made me feel less alone when I've found things hard.'*

*'We are all so grateful for Ann's expertise, advice and support. Having been given lots of conflicting and bad advice whilst still continuing to struggle, I knew we needed specialist support. Finding Ann and the groups were a lifesaver. Ann gives invaluable advice and support with real specialist knowledge and experience. She is a safe person to access, non-judgmental and is available outside of group via messenger and video call. It has been and continues to be a really rough and long journey for us both, but having Ann at the end of a message and in our corner is really invaluable'*

*'It was really needed for me, I remember crying at group as I just needed to be around people 'on my side' with breastfeeding and support in navigating self-care whilst breastfeeding! Ann was an amazing support and me and my little one would have got through our many breastfeeding challenges without her help'*

**SCBS In It Together: private online forum**

This closed online forum allows families to connect with us, and with each other, providing a community of support seven days a week. By the end of August 2024, there were over 1000 families in SCBS In It Together. Mums use this group to ask each other questions that they might not be able to ask elsewhere, seek informal support, and to share information: the kind of support that mums might once have been able to offer each other in a close-knit real-life community.

Recent feedback about our online support includes:

*'Wouldn't hesitate to message or ask questions in the group if I needed. But have always got the support I need during the in person sessions.'*

*'It's been so helpful. When I had issues, I was able to contact a professional for support, heard back very promptly with useful advice. Fantastic service!'*

*'The Facebook group has been invaluable for breastfeeding support. Queries and posts are answered quickly and every day of the week, allowing support to be accessed when otherwise would be unavailable (e.g. NHS, GP etc). The support received always includes useful links to research and evidence based articles and other members of the group can also post advice and their experiences which helps you to not feel so alone in your breastfeeding journey.'*

*'The group really helped me. It meant that if I had a question about breastfeeding, but couldn't attend the group, I'd quickly get advice. The other mums on the group are really supportive and there is no judgement which is lovely!'*

### **Breast Friend Award**

This year, we presented the Breast Friend Award to four professionals, each from a different discipline: Jade Holmes (Midwife), Katy Burgess (Health Visitor), Dr Efthimios Valais (Paediatric Doctor) and Dr Ed Clarke (GP).

Here are some quotes from the winners' nominations, which reflect the positive impact they have had on local mums' experience of breastfeeding:

*'Katy has always been very positive and supportive of breastfeeding, reassuring me and encouraging me to go to breastfeeding groups. When we suspected that my baby had cows' milk protein allergy (CMPA) I was very worried about her getting the nutrients she would need if I stopped having dairy. Katy took the time to really reassure me and to give me all the information that I needed to be able to carry on breastfeeding confidently, knowing that my baby was getting everything that she needed. Katy has continued to support and encourage our breastfeeding journey since then and really encourages us feeding until at least 2 years old, as per the WHO guidelines. Some other health professionals we have seen tried to tell us to stop sooner because of the CMPA. Thank you Katy!'*

## Section D

## Achievements and performance

*'After giving birth to my little boy, and his first feed being a bottle feed due to me just coming out of theatre, I was keen to start our breastfeeding journey as soon as possible. My son and I stayed in hospital for 5 days due to high infection markers, and on our first night I explained to Jade that my plan was to breastfeed. I had limited movement in my legs so Jade helped me to express colostrum. She also helped me to position my son so that he could feed from me. I was really anxious whether I was 'doing it right', so every time I nursed my baby, Jade would come to our bed and support me. This continued for our entire hospital stay. Jade was extremely encouraging and spent time with me going through all of the benefits of breastfeeding, how to express, the storing of expressed milk and use by dates - basically any question I had Jade would give an informative answer. We're now 13 weeks into our breastfeeding journey and I have Jade to thank. If it wasn't for her endless support whilst in hospital I think I probably would've 'given up' before we made it home.'*

### **Antenatal education**

We have started a collaboration with the newly formed Kendal Parent Network, to provide an antenatal class about breastfeeding. The class has run three times over the year and has covered topics such as, introduction to breastfeeding, how to be confident that their baby is getting enough breastmilk, and how to feed in a laid back position. 34 families attended over the three sessions and all who provided feedback gave a score of either 4 or 5 out of 5 when asked 'How useful was the information provided by the guest speaker?'

We intend to continue to develop our relationship with Kendal Parent Network over the next year to provide more antenatal education for local families so we can support them right from the beginning of their breastfeeding journey

## Section E

## Financial review

### **Brief statement of the charity's policy on reserves**

The trustees of South Cumbria Breastfeeding Support consider that reserves would be needed in the event of:

- a) unforeseen emergency or other unexpected need for funds
- b) unforeseen day-to-day operational costs, eg employing temporary staff to cover a long-term sick absence.
- c) A source of income, such as a grant, not being renewed. Funds might be needed to give the trustees time to take action if income falls below expectations.
- d) Planned commitments, or designations, that cannot be met by future income alone
- e) The need to fund short-term deficits in a cash budget

SCBS aims to hold reserves equating to 6 months' expenditure.

This was agreed by trustees in November 2021.

**Further financial review details (Optional information)**

- The majority of South Cumbria Breastfeeding Support's income comes from grant-making trusts. During 2023-2024 these included:  
Westmorland and Furness Council  
Hadfield Trust  
Holehird Trust  
Ulverston Town Council  
  
We also receive financial support from our service users. For example, cash donations from mothers at our groups online donations through JustGiving. Some service users and supporters have birthday fundraisers for us too. We are enormously grateful to our services users for their support, especially since at the time that they access our services, most of our service users are on very restricted incomes.

**Section G Declaration**

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	<i>Ann Bruce</i>	
<b>Full name(s)</b>	Ann Bruce	
<b>Position (eg Secretary, Chair, etc)</b>	Trustee	Trustee
<b>Date</b>	11/06/2025	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
South Cumbria Breastfeeding Support

No (if any)  
1166379

CC16a

## Receipts and payments accounts

For the period from	Period start date 01/09/2023	To	Period end date 31/08/2024
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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>					
General donations	4,694	-	-	4,694	4,227
Grants	14,175	-	-	14,175	9,365
Lottery Grant	-	-	-	-	10,000
Other	12	-	-	12	177
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>18,881</b>	<b>-</b>	<b>-</b>	<b>18,881</b>	<b>23,769</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>18,881</b>	<b>-</b>	<b>-</b>	<b>18,881</b>	<b>23,769</b>
<b>A3 Payments</b>					
Breastfeeding Counsellor Fees	18,800	-	-	18,800	20,400
Equipment	-	-	-	-	14
Refreshments	130	-	-	130	87
Website	74	-	-	74	74
Resources	24	-	-	24	-
Room Hire	2,676	-	-	2,676	2,744
Subscriptions	-	-	-	-	-
Sundry Expenses	-	-	-	-	-
Insurance	96	-	-	96	177
Accountancy	-	-	-	-	228
Fundraising costs	216	-	-	216	216
Training	-	-	-	-	42
Bank Charges	40	-	-	40	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>22,056</b>	<b>-</b>	<b>-</b>	<b>22,056</b>	<b>23,982</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>22,056</b>	<b>-</b>	<b>-</b>	<b>22,056</b>	<b>23,982</b>
<b>Net of receipts/(payments)</b>	<b>- 3,175</b>	<b>-</b>	<b>-</b>	<b>- 3,175</b>	<b>- 213</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>12,680</b>	<b>-</b>	<b>-</b>	<b>12,680</b>	<b>12,893</b>
<b>Cash funds this year end</b>	<b>9,505</b>	<b>-</b>	<b>-</b>	<b>9,505</b>	<b>12,680</b>

