

SPOONS

England & Wales · Charity number 1167043

Details

Status Registered

Legal form CIO

Registered 2016-05-11

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

Contact

Address Newtons of Bury
151 The Rock
Bury
Lancashire
BL9 0ND

Phone 03003650363

Email care@spoons.org.uk

Website <http://www.spoons.org.uk/>

Activities

Objects: The objects are, for the public benefit, 1) to improve the mental health and relieve the needs of parents and families of babies who experience neonatal care in Greater Manchester through the provision of emotional support, information and guidance, therapeutic services, community support and counselling; 2) to advance education by promoting awareness of neonatal care, and its implications for families, to health professionals and the general public.

Activities: The objectives of the charity are to relieve the needs of parents and families of babies who experience neonatal care in Greater Manchester by the provision of support and information, and to advance awareness and education of neonatal care, and its implications for families, to health professionals and the general public.

Classification

- **How:** Provides Other Finance, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body, Other Charitable Activities
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Other Defined Groups

Geography

- Bolton
- Bury
- Manchester City
- Oldham
- Rochdale
- Salford City
- Stockport
- Tameside
- Trafford
- Wigan

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£333,572	£246,976	-	-
2024-04-30	£272,665	£175,933	-	-
2023-04-30	£103,465	£202,251	-	-
2022-04-30	£281,985	£252,383	-	-
2021-04-30	£170,978	£136,163	-	-

Trustees

Name	Role	Appointed
Tracey Rawlinson	Chair	2019-07-30
Bethany Armitage		2025-09-03
Khadijah Salim		2020-08-18
Pamela Ashcroft		2020-08-12
Rebecca Lowe		2023-05-01
Shaun Adams		2024-03-14

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England & Wales - Charity number 1167043

Accounts

Spoons

Charity Registration Number: 1167043

**Trustees' Annual Report and Financial Statements
for the year ended 30 April 2025**

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Year Ended 30 April 2025

Administrative Information

Registered Charity Number: 1167043

Charity Address: Spoons Charity
 Albany Mill
 Old Hall Street
 Middleton
 Manchester
 M24 1AG

Trustees: Tracey Rawlinson (Chair from 21 May 2024)
 Leanne Royle
 Sarah Moxon (Chair to 21 May 2024)
 Bethay Armitage
 Pamela Ashcroft
 Khadijah Nazir Salim
 Rebecca Lowe
 Shaun Adams

Resigned 5 August 2025
Resigned 21 May 2024
Appointed 3 Sep 2025

Bankers: Lloyds Bank
 Ariel House
 2138 Coventry Road
 Sheldon
 B26 3JW

Independent Examiner: Angelika Gacek
 Pennine Accounting
 109A Church Street
 Littleborough
 Lancashire
 OL15 8AA

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Report of the Trustees for the Year Ended 30 April 2025

Structure, governance and management

Spoons is a Charitable Incorporated Organisation with the Charity Registration Number 1167043. The governing document of Spoons is a constitution dated 11 May 2016, amended on 10 January 2022 and 12 June 2024.

Trustees are appointed for a three-year period by resolution passed at a Trustee meeting. Trustees meet at least three times per year.

Objectives and Activities for the Public Benefit

The objectives of the charity are to relieve the needs of parents and families of babies who experience neonatal care in Greater Manchester by the provision of support and information, and to advance awareness and education of neonatal care, and its implications for families, to health professionals and the general public.

A review of the constitution was undertaken at the Trustee Board Meeting on the 27 January 2024. Following this The Trustees sought consent from the Charity Commission to revise the Object Clause in our Governing Document. This will ensure that the Governing Document remains fit for purpose and the charity continues to meet the needs of service users. This resolution was passed on the 12 June 2024.

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives, in planning future activities and setting the grant making policy for the period.

Review of Activities and Achievements

A note from Tracey Rawlinson *Chair of Trustees*

It has been a privilege to serve as Chair of Trustees for Spoons and to see first-hand how our values of community, empathy, lived experience, and collaboration are brought to life every single day. These values underpin everything we do, from the way we support families to the way we work alongside our partners.

Over the past year, Spoons has continued to grow in strength and purpose. We have strengthened our partnerships within the NHS and the Greater Manchester Maternity and Neonatal Voices Partnership, ensuring that family voices are shaping care and driving improvement within neonatal services. I've had the pleasure of spending time with our volunteers and seeing their compassion in action, their lived experience and commitment are what make Spoons truly special.

As we look ahead, our focus remains on inclusion, sustainability, and ensuring that every parent feels supported, heard, and part of a community that understands. My sincere thanks to our dedicated staff, volunteers, funders, donors and partners for their continued passion and belief in our mission. Together, we are making a lasting difference for families across Greater Manchester.

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Report of the Trustees for the Year Ended 30 April 2025

A note from Kirsten Mitchell *Operations Manager (appointed CEO October 2025)*

Reflecting on the past year, I am incredibly proud of what our team has achieved. We have strengthened our partnerships across Greater Manchester, expanded our family and community support offer, and deepened our role in amplifying the neonatal voice.