## 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>	CAF Bank	9,505	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>9,505</b>	<b>-</b>	<b>-</b>
(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 £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

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

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

Signature	Print Name	Date of approval
<i>J Curwen</i>	Jessica Curwen	11/06/2025
<i>Ann Bruce</i>	Ann Bruce	11/06/2025

**SOUTH CUMBRIA BREASTFEEDING SUPPORT**

England & Wales - Charity number 1166379

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# Accounts

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## South Cumbria Breastfeeding Support

Charity number 1166379

Trustees' Annual Report for the period  
1 September 2022 – 31 August 2023

Registered address: 29 St Mary's Park, Windermere, Cumbria LA23 1AZ

Trustee name	Office (if any)	Dates acted if not for whole year
Rebecca Beck		Appointed July 2023
Ann Bruce		
Helen Carlson		Resigned June 2023
Jennifer Corren		Appointed July 2023
Jessica Curwen	Treasurer	Appointed July 2023
James Hamilton		Resigned June 2023
Sarah Jones		Appointed July 2023
Joanna Kapel		Resigned January 2023
Carissa Lough		Appointed June 2023
Lisa Metcalfe	Chair	Appointed June 2023
Kathleen Miller	Secretary	Appointed June 2023
Jenny Robinson		Resigned June 2023
Joanne Telford		Appointed June 2023

### Name of chief executive or names of senior staff members

Ann Bruce, Breastfeeding Counsellor and IBCLC

Jessica Curwen, Treasurer

Lisa Metcalfe, Chair of Trustees

Kathleen Miller, Secretary

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document

Constitution

(eg. trust deed, constitution)	
How the charity is constituted	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	New trustees are appointed by existing trustees. The current trustees are all local parents who have volunteered to undertake this role.

### Additional governance issues (Optional information)

<p>South Cumbria Breastfeeding Support has a written safeguarding policy to help SCBS personnel or service users who may be concerned about the welfare of a child or of a vulnerable adult.</p> <p>South Cumbria Breastfeeding Support has a Code of Conduct by which all its representatives abide.</p> <p>Trustees receive no remuneration or other benefits for their work as trustees. SCBS's Breastfeeding Counsellor, who is also a Trustee, is paid for some of her professional work as a Breastfeeding Counsellor. This is in line with SCBS's constitution and conflicts of interest procedures.</p>
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## Section C Objectives and activities

Summary of the objects of the charity set out in its governing document	The object of South Cumbria Breastfeeding Support is the advancement of health, for the public benefit, through the provision of information, skilled help and support for mothers in and around South Cumbria who breastfeed or wish to breastfeed their babies, the families of those mothers and others who support them.
Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)	<p>In planning our activities for the year, the trustees have had regard to the Charity Commission's guidance on public benefit.</p> <p><b>Breastfeeding drop-in groups</b>  Before the pandemic, SCBS ran three breastfeeding groups each week: in Kendal, Windermere and Ulverston. During the 2020-2021 year, we re-opened Kendal and Windermere groups. During 2022-2023 we were able to re-open Ulverston group.</p> <p>Mums can come to these free groups without making an appointment, in order to receive help or support with any aspect of breastfeeding, such as painful feeds, slow weight gain, or continuing to breastfeed when they return to work. Mums also come to the groups simply to meet up with other mums who are breastfeeding, to feel part of a supportive community and reduce their isolation. Our groups are run by a dual-qualified IBCLC (Lactation Consultant) and Breastfeeding Counsellor, together with volunteers who help with the practical side of the groups e.g. meeting and greeting, making tea etc. Many mums first attend a drop-in to get help with a specific breastfeeding challenge, and then begin attending regularly for the social benefits that the groups provide. Many mums become long-term friends with people that they meet at one of our groups.</p>

### **Online support**

We provide online support through *SCBS In It Together* (a closed online forum) and videocall support. Both of these can be accessed only by local families (LA and CA postcodes).

### **Breast Friend Award**

This is an annual award, launched by SCBS in 2016-17, which enables local mothers to nominate Health Professionals who have made a significant and positive difference to their breastfeeding journey. The Breast Friend awards aims to:

- highlight good practice in breastfeeding support by Health Professionals
- raise awareness amongst Health Professionals and parents of the importance of good support for breastfeeding.

Any Health Professional working in South Cumbria, or who has worked with a mum who lives in this area could be nominated. This could include, for example, Midwives, Maternity Assistants, Health Visitors, Obstetricians, GPs, Nurses, Paediatricians or Dieticians.

### **Liaison with local Health Professionals**

We liaise with local Health Professionals, including midwives and health visitors, in order to advocate for best practice in breastfeeding support, and to ensure that our services are meeting local need. We attend meetings of Maternity and Neonatal Voices, Cumbria County Council's Breastfeeding Strategy Group and the Infant Feeding Forum for the Local Maternity System, as well as linking up with individual practitioners in support of specific families.

## **Additional details of objectives and activities (Optional information)**

We value the contribution made by volunteers very highly. We rely on volunteers to ensure the smooth running of the groups, and to make sure that all mums have a positive experience when they come to a group, no matter how busy the group is.

## **Section D**

## **Achievements and performance**

### **Summary of the main achievements of the charity during the year**

#### **In-person groups**

Our Ulverston group was able to re-open in November 2022, following a grant from the Walney Extension Fund (Orsted). At long last, this meant that all three of our groups had reappeared after their enforced closure due to the pandemic.

Attendances in the 2022-23 financial year have been as follows:  
total attendances 730; new attendees 149

This represents a significant increase on the previous year, partly due to the re-opening of Ulverston drop-in. The majority of attendees are from the immediate local area. However, the groups have a very good reputation, which leads to people seeking them out from further afield. As in previous years, in 2022-2023, mums attended our drop-in groups from a wide area, including Barrow,

Cockermouth, Carlisle, Kirkby Lonsdale, Lancaster, Sedbergh, Whitehaven and Workington.

Recent feedback from mums who have attended our in-person groups includes:

*'The group gave me a sense that I'm not alone. Others are in a similar position. Support that I couldn't have got elsewhere. SCBS supported me to keep going, as were my wishes.'*

*'I don't think I'd have been able to carry on breastfeeding with my first without the group. The support from SCBS and other mums was so valuable to us. We went pretty much every week for the first year of her life. It was so nice to have somewhere to go and chat, rant and feel seen by other mums and to have someone make you a brew!'*

*'I cannot express how grateful I am for the support group and Ann's support alongside the other ladies. Without it, I wouldn't be breastfeeding which is invaluable given the positive impact I know it has on my 6 week old daughter. SCBS creates a warm and open space for us to not only feed our babies but also share how to do so. The fact it's a regular drop in is very helpful too given the unpredictable nature of newborns. I've been to the drop ins in Kendal and Windermere and look forward to continuing. Thank you SCBS!'*

*'As like most breastfeeding journeys, ours was not straightforward. We had amazing support from the NHS team, but as my baby started to get older her latch was constantly changing and we were advised to head to one of SCBS's groups for some additional 1:1 help. They were so lovely and supportive and offered so much reassurance and advice. This meant so much; as a first time mum I was constantly questioning if what I was doing was right for my baby. I attended the in person groups pretty much every week from when my baby was 10 wks until I went back to work. I didn't just find support from SCBS's team, but I also found friendships and a real support group of other like-minded mums, and it's this that I am eternally grateful for. Speaking to friends that live outside the area, I've come to realize how lucky we are to have access to SCBS's groups and support.'*

#### **SCBS In It Together: private online forum**

This closed online forum allows families to connect with us, and with each other, providing a community of support seven days a week. By the end of August 2023, there were over 900 families in SCBS In It Together. Mums use this group to ask each other questions that they might not be able to ask elsewhere, seek informal support, and to share and find information: the kind of

support that mums might once have been able to offer each other in a close-knit real-life community.

*Recent feedback about our online support includes:*

*'Searching the group with your question about breastfeeding is far more helpful than Google.'*

*'So many people in one place with experience at whatever age and stage you are at! Support and empathy at your fingertips.'*

*'I've not attended your in-person groups; but follow online. Those early days are so tough, and getting out of the house can be hard. It reduces the anxiety about attending a physical group: people can meet virtually initially and build up to meeting in person. It's also more accessible for those struggling with transport.'*

*'SCBS In it Together has incredibly helpful, both in times of panic and calm. There have been times that I've been in tears, with Google offering every bit of information under the sun which is far too overwhelming in those moments. To be able to submit a question in an instant (even if you know it won't be until the morning it gets answered) feels like you're doing something proactive to solve the problem in hand. When it's the middle of the night and you're alone with a child who's entirely dependent on you not messing up, I cannot describe how much better I felt having done something towards solving the issue. When the answers came, which was always VERY prompt, they were helpful, sympathetic (without being patronising) and so far have always solved the issue.'*

*'This group helped save my sanity especially in the early days after a caesarean section when I couldn't drive to group, and also in those newborn middle of the night panics it was so helpful to be able to search in the group to see what other situations people had had similar to yours and what the responses were to their questions.*

*Also, no matter how silly you think your questions are, they are always approved [by the moderator] and answered promptly and with an evidence based answer rather than the often opinionated and conflicting answers you receive if you Google the same question.*

*An invaluable resource, even now 11 months down the line it's my first port of call for anything.'*

*'It means so much to have a community of support around and accessible at any time - for company, solidarity, and advice from an expert. I also signpost so many mums to SCBS generally in my professional role. It can be so much easier to ask a question online than get out of the house with a newborn too.'*

*'I don't breastfeed anymore but this online group means I can now help support other families who are facing similar issues. I always direct expectant / new mums to this group no matter how they are choosing to feed because I know Ann and all the families in the*

*group would welcome anyone who is looking for help and support without any judgement. This online group really is our village and I know I wouldn't have got through my second breastfeeding journey without it.'*

### **Videocall support**

We have continued to offer families support from our IBCLC through 1:1 videocall sessions. We offer videocalls to mums who cannot come to a group, either because they are not ready to leave home after the birth of their baby, or because it would be difficult for them to come to a group, whether for practical or emotional reasons. Occasionally, mums need extra support in between sessions. During 2022-23 we offered support to families working their way through a variety of breastfeeding challenges, including painful feeds and slow weight gain, as well as the social and emotional aspects of breastfeeding and motherhood, such as social isolation, depression, anxiety, low self-confidence.

*Feedback about our videocall support has included:*

*'Thank you so much for the video call last week, it was really helpful. The biting/oversupply issues are much better.'*

*'Thank you so much for all your help you have been great.'*

*'I found SCBS's video calls amazing help. I live over an hour's drive from the groups and just not a journey I could do with a newborn. Ann didn't diagnose tongue tie on video, as this isn't possible, but did suggest it was definitely something to be looked at for what was causing our feeding issue. I booked a private appointment to get all resolved as quickly as possible. Ann's help and knowledge was invaluable to our feeding journey.'*

### **Breast Friend Award**

This year, we presented the Breast Friend Award to two midwives: Kiva Fishwick and Rachel Pearce.

Here are some quotes from the winners' nominations, which reflect the positive impact they have had on local mums' experience of breastfeeding:

*'When my son was born I wasn't going to breastfeed, but Rachel helped me from the moment he was placed on my chest. Without her fabulous help and encouragement I would not have managed to breastfeed him for the first year of his life.'*

*'Kiva came to see us at home on day 5, when I was in a huge amount of pain with damaged nipples. She stayed with me for over an hour trying to get baby to latch better. If it hadn't been for Kiva's time and support I probably would have quit. She is wonderful in what she does. She is so kind and caring but also up for a laugh, which is much needed when you feel like you're in the pits.'*

**Brief statement of the charity's policy on reserves**

The trustees of South Cumbria Breastfeeding Support consider that reserves would be needed in the event of:

- a) unforeseen emergency or other unexpected need for funds
- b) unforeseen day-to-day operational costs, eg employing temporary staff to cover a long-term sick absence.
- c) A source of income, such as a grant, not being renewed. Funds might be needed to give the trustees time to take action if income falls below expectations.
- d) Planned commitments, or designations, that cannot be met by future income alone
- e) The need to fund short-term deficits in a cash budget

SCBS aims to hold reserves equating to 6 months' expenditure. This was agreed by trustees in November 2021.

**Further financial review details (Optional information)**

•

The majority of South Cumbria Breastfeeding Support's income comes from grant-making trusts. During 2022-2023 these included:

- Awards for All
- Orsted (Walney Extension Fund)
- Magic Little Grant (LocalGiving Lottery)
- Great Big Green Week
- Ulverston Town Council
- Sir John Fisher

We also receive financial support from our service users. For example, cash donations from mothers at our groups online donations through JustGiving. Some service users and supporters have birthday fundraisers for us too. We are enormously grateful to our services users for their support, especially since at the time that they access our services, most of our service users are on very restricted incomes.

## Section G Declaration

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	<i>Lisa Metcalfe</i>	<i>Jessica Curwen</i>
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<b>Full name(s)</b>	Lisa Metcalfe	Jessica Curwen
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<b>Position (eg Secretary, Chair, etc)</b>	Trustee/Chair	Trustee/Treasurer
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<b>Date</b>	26/06/2024
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CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
South Cumbria Breastfeeding Support

No (if any)  
1166379

CC16a

## Receipts and payments accounts

For the period from	Period start date 01/09/2022	To	Period end date 31/08/2023
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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>					
General donations	4,226	-	-	4,226	2,453
Grants	9,365	-	-	9,365	8,000
Lottery Grant	10,000	-	-	10,000	10,000
Other	177	-	-	177	44
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>23,768</b>	<b>-</b>	<b>-</b>	<b>23,768</b>	<b>20,497</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>23,768</b>	<b>-</b>	<b>-</b>	<b>23,768</b>	<b>20,497</b>
<b>A3 Payments</b>					
Breastfeeding Counsellor Fees	20,400	-	-	20,400	16,600
Equipment	14	-	-	14	243
Refreshments	87	-	-	87	50
Website	74	-	-	74	109
Resources	-	-	-	-	21
Room Hire	2,744	-	-	2,744	1,000
Subscriptions	-	-	-	-	229
Sundry Expenses	-	-	-	-	26
Insurance	177	-	-	177	177
Accountancy	228	-	-	228	210
Fundraising costs	216	-	-	216	162
Training	42	-	-	42	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>23,982</b>	<b>-</b>	<b>-</b>	<b>23,982</b>	<b>18,827</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>23,982</b>	<b>-</b>	<b>-</b>	<b>23,982</b>	<b>18,827</b>
<b>Net of receipts/(payments)</b>	<b>- 213</b>	<b>-</b>	<b>-</b>	<b>- 213</b>	<b>1,670</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>12,893</b>	<b>-</b>	<b>-</b>	<b>12,893</b>	<b>11,223</b>
<b>Cash funds this year end</b>	<b>12,680</b>	<b>-</b>	<b>-</b>	<b>12,680</b>	<b>12,893</b>