Every member of our staff and volunteer team brings lived experience of neonatal care. Providing shared understanding remains the core of Spoons and the reason families trust us during some of the most difficult moments of their lives.

We have continued to deliver neonatal lived experience peer support on the neonatal units in Greater Manchester and have provided support through home visits. We have continued to fund trauma therapy, and have delivered community support groups and play sessions, all shaped by compassion and connection.

The first year of our Neonatal Voices Project has laid the groundwork for a stronger, more inclusive system, ensuring that the voices of neonatal families influence real change in neonatal care across Greater Manchester. This project ensures that the experiences of families directly inform improvements in neonatal care, particularly for those whose voices are too often underrepresented.

Our focus for the year ahead is to sustain what we've built, strengthen financial resilience and continue to grow our impact. We will invest in developing our fundraising capacity enabling us to expand our services to reach more families and increase our presence in hospitals, community settings, and digital spaces. This will build on our partnerships to ensure that every family, whatever their background or experience, feels heard, supported, and part of a community that understands.

Spoons exists because of the people behind it, our staff, volunteers, funders, trustees, NHS partners, and families. I am deeply grateful for their unwavering belief in our work and our shared vision that no parent should face neonatal care alone.

Our Team

- One full time Operations Manager (appointed CEO in October 2025)
- Two Family Support Coordinators
- One Community Group Coordinator
- One Volunteer Coordinator
- One Administrative Assistant (appointed in May 2025)
- Fifteen active volunteers
- One sessional Community Fundraiser
- One sessional Trusts and Foundations Fundraiser

Delivering Peer Support and Amplifying the Neonatal Voice

All members of our frontline team, both staff and volunteers, bring lived experience of neonatal care. This shared understanding is at the heart of how we deliver support, ensuring families feel truly understood and never alone during, or after, their neonatal journey.

With an exceptional team of dedicated staff and volunteers, we provide compassionate, practical, and emotional support to families on neonatal units, in the community, and online. Their contribution remains central to the support and connection that define Spoons.

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Report of the Trustees for the Year Ended 30 April 2025

Delivering Peer Support and Amplifying the Neonatal Voice continued

This year, we have also played a key role in facilitating the neonatal voice within the new Maternity and Neonatal Voices Partnership (MNVP) model. Our focus has been to ensure the voices shaping service improvement come directly from those with lived experience. We have placed particular emphasis on capturing and amplifying the voices of families from marginalised and underrepresented communities, helping to ensure that every perspective informs how neonatal care is shaped and improved across Greater Manchester.

"When everything felt overwhelming, my Spoons peer supporter made me feel seen and understood. She'd been through neonatal care herself, so I didn't have to find the words — she already knew what I was feeling. That connection helped me feel less alone and gave me the confidence to start finding my way through."

Parent Quote

Community Support

This year, we have delivered 226 community sessions, attended by 455 families across Greater Manchester. These sessions have included baby massage, sensory play, stay and play, sing 'n' shake, weaning workshops (in partnership with an NHS Speech and Language Therapist), music sessions, coffee mornings, and wellbeing walks.

Our community offer is about more than just activities, it's about connection. These sessions provide a safe, welcoming space where parents can build confidence, strengthen their bond with their baby, and connect with others who understand their experiences. For babies, sessions such as sensory play and baby massage support early development, bonding, and attachment, helping to lay the foundations for emotional and physical wellbeing.

We are proud to take these sessions out into community spaces across Manchester, making them accessible to families wherever they are on their journey. Many parents tell us that joining a Spoons group is the first time they've felt able to relax, socialise, and simply enjoy being with their baby after a difficult start.

Family Support

Our Family Support Service provides individualised, trauma informed support for families during and after neonatal care. Our team bring their own neonatal lived experience, helping parents feel understood, supported, and less alone. Support begins on the neonatal unit and continues at home and in the community.

One of our Family Support Coordinators, an Early Years Practitioner, provides home visits for parents who are not yet ready to attend community groups, offering play sessions, baby massage, and Newborn Behavioural Observation to strengthen bonding and confidence. She supports families to join community sessions when they feel ready.

Our other Family Support Coordinator specialises in working with diverse communities, particularly the South Asian community, and offers practical help for families facing financial hardship, asylum, or bereavement. Her culturally sensitive, compassionate approach ensures that families can access the right support at the right time.

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Report of the Trustees for the Year Ended 30 April 2025

Family Support continued

Working closely with our volunteers, neonatal units, community partners, and therapists, the team provides continuity and reassurance when families need it most.

In the last 12 months the Family Support Team have supported 197 families. Demand continues to grow and we are committed to sustaining this service so that families can continue to benefit from consistent, lived experience led support across Greater Manchester.

EMDR and Trauma Therapy

Our Trauma Therapy Service provides specialist emotional support for parents who have experienced the trauma and uncertainty of neonatal care. The service is trauma informed and designed specifically around the unique challenges that families face before, during, and after time on the neonatal unit.

This year, we delivered 578 therapy sessions, helping parents process their experiences, rebuild confidence, and strengthen emotional wellbeing. Our therapists work closely with our Family Support Coordinators to ensure families receive the right help at the right time, creating a seamless, wraparound approach to care.

Sessions provide a safe, compassionate space where parents can explore their feelings, manage anxiety and trauma, and begin to heal. For many, this support is life changing, helping them reconnect with themselves, their baby, and their wider family life.

As demand continues to rise, we are committed to sustaining this service, ensuring that every parent who needs trauma support can access it quickly and safely.

Volunteer Programme

Our volunteers remain the heartbeat of Spoons, bringing compassion, understanding, and lived experience to every family they support.

Since joining Spoons in September 2024, our Volunteer Coordinator has played a vital role in strengthening and expanding our volunteer base. The role has focused on developing new ways for volunteers to get involved, introducing a Community Group Supporter role, and on diversifying the team so that it better reflects the families we support.

Over the past year, the Volunteer Coordinator has delivered a comprehensive training programme, hosted a volunteer away day, recruited new volunteers, and successfully retained existing volunteer team members by fostering a strong sense of community and belonging. The application process has been streamlined, making it easier for parents with lived experience to join the team.

Our volunteers support families across neonatal units, in community spaces, and online. They offer empathy, reassurance, and hope from those who have truly "been there." Their gift of their time and commitment is what makes Spoons so special.

In total, our team of volunteers delivered over 983 hours of lived experience peer support, a powerful reflection of the compassion, commitment, and community that define Spoons.

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Report of the Trustees for the Year Ended 30 April 2025

Maternity Neonatal Voices Partnership (MNVP)

This year marked the successful first phase of our Neonatal Voices Project, delivered in partnership with the North West Neonatal Operational Delivery Network, Voices for Choices CIC, and the Greater Manchester Local Maternity Neonatal Systems.

The project aims to embed the neonatal voice within the Greater Manchester MNVP model, ensuring families with lived experience play an active role in shaping care and influencing improvement in neonatal services.

Through this work, Spoons has helped strengthen how neonatal feedback is gathered and shared across the region. We've focused on reaching and amplifying the voices of families who are often underrepresented, including fathers, bereaved families, and those from diverse and marginalised communities. The aim of the project is to ensure families' experiences contribute to learning and change.

Current Position and Future Plans

As we look ahead, our focus is on sustainability, inclusion, and growth, ensuring Spoons remains a trusted and vital source of support for families across Greater Manchester.

We will continue to strengthen our Family Support Service and increase our presence in community spaces so families can access help closer to home.

Our Volunteer Programme will keep growing, with a focus on involving more fathers and volunteers from diverse backgrounds, ensuring our team truly reflects the families we support.

Financial sustainability remains a key priority. Building on the systems and processes introduced last year, we will continue to diversify our income, grow unrestricted funding, and develop longer term partnerships with funders, corporate supporters, and the NHS. Over the next year, we will also invest in dedicated fundraising capacity to build on the foundations already in place, strengthen our donor relationships, and develop a three year fundraising strategy that supports long term sustainability and growth.

We are proud to be working alongside the Greater Manchester Maternity and Neonatal Voices Partnership, continuing to embed the neonatal voice into regional service improvement. Ensuring that feedback from families informs change will remain central to our mission.

Finally, we are developing a new three-year strategy, shaped in consultation with families, volunteers, and stakeholders, to guide Spoons into the next chapter. Our values of community, empathy, lived experience, and collaboration will continue to drive every decision we make as we work towards a future where no parent faces neonatal care alone.

Financial Review

During the year our income was £333,572, an increase £60,907 from the prior year. This increase was due to a rise in unrestricted donations and grant income.

The year end surplus was £86,596 (2024: £96,732) resulting in total funds at the end of the year of £231,285 (2024: £144,689), comprising £212,752 (2024: £94,890) unrestricted funds and £18,533 (2024: £49,799) restricted funds.

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Report of the Trustees for the Year Ended 30 April 2025

Financial Review Continued

Restricted funds will be spent over the following 15 months as per the grant agreements.

This year has been one of stabilisation and renewed growth for Spoons after a challenging period. While the funding environment for small charities remains tough. We were fortunate to receive several unexpected one off grants and donations, which provided a welcome boost to our income and allowed us to strengthen our reserves helping us to end the year in a strong position. As noted below under our Reserves Policy, we have designated an amount to invest in fundraising, helping us to develop our sustainability further.

Whilst we have ended the year in a healthy financial position, the non-recurring nature of some of the grant funding and the current landscape for trusts and foundations fundraising, presents challenges for long-term planning. In addition, several of our current multi-year funding agreements that cover key salary costs expire in 2025/26. To address this, we are prioritising the development of more predictable, sustainable income sources, including strengthening our regular giving programme, building longer term partnerships with funders, and increasing unrestricted income.

Community fundraising has also played a significant role this year. The Run 79 challenge, created by our Trustee Shaun Adams and his wife Lauren, raised an incredible amount of awareness and support for Spoons, inspiring many others to get involved. We also invested in charity spaces for the Great Manchester 10K, which encouraged new and returning supporters to take part in fundraising while representing Spoons on a large public platform. These events not only boosted income but also strengthened community engagement and visibility across the region.