## 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	12,680	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>12,680</b>	<b>-</b>	<b>-</b>
	(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 £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	Room Hire	Unrestricted	559	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
<i>Jessica Curwen</i>	Jessica Curwen	26/06/2024
Lisa Metcalfe	Lisa Metcalfe	26/06/2024

**SOUTH CUMBRIA BREASTFEEDING SUPPORT**

England & Wales - Charity number 1166379

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# Accounts

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# Trustees' Annual Report for the period

	Period start date				Period end date		
<b>From</b>	01	Sept	2021	<b>To</b>	31	Aug	2022

## Section A Reference and administration details

**Charity name** South Cumbria Breastfeeding Support

**Other names charity is known by** SCBS

**Registered charity number (if any)** 1166379

**Charity's principal address**

29 St Mary's Park  
 Windermere  
 Cumbria  
**Postcode** LA23 1AZ

### 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	Ann Bruce			
2	Helen Carlson			
3	James Hamilton	Secretary		
4	Joanne Haslett	Chair	Resigned October 2021	
5	Joanna Kapel			
7	Jenny Robinson	Treasurer		
8	Lucy Spain		Resigned November 2021	

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

Ann Bruce, Breastfeeding Counsellor and IBCLC  
 James Hamilton, Secretary  
 Jenny Robinson, Treasurer

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods	New trustees are appointed by existing trustees. The current trustees are all local parents who have volunteered to undertake this role.

(eg. appointed by, elected by)

### Additional governance issues (Optional information)

South Cumbria Breastfeeding Support has a written safeguarding policy to help breastfeeding supporters who are concerned about the welfare of a child or of a vulnerable adult.

South Cumbria Breastfeeding Support has a Code of Conduct by which all its representatives abide.

Trustees receive no remuneration or other benefits for their work as trustees. SCBS's Breastfeeding Counsellor, who is also a Trustee, is paid for some of her professional work as a Breastfeeding Counsellor. This is in line with SCBS's constitution and conflicts of interest procedures.

## Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The object of South Cumbria Breastfeeding Support is the advancement of health, for the public benefit, through the provision of information, skilled help and support for mothers in and around South Cumbria who breastfeed or wish to breastfeed their babies, the families of those mothers and others who support them.

In planning our activities for the year, the trustees have had regard to the Charity Commission's guidance on public benefit.

### Online support

SCBS In It Together (closed online forum) and videocall support. This is accessible by local families only (LA and CA postcodes).

### Breastfeeding drop-in groups

Prior to the start of the COVID-19 pandemic, we ran three breastfeeding groups each week, in Kendal, Windermere and Ulverston. Our groups are free, and mums do not need to book in advance. With the start of Covid-19-related restrictions in March 2020, our groups were suspended, and all our services moved online. During the 2020-2021 year, we started the process of re-opening in-person support. During 2021-2022 we continued this process of re-building in-person support at Kendal and Windermere groups. Ulverston group had not yet re-opened at this stage.

### Breast Friend Award

This is an annual award, launched by SCBS in 2016-17, that enables local mothers to nominate Health Professionals who have made a significant and positive difference to their breastfeeding journey. The Breast Friend awards aims to:

- highlight good practice in breastfeeding support by Health Professionals
- raise awareness amongst Health Professionals and parents of the importance of good support for breastfeeding.

Any Health Professional working in South Cumbria, or who has worked with a mum who lives in this area could be nominated. This

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

could include, for example, Midwives, Maternity Assistants, Health Visitors, Obstetricians, GPs, Nurses, Paediatricians or Dieticians.

### **Liaison with local Health Professionals**

We liaise with local Health Professionals, including midwives and health visitors, in order to advocate for best practice in breastfeeding support, and to ensure that our services are meeting local need. We attend meetings of Maternity Voices (formerly known as the Maternity Services Liaison Committee), Cumbria County Council's Breastfeeding Strategy Group and the Infant Feeding Forum for the Local Maternity System, as well as linking up with individual practitioners in support of specific families.

## **Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

We value the contribution made by volunteers very highly. With the re-opening of our in-person groups, following Covid-19, we were able to welcome back some of our volunteers, and recruit some new ones.

We rely on volunteers to ensure the smooth running of the groups, and to make sure that all mums have a positive experience when they come to a group, no matter how busy the group is.

## **Section D**

## **Achievements and performance**

**Summary of the main achievements of the charity during the year**

### **Developing a Hybrid Approach (online and in person)**

#### **SCBS In It Together: private online forum**

During Covid-19, when our in-person groups were suspended, we created a closed online forum for local parents: SCBS In It Together. This virtual group allowed families to connect with us, and with each other, providing support and community-building seven days a week. By the end of August 2022, there were over 800 families in SCBS In It Together. Mums use this group to ask each other questions that they might not be able to ask elsewhere, seek informal support, and to share information: the kind of support that mums might once have been able to offer each other in a close-knit real-life community.

Whilst this online group came into existence because of the crisis of Covid, it is now one of the central pillars of our support services and is highly valued by our community:

*'Without **SCBS In It Together** I couldn't have kept going this long.'*  
*'I've never been to an in-person group, but your online support is a lifeline.'*

#### **Videocall support**

We have continued to offer families support from our IBCLC through 1:1 videocall sessions. Initially, we had offered this as a crisis

measure during Covid. However it became clear how useful this service was for families, and in September 2021, the Trustees decided to adopt a 'hybrid' online and in-person approach for the foreseeable future. Mums who aren't yet able to come to a group can receive support via videocall. Occasionally, mums need extra support in between sessions. During 2021-22 we offered support to families working their way through a variety of breastfeeding challenges, including painful feeds and slow weight gain, as well as the social and emotional aspects of breastfeeding and motherhood, such as social isolation, depression, anxiety, low self-confidence.

### **In person groups**

Windermere and Kendal groups re-opened in the summer of 2021. It was not possible to re-open Ulverston group immediately, because we did not have enough volunteers to run the group safely. However, planning for Ulverston group continued, including seeking funding to pay for room rent and our IBCLC. Kendal and Windermere groups continued to be valued by the local community. Recent feedback includes:

- *'SCBS is a big reason why I'm "still" breastfeeding. It normalises feeding in public and beyond infancy. So important!'*
- *'I used SCBS with my first daughter and had amazing support through difficult feeding issues. I always recommend "boobgroup" to my pregnant friends. It's exceptional.'*
- *'With other mums it's a safe space to ask questions and breastfeed without being judged or having to be "discreet".'*

The majority of attendees are from the immediate local area. However, the groups have a very good reputation, which leads to people seeking them out from further afield. In 2021-2022, mums attended Kendal and Windermere groups from a wide area, including Barrow, Cockermouth, Carlisle, Sedbergh, Whitehaven and Workington.

Attendances in the 2021-22 financial year have been as follows total attendances 437; new attendees 122.

We are pleased with these numbers: public confidence in in-person groups was severely dented by Covid, and many breastfeeding groups around the country struggled to re-start. Against this challenging background, SCBS's groups began to grow back strongly after Covid.

### **Alongside but different to the NHS**

Our experience during the pandemic, and the charity's fast and effective response to it, showed us clearly where our strengths lie, and also what is unique about us. Central to all our work is **building a community**. This has included building a vibrant and effective online community for local mums, which is pandemic-proof, as well as the in-person communities provided by our drop-in groups. A strong, vibrant, local community is part of what makes breastfeeding possible: mums need to feel surrounded by people that they can trust and rely on, sharing the ups and downs of

## Section D

## Achievements and performance

motherhood, and encouraging each other along the way. We see that this is central to the unique role of South Cumbria Breastfeeding Support, and it is a role that we are proud to fulfil for our service users.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

The trustees of South Cumbria Breastfeeding Support consider that reserves would be needed in the event of:

- a) unforeseen emergency or other unexpected need for funds
- b) unforeseen day-to-day operational costs, eg employing temporary staff to cover a long-term sick absence.
- c) A source of income, such as a grant, not being renewed. Funds might be needed to give the trustees time to take action if income falls below expectations.
- d) Planned commitments, or designations, that cannot be met by future income alone
- e) The need to fund short-term deficits in a cash budget

SCBS aims to hold reserves equating to 6 months' expenditure. This was agreed by trustees in November 2021.

### Further financial review details (Optional information)

•

The majority of South Cumbria Breastfeeding Support's income comes from grant-making trusts. During 2021-2022 we received funding from:

Awards for All  
Orsted (Walney Extension Fund)  
Frieda Scott Trust  
Eric Wright Charitable Trust

We are now receiving an increasing amount of financial support from our service users. For example, cash donations from mothers at our groups when these run in person, and larger donations through JustGiving. Some service users and supporters have birthday fundraisers for us too. We are enormously grateful to our services users for their support, especially since at the time that they access our services, most of our service users are on very restricted incomes.

## Section G Declaration

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	<i>Ann Bruce</i>	K Miller
<b>Full name(s)</b>	Ann Bruce	Kate Miller
<b>Position (eg Secretary, Chair, etc)</b>	Trustee	Trustee
<b>Date</b>	28.6.23	27/06/2023



## Receipts and payments accounts

For the period from	Period start date 01/09/2021	To	Period end date 31/08/2022
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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>					
General donations	2,453	-	-	2,453	3,267
Grants	8,000	-	-	8,000	5,300
Lottery Grant	10,000	-	-	10,000	-
Other	44	-	-	44	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>20,497</b>	<b>-</b>	<b>-</b>	<b>20,497</b>	<b>8,567</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>20,497</b>	<b>-</b>	<b>-</b>	<b>20,497</b>	<b>8,567</b>

### A3 Payments

Breastfeeding Counsellor Fees	16,600	-	-	16,600	11,250
Equipment	243	-	-	243	
Refreshments	50	-	-	50	
Website	109	-	-	109	30
Resources	21	-	-	21	-
Room Hire	1,000	-	-	1,000	-
Subscriptions	229	-	-	229	-
Sundry Expenses	26	-	-	26	-
Insurance	177			177	177
Accountancy	210			210	540
Fundraising costs	162			162	
	-	-	-	-	-
<b>Sub total</b>	<b>18,827</b>	<b>-</b>	<b>-</b>	<b>18,827</b>	<b>11,997</b>

<b>A4 Asset and investment purchases, (see table)</b>					
		-	-	-	
	-	-	-	-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>

<b>Total payments</b>	<b>18,827</b>	<b>-</b>	<b>-</b>	<b>18,827</b>	<b>11,997</b>
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<b>Net of receipts/(payments)</b>	<b>1,670</b>	<b>-</b>	<b>-</b>	<b>1,670</b>	<b>- 3,430</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>11,223</b>	<b>-</b>	<b>-</b>	<b>11,223</b>	<b>14,653</b>
<b>Cash funds this year end</b>	<b>12,893</b>	<b>-</b>	<b>-</b>	<b>12,893</b>	<b>11,223</b>

# 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	12,893	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>12,893</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
<b>B2 Other monetary assets</b>	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	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)
Accruals - Room Hire	Unrestricted	450	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
	Ann Bruce	

**SOUTH CUMBRIA BREASTFEEDING SUPPORT**

England & Wales - Charity number 1166379

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# Accounts

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# Trustees' Annual Report for the period

From **Period start date** 01 Sept 2020 **To** **Period end date** 31 Aug 2021

## Section A Reference and administration details

**Charity name** South Cumbria Breastfeeding Support

**Other names charity is known by** SCBS

**Registered charity number (if any)** 1166379

**Charity's principal address**

29 St Mary's Park  
 Windermere  
 Cumbria  
**Postcode** LA23 1AZ

### 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	Ann Bruce			
2	Helen Carlson			
3	James Hamilton	Secretary		
4	Joanne Haslett	Chair from 4.21		
5	Joanna Kapel			
6	Jemma Metcalfe-Gibson	Chair	Resigned 4.21	
7	Jenny Robinson	Treasurer		
8	Lucy Spain		Appointed 5.21	

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

Ann Bruce, Breastfeeding Counsellor and IBCLC  
 James Hamilton, Secretary  
 Jenny Robinson, Treasurer

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation

Trustee selection methods  
(eg. appointed by, elected by)

New trustees are appointed by existing trustees. The current trustees are all local parents who have volunteered to undertake this role.

### Additional governance issues (Optional information)

You may choose to include

South Cumbria Breastfeeding Support has a written safeguarding policy to help breastfeeding supporters who are concerned about the welfare of a child or of a vulnerable adult.

South Cumbria Breastfeeding Support has a Code of Conduct by which all its representatives abide.

Trustees receive no remuneration or other benefits for their work as trustees. SCBS's Breastfeeding Counsellor, who is also a Trustee, is paid for some of her professional work as a Breastfeeding Counsellor. This is in line with SCBS's constitution and conflicts of interest procedures.

## Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The object of South Cumbria Breastfeeding Support is the advancement of health, for the public benefit, through the provision of information, skilled help and support for mothers in and around South Cumbria who breastfeed or wish to breastfeed their babies, the families of those mothers and others who support them.

In planning our activities for the year, the trustees have had regard to the Charity Commission's guidance on public benefit.

### Breastfeeding drop-in groups

Prior to the start of the COVID-19 pandemic, we ran three breastfeeding groups each week, in Kendal, Windermere and Ulverston. Our groups are free, and mums do not need to book in advance. With the start of Covid-19-related restrictions in March 2020, our groups were suspended, and all our services moved online. During the 2020-2021 year, we started the process of re-opening in-person support.

### Breast Friend Award

This is an annual award, launched by SCBS in 2016-17, that enables local mothers to nominate Health Professionals who have made a significant and positive difference to their breastfeeding journey. The Breast Friend awards aims to:

- highlight good practice in breastfeeding support by Health Professionals
- raise awareness amongst Health Professionals and parents of the importance of good support for breastfeeding.

Any Health Professional working in South Cumbria, or who has worked with a mum who lives in this area could be nominated. This could include, for example, Midwives, Maternity Assistants, Health Visitors, Obstetricians, GPs, Nurses, Paediatricians or Dieticians.