Working with an external fundraiser has continued to add real value, helping us to diversify income streams, improve donor stewardship, and strengthen financial resilience. Over the next year, we plan to invest in a dedicated fundraising role to build on this progress and to develop a three-year fundraising strategy that supports long term sustainability and growth.

These strategic steps, combined with careful cost management, have enabled us to protect our core services and plan with greater confidence. While some funding remains non-recurrent, Spoons is now better positioned to meet future challenges and continue to provide essential support for families who experience neonatal care.

Reserves Policy

Our Reserves are important to ensuring continued operations for our beneficiaries and to meeting the objectives set out in our current strategy. To do this the board has agreed to hold an amount of unrestricted reserves to cover obligations to staff and our contracted suppliers.

As reported last year we undertook a full review of the reserves policy to ensure our policy remains reflective of the changing demands of the charity.

In May 2024 the Trustees agreed a new Reserves policy, the Trustees consider that to ensure the continuous provision of the Charity's services we aim to maintain a general fund equal to six months of total budgeted expenditure. However, to ensure a continuous delivery of services and remove potential constraints, the Trustees have agreed to a general fund of between three and six months budgeted expenditure.

Our reserves position has now stabilised after two years of careful rebuilding and as at 30 April 2025 Spoons held £212,752 in unrestricted funds which represents 8.7 months of total budgeted expenditure of £293,396. This is above our policy level of six months as we received an unrestricted

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Report of the Trustees for the Year Ended 30 April 2025

grant of £49,553 in the last month of our financial year. We are in the process of designating this for planned operational expenditure and strategic investment in fundraising.

Trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing the financial statements, the trustees are required to:

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

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Approved by the trustees on 25th November 2025 and signed on their behalf by:

 Tracey Rawlinson (Nov 26, 2025 06:33:24 GMT)

Tracey Rawlinson
Chair of Trustees

Independent examiner's report to the trustees of Spoons

I report to the trustees on my examination of the accounts of Spoons ("the Charity") for the year ended 30 April 2025.

Responsibilities and basis of report

As the charity trustees of the Charity 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 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

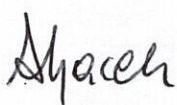
Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of AAT (Association of Accountancy Technician) which is one of the listed bodies.

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

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

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:



Name: **Angelika Gacek**

Relevant professional qualification or membership of professional bodies: **MAAT (Membership No: 10248392)**

Address: **109A Church Street, Littleborough, OL15 8AA**

Date: 21/01/2026

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Statement of Financial Activities for the year ended 30 April 2025

	Notes	Unrestricted funds £	Restricted funds £	Total funds 30 April 2025 £	Unrestricted funds £	Restricted funds £	Total funds 30 April 2024 £
Income and endowments from:							
Donations and legacies		78,175	-	78,175	65,856	-	65,856
Grants		134,557	120,840	255,397	77,944	128,865	206,809
Total	2	212,732	120,840	333,572	143,800	128,865	272,665
Expenditure on:							
Raising Funds		29,684	-	29,684	21,057	-	21,057
Charitable activities		65,186	152,106	217,292	52,151	102,725	154,876
Total	3	94,870	152,106	246,976	73,208	102,725	175,933
Net income/(expenditure)		117,862	(31,266)	86,596	70,592	26,140	96,732
Transfer between funds	10	-	-	-	(2,149)	2,149	-
Net movement in funds		117,862	(31,266)	86,596	68,443	28,289	96,732
Reconciliation of funds:							
Total funds brought forward		94,890	49,799	144,689	26,447	21,510	47,957
Total funds carried forward		212,752	18,533	231,285	94,890	49,799	144,689

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Balance Sheet as at 30 April 2025

	Notes	Total funds 30 April 2025 £	Total funds 30 April 2024 £
Fixed assets			
Tangible assets	9	-	-
Total fixed assets		-	-
Current assets			
Debtors	6	50,339	898
Cash at bank and in hand	7	206,112	184,642
Total current assets		256,451	185,540
Creditors: amounts falling due within one year	8	25,166	40,851
Net current assets/(liabilities)		231,285	144,689
Total assets less current liabilities		231,285	144,689
Total net assets / (liabilities)		231,285	144,689
Funds of the Charity			
Unrestricted funds	10	212,752	94,890
Restricted funds	10	18,533	49,799
Total funds		231,285	144,689

The notes on pages 12 to 20 form an integral part of the financial statements.

Approved by the trustees on 25th November 2025 and signed on their behalf by:

Tracey Rawlinson, Chair of Trustees

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Notes to the accounts for the year ended 30 April 2025

Note 1: Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of preparation

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

The charity has applied the exemption available to small charities in the Charities SORP (FRS 102) and does not include a Statement of Cash Flows in these Financial Statements.

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

b) Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

c) Income

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

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

Donations are recognised when the charity receives the funds.

d) Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are funds which the donor has specified are solely to be used for particular activities.

Further explanation of the nature and purpose of each fund is included in note 10 to the financial statements.

e) Interest receivable

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

f) Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be recognised reliability. Expenditure is accounted for on an accruals basis.

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Notes to the accounts for the year ended 30 April 2025

All expenditure is shown inclusive of VAT.

g) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, payroll and governance costs. Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

h) Operating Leases

The charity currently has no operating leases.

i) Pension costs and other post-retirement benefits

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

j) Tangible Fixed Assets

Individual assets costing £500 or more are capitalised at cost and are depreciated evenly over their estimated useful economic lives, as follows:

Equipment: 25% straight-line

Small items of equipment are not capitalised but are written off on acquisition through the Statement of Financial Activities.

k) Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

l) Creditors and provisions

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

m) Corporation Tax

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

n) Key estimates and accounting judgements

In applying the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions in determining the carrying amounts of assets and liabilities. The Trustees' judgements, estimates and assumptions are based on the best and most reliable evidence available at the time when the decisions are made and are based on historical experience and other factors that are considered to be applicable. Due to the inherent subjectivity involved in making such judgements, estimates and assumptions, the actual results and outcomes may differ.

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

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Notes to the accounts for the year ended 30 April 2025

Note 2: Analysis of income

	Unrestricted funds £	Restricted funds £	Total funds 30 April 2025 £	Unrestricted funds £	Restricted funds £	Total funds 30 April 2024 £
Donations and gifts	78,175	-	78,175	65,856	-	65,856
Grants:						
Action Together – Peer Support	-	-	-	-	1,000	1,000
Action Together – One Oldham	-	-	-	-	9,768	9,768
Action Together – Volunteer Celebrations	-	-	-	-	500	500
Albert Gubay Charitable Foundation	-	15,400	15,400	-	15,000	15,000
Alder Hey Children's Hospital	49,553	-	49,553	50,000	-	50,000
Comic Relief	-	993	993	-	3,972	3,972
Global Make Some Noise	-	28,800	28,800	-	14,400	14,400
NHS Greater Manchester ICB – Family	16,837	-	16,837	16,736	-	16,736
Support Heywood, Middleton & Rochdale	14,167	-	14,167	5,833	-	5,833
Oldham Council	-	-	-	2,000	-	2,000
Peter Kershaw Trust	-	-	-	3,000	-	3,000
Souter Trust	2,000	-	2,000	-	-	-
Garfield Weston	20,000	-	20,000	-	-	-
Postcode Lottery	20,000	-	20,000	-	-	-
Leathersellers Foundation	5,000	-	5,000	-	-	-
Albert Hunt Trust	4,000	-	4,000	-	-	-
Zedra Trust	3,000	-	3,000	-	-	-
Tameside – Best Start for Life	-	-	-	-	10,000	10,000
TNL – Reaching Communities	-	53,257	53,257	-	50,900	50,900
TNL – Awards for All 2024	-	-	-	-	18,325	18,325
True Colours	-	-	-	-	5,000	5,000
Bolton Fund	-	4,140	4,140	-	-	-
Cash 4 Kids	-	3,300	3,300	-	-	-
Dowager Countess Eleanor Peel Trust	-	7,000	7,000	-	-	-
Morrisons Foundation	-	6,950	6,950	-	-	-
Stagecoach Forever Manchester	-	1,000	1,000	-	-	-
Other grants	-	-	-	375	-	375
Total	212,732	120,840	333,572	143,800	128,865	272,665

Spoons

Notes to the accounts for the year ended 30 April 2025

Note 3: Analysis of expenditure

	Unrestricted funds £	Restricted funds £	Total funds 30 April 2025 £	Unrestricted funds £	Restricted funds £	Total funds 30 April 2024 £
Cost of Fundraising	29,684	-	29,684	21,057	-	21,057
<i>Charitable Activities:</i>						
Merchandise	-	-	-	-	-	-
Administration	7,722	711	8,433	2,800	4,526	7,326
Printing, stationery and postage	-	-	-	-	-	-
Charitable Expenditure	21,259	48,228	69,487	29,393	16,347	45,740
Rent	5,412	-	5,412	4,781	-	4,781
Staffing costs, including supervision and training	21,118	98,025	119,143	5,031	77,877	82,908
Accountancy fees	7,708	-	7,708	7,032	-	7,032
Volunteer costs	473	5,142	5,615	717	3,975	4,692
Governance costs	1,494	-	1,494	2,397	-	2,397
Total	94,870	152,106	246,976	73,208	102,725	175,933

For the allocation of support costs, see note 4.

Note 4: Governance and Support costs

	Unrestricted funds £	Restricted funds £	Total funds 30 April 2025 £	Unrestricted funds £	Restricted funds £	Total funds 30 April 2024 £
Governance costs:						
Independent Examination	200	-	200	1,000	-	1,000
Trustee Training	-	-	-	282	-	282
Trustee Indemnity Insurance	843	-	843	814	-	814
Trustee Expenses	451	-	451	301	-	301
Total	1,494	-	1,494	2,397	-	2,397

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Notes to the accounts for the year ended 30 April 2025

Note 5: Employees

5.1 Staff costs

	2025	2024
	£	£
Salaries and wages	109,840	71,721
Social security costs	2,558	5,383
Pension costs (defined contribution scheme)	2,263	1,436
Total	114,661	78,540

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000 (2024: none).