### Liaison with local Health Professionals

We liaise with local Health Professionals, including midwives and health visitors, in order to advocate for best practice in breastfeeding support, and to ensure that our services are meeting local need. We attend meetings of Maternity Voices (formerly known as the Maternity Services Liaison Committee), Cumbria County Council's Breastfeeding Strategy Group and the Infant Feeding Forum for the Local Maternity System.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

## Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

We highly value the contribution made by volunteers. With the suspension of our in-person groups in March 2020 we were no longer able to make use of most of our volunteers. However, once we started to reopen our groups in Kendal and Windermere, we were able to welcome back some of our volunteers, and recruit some new ones.

We rely on volunteers to ensure the smooth running of the groups, and to make sure that all mums have a positive experience when they come to a group, no matter how busy the group is. During this year, we also recruited a volunteer to support us with our website.

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

This financial year started with all our in-person groups still suspended due to COVID-19. At the start of the pandemic, we created a closed online forum for local parents: SCBS In It Together. This virtual group allowed families to connect with us, and with each other, providing support and community-building seven days a week. By the end of August 2021, there were over 600 families in SCBS In It Together. Mums use this group to ask each other questions, seek informal support, and to share information: the kind of support that mums might once have been able to offer each other in a close-knit real-life community.

We continued to run live online activities: weekly online drop-in sessions, weekly Q&A sessions with our IBCLC (Lactation Consultant) and fortnightly antenatal sessions. We had been quick to establish online support at the start of the pandemic, and were approached by NHS breastfeeding support staff from outside our area who wanted to learn from our work, and establish online groups of their own.

Families were also able to receive support from our IBCLC through 1:1 Zoom sessions. We offered support to families working their way through a variety of breastfeeding challenges, including painful feeds and slow weight gain.

With the relaxation of restrictions, we were able to re-open our group in Kendal in May 2021, and then Windermere group a few weeks later. Initially, we restricted numbers, and asked families to book in advance. In July 2021, with changed guidance from the UK Government, we were able to move to drop-in groups again. Our re-opened drop-in groups have been very well attended, and have attracted families from across a wide geographic area: families have travelled to us from as far afield as Barrow, Cockermouth, Carlisle and Sedbergh.

Since the reopening of our groups to the end of the financial year, we had around 110 visits to groups, from over 60 mums.

The following is feedback from a number of mums who accessed our online and/or in-person services during this year:

‘Without that support/knowledge I gained from you we wouldn’t have got past the first few days of breastfeeding never mind over a

## Section D

## Achievements and performance

year.'

'Just want to send you so much love and gratitude. My little boy is 1 today. We're thoroughly enjoying our breastfeeding journey, it was so tough at the start, but would have destroyed me if we'd of stopped, can't thank you enough for helping and supporting us.'

'I am both a local GP and a mother, who had her first baby in 2020. I think most new mothers would admit that the transition to motherhood is a shock and hard to cope with, no matter how prepared you think you are. In the middle of lockdowns, when most traditional avenues of support and companionship for mothers and babies were closed, it was extremely difficult, isolating and overwhelming. I wanted badly to breastfeed my baby but I had severe problems including pain, nipple damage, tongue tie and faltering growth in my baby. It was emotionally hugely important to me to persist with breastfeeding, but I needed help, and the South Cumbria Breastfeeding Support service was there. I had one to one zoom consultations and gained a lot of encouragement and support from the Facebook page. Since in person meetings have resumed I have attended whenever I can and still gain much support from them. I know from a mother's perspective how vital the SCBS is, for breastfeeding help and for social contact with other mothers. I have also, in my role as a GP, signposted many other families to the SCBS for help that is simply not available on the NHS.'

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

The trustees of South Cumbria Breastfeeding Support consider that reserves would be needed in the event of:

- a) unforeseen emergency or other unexpected need for funds
- b) unforeseen day-to-day operational costs, eg employing temporary staff to cover a long-term sick absence.
- c) A source of income, such as a grant, not being renewed. Funds might be needed to give the trustees time to take action if income falls below expectations.
- d) Planned commitments, or designations, that cannot be met by future income alone
- e) The need to fund short-term deficits in a cash budget

SCBS aims to hold reserves equating to 6 months' expenditure. This was agreed by trustees in November 2021.

### Further financial review details (Optional information)

The majority of South Cumbria Breastfeeding Support's income comes from grant-making trusts, including The Big Lottery, Cumbria Community Foundation, and the Frieda Scott Trust. We also receive small cash donations from mothers at our groups when these run in person. We are now starting to receive an increased amount of donations from families themselves, either making individual donations to us, or through sponsored events.

## Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)		
Position (eg Secretary, Chair, etc)		
Date		



CHARITY COMMISSION  
FOR ENGLAND AND WALES

South Cumbria Breastfeeding Support

1166379

## Receipts and payments accounts

CC16  
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For the period from	01/09/2020	To	31/08/2021
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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>					
General Donations	3,267	-	-	3,267	2,176
Grants	5,300	-	-	5,300	-
Lottery Grant	-	-	-	-	21,200
Gift Aid	-	-	-	-	443
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>8,567</b>	-	-	<b>8,567</b>	<b>23,819</b>

<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	<b>8,567</b>	<b>-</b>	<b>-</b>	<b>8,567</b>	<b>23,819</b>

<b>A3 Payments</b>					
Breastfeeding Counsellor Fees	11,250	-	-	11,250	14,322
Insurance	177	-	-	177	177
Accounting	540	-	-	540	-
Advertising	30	-	-	30	298
Room Hire		-	-	-	1,636
Travel & Accommodation	-	-	-	-	28
Stationery, postage & printing	-	-	-	-	2
Refreshments	-	-	-	-	11
Training & DBS costs	-	-	-	-	110
Membership Fees	-	-	-	-	30
Sundry expenses	-	-	-	-	196
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>11,997</b>	<b>-</b>	<b>-</b>	<b>11,997</b>	<b>16,810</b>

<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-

<b>Total payments</b>	<b>11,997</b>	<b>-</b>	<b>-</b>	<b>11,997</b>	<b>16,810</b>
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<b>Net of receipts/(payments)</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>7,009</b>
<b>A5 Transfers between funds</b>	<b>3,430</b>	<b>-</b>	<b>-</b>	<b>3,430</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>14,653</b>	<b>-</b>	<b>-</b>	<b>14,653</b>	<b>7,645</b>
<b>Cash funds this year end</b>	<b>11,223</b>	<b>-</b>	<b>-</b>	<b>11,223</b>	<b>14,654</b>


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

Categories	Details	Unrestric ted funds	Restrict ed funds	Endowm ent funds
		to nearest £	to nearest £	to nearest £
<b>B1 Cash funds</b>	Bank	11,223	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>11,223</b>	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		<b>Unrestric ted funds</b>	<b>Restrict ed funds</b>	<b>Endowm ent funds</b>
		to nearest £	to nearest £	to nearest £
<b>B2 Other monetary assets</b>	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details			
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details			
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

**B5 Liabilities**

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Accuals - room hire	unrestricted	288	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
	JAMES HAMILTON Joanne Haslett	21/05/22
J Robinson	Jenny Robinson	27/4/22