5.2 Number of staff in the year

	2025	2024
Average monthly number of employees	6	5
Total	6	5

5.3 Key Management Personnel

The remuneration of the key management personnel is:

	2025	2024
	£	£
Salaries and wages	34,505	32,865
Social security costs	3,583	3,280
Pension costs (defined contribution scheme)	848	799
Total	38,936	36,944

Note 6: Debtors and prepayments

	2025	2024
	£	£
Trade debtors	49,553	-
Prepayments and accrued income	786	898
Total	50,339	898

Note 7: Cash at bank and in hand

	2025	2024
	£	£
Cash in Hand	-	-
Current Account	206,112	184,642
PayPal	-	-
Total	206,112	184,642

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Notes to the accounts for the year ended 30 April 2025

Note 8: Creditors & Accruals – amounts falling due within one year

	2025	2024
	£	£
Trade creditors	5,044	2,414
Accruals and deferred income	18,537	37,467
Social security and other taxes	1,069	698
Pensions Payable	516	272
Total	25,166	40,851

Deferred income

Deferred income

Deferred income comprises of income received by Spoons in 2024/25 for activities taking place in 2025/26

	£
Balance at 1 May 2024	35,267
Amounts released to income earned from charitable activities	(19,567)
Amount deferred in period	-
Balance at 30 April 2025	15,700

Note 9: Tangible Fixed Assets

	Equipment	Total
	£	£
Cost or Valuation		
As at 1 May 2024	1,550	1,550
Additions	-	-
Disposals	-	-
As at 30 April 2025	1,550	1,550
Depreciation		
As at 1 May 2024	1,550	1,550
Charge in year	-	-
As at 30 April 2025	1,550	1,550
Net Book Value at 30 April 2025	-	-
Net Book Value at 30 April 2024	-	-

Spoons

Notes to the accounts for the year ended 30 April 2025

Note 10: Movement in charity funds

	Balance at 1 May 2024 £	Income £	Expenditure £	Transfer £	Balance at 30 April 2025 £
Restricted Funds					
Action Together – One Oldham	6,869	-	(6,869)	-	-
Albert Gubay Charitable Foundation	2,092	15,400	(17,492)	-	-
Comic Relief	-	993	(993)	-	-
Global Make Some Noise	11,250	28,800	(30,179)	-	9,871
Tameside – Best Start for Life	8,115	-	(8,115)	-	-
TNL – Reaching Communities	4,429	53,257	(53,653)	-	4,033
TNL – Awards for All 2024	15,397	-	(15,397)	-	-
True Colours	1,647	-	(1,647)	-	-
Bolton Fund	-	4,140	(2,661)	-	1,479
Cash 4 Kids	-	3,300	(757)	-	2,543
Dowager Countess Eleanor Peel Trust	-	7,000	(7,000)	-	-
Morrisons Foundation	-	6,950	(6,343)	-	607
Stagecoach Forever Manchester	-	1,000	(1,000)	-	-
Total Restricted Funds	49,799	120,840	(152,106)	-	18,533
Unrestricted Funds					
	94,890	212,732	(94,870)	-	212,752
	94,890	212,732	(94,870)	-	212,752
Total Funds	144,689	333,572	(246,976)	-	231,285

Spoons

Notes to the accounts for the year ended 30 April 2025

Note 10: Movement in charity funds (continued)
Prior year comparative

	Balance at 1 May 2023 £	Income £	Expenditure £	Transfer £	Balance at 30 April 2024 £
Restricted Funds					
Action Together – One Oldham	-	9,768	(2,899)	-	6,869
Action Together – Peer Support	-	1,000	(1,373)	373	-
Action Together – Volunteer Celebrations	-	500	(500)	-	-
Albert Gubay Charitable Foundation	-	15,000	(12,908)	-	2,092
Comic Relief 2023	3,637	3,972	(7,609)	-	-
Global Make Some Noise	-	14,400	(3,150)	-	11,250
Tameside – Best Start for Life	-	10,000	(1,885)	-	8,115
TNL – Reaching Communities	7,913	50,900	(54,384)	-	4,429
TNL – Awards for All 2023	9,960	-	(11,736)	1,776	-
TNL – Awards for All 2024	-	18,325	(2,928)	-	15,397
True Colours	-	5,000	(3,353)	-	1,647
Total Restricted Funds	21,510	128,865	(102,725)	2,149	49,799
Unrestricted Funds					
	26,447	143,800	(73,208)	(2,149)	94,890
	26,447	143,800	(73,208)	(2,149)	94,890
Total Funds	47,957	272,665	(175,933)	-	144,689

Spoons

Notes to the accounts for the year ended 30 April 2025

Note 10: Charity funds (continued)

The accumulated unrestricted funds are for the purpose of relieving the needs of parents and families of babies who experience neonatal care in Greater Manchester by the provision of support and information, and to advance awareness and education of neonatal care, and its implications for families, to health professionals and the general public.