**SOUTH CUMBRIA BREASTFEEDING SUPPORT**

England & Wales - Charity number 1166379

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# Accounts

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**Charity number 1166379**

**SOUTH CUMBRIA BREASTFEEDING SUPPORT**

**TRUSTEES' REPORT AND UNAUDITED  
FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED  
31 AUGUST 2020**

# SOUTH CUMBRIA BREASTFEEDING SUPPORT

## LEGAL AND ADMINISTRATIVE INFORMATION FOR THE YEAR ENDED 31 AUGUST 2020

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<b>Trustees</b>	Ann Bruce James Hamilton Joanne Haslett Joanna Kapel Jemma Metcalfe-Gibson Jenny Robinson Helen Carlson	Secretary  Chair (Treasurer from 01 October 2019) (Appointed 21 January 2020)
<b>Contact</b>	Ann Bruce	Breastfeeding Counsellor and IBCLC
<b>Charity number</b>	1166379	
<b>Contact address</b>	29 St Mary's Park Windermere Cumbria LA23 1AZ	
<b>Accountants</b>	Lindeyer Francis Ferguson Limited North House 198 High Street Tonbridge	

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Report of the trustees	1
Accountant's report	5
Statement of financial activities	6
Balance sheet	7
Notes to the accounts	8

# **SOUTH CUMBRIA BREASTFEEDING SUPPORT**

## **REPORT OF THE TRUSTEES**

**FOR THE YEAR ENDED 31 AUGUST 2020**

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The Trustees present their annual report together with the accounts of South Cumbria Breastfeeding Support (the charity) for the year ended 31 August 2019. The Trustees confirm that the report and accounts of the charity comply with the current statutory requirements, the requirements of the charity's governing document and the provisions of "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019) (Charities SORP (FRS 102)).

### **Structure, governance and management**

The charity is a charitable incorporated organisation (CIO) governed by its Constitution. New trustees are appointed by existing trustees. The current trustees are all local parents who have volunteered to undertake this role.

South Cumbria Breastfeeding Support has a written safeguarding policy to help breastfeeding supporters who are concerned about the welfare of a child or vulnerable adult.

South Cumbria Breastfeeding Support has a Code of Conduct by which all its representatives abide.

Trustees receive no remuneration or other benefits for their work as trustees. SCBC's Breastfeeding Counsellor, who is also a Trustee, is paid for some of her professional work as a Breastfeeding Counsellor. This is in line with SCBS's constitution and conflicts of interest procedures.

### **Objectives and activities**

The object of South Cumbria Breastfeeding Support is the advancement of health, for the public benefit, through the provision of information, skilled help and support for mothers in and around South Cumbria who breastfeed or wish to breastfeed their babies, the families of those mothers and others who support

In planning our activities for the year, the trustees have had regard to the Charity Commission's guidance on public benefit.

### ***Breastfeeding drop-in groups***

Before 'lockdown' began, we ran three breastfeeding groups each week, in Kendal, Windermere and Ulverston. The groups in Kendal and Windermere were run by Ann Bruce, a Breastfeeding Counsellor (trained and registered with the Association of Breastfeeding Mothers) who is also an IBCLC lactation consultant. Our Ulverston group is run by Peer Supporters, with supervision from Ann Bruce. The groups enable mums to meet and support each other, with information and skilled support available from the Breastfeeding Counsellor or Peer Supporter as required. Our groups are free, and mums do not need to book in advance. With the start of Covid-19-related restrictions in March 2020, our groups were suspended.

### ***Breast Friend Award***

This is an annual award, launched by SCBS in 2016-17, that enables local mothers to nominate Health Professionals who have made a significant and positive difference to their breastfeeding journey. The Breast Friend awards aims to:

- highlight good practice in breastfeeding support by Health Professionals
- raise awareness amongst Health Professionals and parents of the importance of good support for breastfeeding.

# **SOUTH CUMBRIA BREASTFEEDING SUPPORT**

## **REPORT OF THE TRUSTEES**

***FOR THE YEAR ENDED 31 AUGUST 2020***

---

Any Health Professional working in South Cumbria, or who has worked with a mum who lives in this area could be nominated. This could include, for example, Midwives, Maternity Assistants, Health Visitors, Obstetricians, GPs, Nurses, Paediatricians or Dieticians.

### ***Liaison with local Health Professionals***

We liaise with local Health Professionals, including midwives and health visitors, in order to advocate for best practice in breastfeeding support, and to ensure that our services are meeting local need. We attend meetings of Maternity Voices (formerly known as the Maternity Services Liaison Committee), Cumbria County Council's Breastfeeding Strategy Group and the Infant Feeding Forum for the Local Maternity System.

We highly value the contribution made by volunteers. We rely on volunteers to ensure the smooth running of the groups, and to make sure that all mums have a positive experience when they come to a group, no matter how busy the group is. South Cumbria Breastfeeding Support is making increasing use of volunteers, both at our groups and in other activities, in order to better support local families. Prior to the suspension of the in-person groups, SCBS had 15 active volunteers, whose activities ranged from helping at our groups on a weekly basis to attending occasional antenatal classes on SCBS's behalf.

### **Achievements and performance**

Due to Covid-19, the year 2019-20 was a year like no other, and we had to completely change our way of working in order to continue to provide support to families. Our 3 groups ran as usual until mid March, during which we had over 400 attendances, including around 100 first-time attendees. Mothers with babies of all ages attended: from just a few days old up to toddlers and pre-schoolers.

Our groups were suspended in mid-March, at the beginning of the National 'lockdown', at which point we worked hard to establish alternative services online. We established a new, closed Facebook group. Initially expecting this to be a way to provide support and virtual social contact for the families who were currently accessing our groups (around 30) we were overwhelmed by the fast growth of the online group. By the end of August 2020, there were over 300 members in the group, and the group was being actively used by those members to ask questions, share information, and to support each other. This virtual group allowed families to connect with us, and with each other, that might not have been possible in person, even in non-Covid times.

We launched a number of live, online services, including a weekly 'drop in' group via Zoom (BoobyZoom), a weekly Facebook live Q&A session, and fortnightly antenatal information sessions (BumpZoom). These were very well attended, and provided a way for families to have some contact with each other during this time that families could not meet in person.

We provided 1:1 support via Zoom to anyone who needed specialist help or support. There was a high uptake of this, with over 70 families accessing 1:1 support via Zoom between March and the end of August.

Feedback from families was very positive:

'I have found the help and support I have received has been great, I have also met some great friends at group (before COVID).'

# **SOUTH CUMBRIA BREASTFEEDING SUPPORT**

## **REPORT OF THE TRUSTEES**

### **FOR THE YEAR ENDED 31 AUGUST 2020**

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'Ann has been amazing. She has helped me so much and is so knowledgeable. It's been great to have so much support from her!'

'I think the group is very beneficial. It feels like my support network during pregnancy. Regardless of COVID-19 I feel the group is really helpful.'

'I think the support and community this group has provided through lockdown is amazing. Thank you.'

The winner of the Breast Friend Award was awarded to Maternity Support Worker Kath Kennedy, who was nominated by 4 women. The award was presented, via Zoom, on 24th June.

A short film, celebrating our work in March-June 2020 was made by a volunteer, using photos and film contributed by families. This can be seen here: <https://www.youtube.com/watch?v=BMyqaT9PFMg&t=2s>

#### **Financial position**

The Statement of Financial Activities shows a net increase in resources for the year amounting to £7,009 (2019: net decrease of £2,848). Our reserves stand at £13,904 (2019: £6,895) at the year end.