Details of the restricted funds and their purpose:

Action Together – One Oldham	From NICU to Home – Oldham – supporting families through transition from hospital to home with community groups and sessions
Albert Gubay Charitable Foundation	Spoons Family Support Service
Comic Relief	Support for neonatal families from diverse communities
Global Make Some Noise	Help to Heal – supporting parental mental health through trauma therapy
Tameside – Best Start for Life	Peer support for neonatal families in Tameside
TNL – Reaching Communities	Sustaining support for neonatal families in Manchester
TNL – Awards for All 2024	Community play and support sessions
True Colours	Peer support volunteer programme
Bolton Fund	Peer Support for neonatal families in Bolton
Cash 4 Kids	Baby massage sessions
Dowager Countess Eleanor Peel Trust	Neonatal Family Support
Morrisons Foundation	Equipment for community groups
Stagecoach Forever Manchester	Community support groups

Note 11: Analysis of net assets between funds

	Unrestricted funds	Restricted funds	2025 Total funds	Unrestricted funds	Restricted funds	2024 Total funds
Fixed Assets	-	-	-	-	-	-
Net current assets	219,247	37,204	256,451	103,360	82,180	185,540
Net current liabilities	(6,495)	(18,671)	(25,166)	(8,470)	(32,381)	(40,851)
	212,752	18,533	231,285	94,890	49,799	144,689

Note 12: Trustees remuneration and expenses

The trustees received no remuneration for the performance of their duties (2024: £:nil).

Two trustees were reimbursed a total of £362 for travel expenses and software costs (2024: £301).

Note 13: Related party transactions

The Trustees consider its key management personnel to comprise the Trustees and the Operations Manager.

The Trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or in kind (2024: £nil).

No Trustee, or person related or connected by business to them, has received any payments or other benefits from the charity during the year.

The remuneration of the Operations Manager is shown in note 5.3.

There were no related party transactions in the financial years ending 30 April 2025 and 30 April 2024.

SPOONS

England & Wales - Charity number 1167043

Accounts

Spoons

Charity Registration Number: 1167043

**Trustees' Annual Report and Financial Statements
for the year ended 30 April 2024**

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Spoons
Year Ended 30 April 2024

Administrative Information

Registered Charity Number: 1167043

Charity Address: Spoons Charity
Albany Mill
Old Hall Street
Middleton
Manchester
M24 1AG

Trustees:	Tracey Rawlinson (Chair from 21 May 2024)	
	Leanne Royle	
	Sarah Moxon (Chair)	Resigned 21 May 2024
	Caroline Looby	Resigned 18 Sept 2023
	Pamela Ashcroft	
	Khadijah Nazir Salim	
	Rebecca Lowe	Appointed 1 May 2023
	Shaun Adams	Appointed 14 March 2024

Bankers: Lloyds Bank
Ariel House
2138 Coventry Road
Sheldon
B26 3JW

Independent Examiner: Angelika Gacek
Pennine Accounting Ltd
109A Church Street
Littleborough
Lancashire
OL15 8AA

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Report of the Trustees for the Year Ended 30 April 2024

Structure, governance and management

Spoons is a Charitable Incorporated Organisation with the Charity Registration Number 1167043. The governing document of Spoons is a constitution dated 11 May 2016, amended on 10 January 2022 and 12 June 2024.

Trustees are appointed for a three-year period by resolution passed at a Trustee meeting. Trustees meet at least three times per year.

Objectives and Activities for the Public Benefit

The objectives of the charity are to relieve the needs of parents and families of babies who experience neonatal care in Greater Manchester by the provision of support and information, and to advance awareness and education of neonatal care, and its implications for families, to health professionals and the general public.

A review of the constitution was undertaken at the Trustee Board Meeting on the 27 January 2024. Following this The Trustees sought consent from the Charity Commission to revise the Object Clause in our Governing Document. This will ensure that the Governing Document remains fit for purpose and the charity continues to meet the needs of service users. This resolution was passed on the 12 June 2024.

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives, in planning future activities and setting the grant making policy for the period.

Review of Activities and Achievements

A note from our Chair, Tracey Rawlinson

As the newly appointed Chair of Trustees, it is a privilege to take up this role and to lead such a dedicated charity as Spoons. Having previously been in the role of a Spoons Trustee, I have witnessed firsthand the incredible work this charity does to support families who experience neonatal care across Greater Manchester.

Reflecting on the past year, I would like to recognise and thank my predecessor, Sarah Moxon, for her leadership during the financial period this report covers. Under her guidance, the organisation navigated challenges with resilience and achieved so much.

This year, Spoons has continued to grow and innovate, enhancing our support for families through our peer support services, community sessions, and trauma therapy, among many other initiatives. The introduction of new governance structures and working groups has strengthened our board and positioned us to meet future challenges with confidence.

As we look ahead, our focus remains on staying true to our vision and values while continuing to expand our reach. A significant priority will be fostering inclusivity within our volunteer team, engaging more voices from diverse backgrounds and underrepresented communities, as well as a focus on fathers, who we know can feel overlooked or like they need to struggle in silence.