#### **Financial review**

The majority of South Cumbria Breastfeeding Support's income comes from grant-making trusts, including The Big Lottery. We have also received some income from smaller, local organisations and businesses, including Lakeland, Windermere Taverners and Windermere, Ambleside and District Round Table. We also receive small cash donations from mothers at our groups when these run in person.

#### **Reserves policy**

The trustees of South Cumbria Breastfeeding Support consider that reserves would be needed in the event of:

- a) unforeseen emergency or other unexpected need for funds
- b) unforeseen day-to-day operational costs, eg employing temporary staff to cover a long-term sick absence.
- c) A source of income, such as a grant, not being renewed. Funds might be needed to give the trustees time to take action if income falls below expectations.
- d) Planned commitments, or designations, that cannot be met by future income alone
- e) The need to fund short-term deficits in a cash budget

SCBS aims to hold reserves of at least £3,000. This was agreed by trustees in March 2016.

# SOUTH CUMBRIA BREASTFEEDING SUPPORT

## REPORT OF THE TRUSTEES

*FOR THE YEAR ENDED 31 AUGUST 2020*

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This report was approved by the Trustees and signed on their behalf by:



Jenny Robinson

**Trustee**

Date: .....18/02/2021.....

**SOUTH CUMBRIA BREASTFEEDING SUPPORT  
YEAR ENDED 31 AUGUST 2020**

**ACCOUNTANTS' REPORT TO THE TRUSTEES ON THE PREPARATION OF THE  
UNAUDITED STATUTORY FINANCIAL STATEMENTS OF SOUTH CUMBRIA  
BREASTFEEDING SUPPORT FOR THE YEAR ENDED 31 AUGUST 2020**

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In order to assist you to fulfil your duties under the Charities Act 2011, we have prepared for your approval the financial statements of South Cumbria Breastfeeding Support for the year ended 31 August 2020 set out on pages 6 to 9 from the charity's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales (ICAEW), we are subject to its ethical and other professional requirements which are detailed at <http://www.icaew.com/en/members/regulations-standards-and-guidance/>.

This report is made solely to the trustees of South Cumbria Breastfeeding Support, as a body, in accordance with the terms of our engagement letter dated 17 December 2019. Our work has been undertaken solely to prepare for your approval the financial statements of South Cumbria Breastfeeding Support and state those matters that we have agreed to state to the trustees of South Cumbria Breastfeeding Support, as a body, in this report in accordance with ICAEW Technical Release 07/16 AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than South Cumbria Breastfeeding Support and its trustees as a body, for our work or for this report.

It is your duty to ensure that South Cumbria Breastfeeding Support has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and profit or loss of the charity. You consider that South Cumbria Breastfeeding Support is exempt from the statutory audit and independent examination requirements for the period.

We have not been instructed to carry out an audit or a review of the financial accounts of South Cumbria Breastfeeding Support. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.



**Lindeyer Francis Ferguson Limited**

North House  
198 High Street  
Tonbridge, Kent  
TN9 1BE

Date: 20 FEBRUARY 2021

# SOUTH CUMBRIA BREASTFEEDING SUPPORT

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 AUGUST 2020

	Note	2020 £	2019 £
<b>Income from:</b>			
Donations	2	23,819	11,550
<b>Total income</b>		<u>23,819</u>	<u>11,550</u>
<b>Expenditure on:</b>			
Charitable activities	3	16,810	14,398
<b>Total expenditure</b>		<u>16,810</u>	<u>14,398</u>
<b>Net expenditure and net movement in funds</b>		<u>7,009</u>	<u>( 2,848)</u>
<b>Reconciliation of funds:</b>			
Total funds brought forward		6,895	9,743
<b>Total funds carried forwards</b>		<u><u>13,904</u></u>	<u><u>6,895</u></u>

*There were no restricted funds held during the year or the previous year*

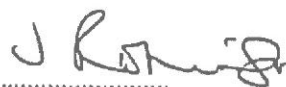
	£	2020 £	£	2019 £
<b>Current assets</b>				
Cash at bank and in hand	14,654		6,895	
<b>Total current assets</b>	<u>14,654</u>		<u>6,895</u>	
<b>Current liabilities</b>				
Creditors: Amounts falling due within one year	( 750)		-	
<b>Total net assets</b>		<u><u>13,904</u></u>		<u><u>6,895</u></u>
<b>Charity funds</b>				
Unrestricted funds		<u>13,904</u>		<u>6,895</u>
<b>Total charity funds</b>		<u><u>13,904</u></u>		<u><u>6,895</u></u>

The financial statements were approved by the trustees on 18/02/2021 and signed on their behalf by:



.....  
Jemma Metcalfe-Gibson

**Trustee**



.....  
Jenny Robinson

**Trustee**

# **SOUTH CUMBRIA BREASTFEEDING SUPPORT**

## **NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2020**

---

### **1 Accounting policies**

#### **1.1 Basis of preparation of financial statements**

The financial statements have been prepared in accordance with "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern and therefore the going concern basis of accounting continues to be adopted.

The financial statements are presented in pounds sterling and rounded to the nearest pound.

#### **1.2 Income**

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. For donations this is usually on receipt. For grants related to services this is usually in the period the service is performed.

#### **1.3 Expenditure**

All expenditure is accounted for on an accruals basis. Expenditure on charitable activities includes those costs, including support costs, relating to the provision of advice, training and advocacy services.

Governance costs are those costs incurred in connection with the administration of the charity and compliance with constitutional and statutory requirements.

#### **1.4 Fund accounting**

The general fund is an unrestricted fund which is available for use at the discretion of the Management Committee in furtherance of the general objectives of the charity and which have not been designated for other purposes.

#### **1.5 Status**

South Cumbria Breastfeeding Support is a charitable incorporated organisation (CIO) registered with the Charity Commission in England and Wales. Its registered address is 29 St Mary's Park, Windermere, Cumbria, LA23 1AZ.

# SOUTH CUMBRIA BREASTFEEDING SUPPORT

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2020

2 Income from donations	2020	2019
	£	£
General donations	2,176	1,550
Lottery grant	21,200	10,000
Gift aid received	443	-
	<u>23,819</u>	<u>11,550</u>

3 Expenditure on charitable activities	Direct costs	Support costs	Total funds	Total funds
	2020	2020	2020	2019
	£	£	£	£
Insurance	-	177	177	177
Travel and accomodation	28	-	28	304
Venue hire	1,636	-	1,636	2,250
Office costs	-	-	-	90
Stationary, postage and printing	-	2	2	30
Refreshments	11	-	11	104
Consumables	-	-	-	94
Resources	-	-	-	273
Breastfeeding Counsellor Fees	14,322	-	14,322	10,733
Training and DBS costs	-	110	110	95
Advertising and fundraising items	-	298	298	197
Membership fees	-	30	30	30
Sundry expenses	-	196	196	21
	<u>15,997</u>	<u>813</u>	<u>16,810</u>	<u>14,398</u>

#### 4 Employees and trustees

The charity has no employees and is staffed entirely by its members who receive no remuneration.

No trustees received any remuneration during the year. SCBS's Breastfeeding Counsellor, who is also a Trustee, is paid for some of her professional work as a Breastfeeding Counsellor. This is in line with SCBS's constitution and conflicts of interest procedures. Any expenses reimbursed to trustees were in their capacity as agents of the charity and not in their capacity as trustees.