I extend my heartfelt thanks to our dedicated staff, volunteers, partners, funders, and supporters. Your unwavering commitment makes our mission possible. Together, we will continue to make a tangible difference in the lives of families navigating the neonatal journey.

Spoons

Report of the Trustees for the Year Ended 30 April 2024

A note from our Founder and Operations Manager, Kirsten Mitchell

Reflecting on the past year, I am incredibly proud of what Spoons has achieved. None of this would have been possible without our dedicated and passionate team. They work tirelessly to ensure that families experiencing neonatal care have access to support that meets their needs. Their creativity, adaptability, and commitment have been vital to the sustainability of operations particularly in times of limited resources.

A special mention must go to our amazing volunteers, who generously give their time and share their lived experiences of neonatal care to support others. Their contributions have been at the heart of everything we do, they are invaluable to the charity and the families we support.

From delivering nearly 1,000 hours of peer support across neonatal services in Greater Manchester to offering specialist neonatal trauma therapy and hosting 172 community sessions for families, our team's efforts have been remarkable.

As we look to the future, our focus will remain on staying true to our vision and values. We are committed to consulting with our stakeholders, especially those with lived experience, to ensure that our services continue to meet the evolving needs of our neonatal community.

Finally, I want to thank our NHS colleagues, funders, and supporters. Your belief in our mission and your partnership have enabled us to grow and strengthen our impact. Together, we are creating a brighter, more supported future for families who experience neonatal care.

Our Team

- One full time operations manager
- Two family support coordinators (one who supports families from diverse communities and one who is an early years practitioner)
- Three sessional play leaders
- Eighteen volunteers
- One sessional community fundraiser
- One sessional trust and foundations fundraiser

Lived experience peer support

- Our face-to-face peer support continues to be delivered by staff and volunteers with lived experience of neonatal care, we are now working with almost all neonatal services in Greater Manchester and have a fantastic team of volunteers working across the region
- This year we have delivered 852 hours of volunteer peer support
- Our family support team have delivered 402 support sessions, this includes remote support, home visits and visits to the neonatal unit

"There were 2 volunteers on the unit who were both great. Staff (on the unit) were supportive but the volunteers pulled us through. One of them especially got us through the hardest time ever. We've never gone through anything like this. Her daughter has the same condition and she talked to us about it and showed us photos. That helped us come to terms with our child's condition."

Spoons

Report of the Trustees for the Year Ended 30 April 2024

Community groups and sessions for families who experience neonatal care

- Baby massage continues with weekly sessions at venues in Bury and Trafford
- Sensory play continues with weekly at venues in Bury, Oldham, Rochdale and Stockport
- Sing n Shake, a new session which runs monthly in Tameside
- Stay & Play sessions continues with monthly sessions in Cheadle and Rochdale
- Our weaning sessions are held on demand at venues in Bury, Oldham and Rochdale
- We have also introduced Little Cruisers, a weekly walking group

This year we have delivered 172 community groups and sessions which have been attended by 387 families.

"Going to the Spoons groups - where everyone knew what an NG tube was, no one looked at you like you had three heads when you mentioned how difficult it is changing a nappy in an incubator, and there weren't a million and one questions about why and how your baby isn't 'normal' - made me feel human again. The groups were, and still are, places I can be honest about and share my journey without having to constantly relive and explain traumatic events. I've met so many amazing and supportive people through them, and they've helped me find joy, laughter and community in what could otherwise have been the darkest point of my life."

EMDR and trauma therapy

This therapy is offered in a bespoke format to Spoons parents, taking into account their NICU experience, and aims to address their trauma at as early a stage as possible, and to prevent post-traumatic stress disorder. It reduces anxiety and helps people to understand their emotional responses.

- Sessions are delivered remotely or face to face depending on the need of the service use
- We continue to invest in a designated space for trauma therapy to be delivered in a way that meets the needs of families
- This year we have delivered 217 sessions of trauma therapy

"Being referred for therapy sessions was critical for me and my partner. The worries and upset that come with NICU were consuming us and without [the therapist] I honestly don't know how we would have gotten through the past few years."

Current position and future plans

Spoons is the only charity in Greater Manchester dedicated to supporting families who experience neonatal care. Our aim for this year was to sustain our existing services but thanks to support from funders we have also been able to expand on some of our services and reach more families than ever before.

As planned, we have been working with an experienced fundraiser which has helped us harness individual and community giving. Additionally we have implemented new systems and processes which have helped us grow our income this year, particularly our unrestricted funds. We are very grateful to our funders and donors for their generosity and trust.

Our focus on providing volunteer opportunities for parents with lived experience of neonatal care has continued along with our investment in staff and volunteer training and developmental opportunities.

Spoons

Report of the Trustees for the Year Ended 30 April 2024

Current position and future plans – continued

Lived experience peer support remains a core element of the design, delivery and evaluation of Spoons' services. We plan to recruit a volunteer coordinator to enhance this service and ensure diversity in our team of volunteers. We plan to focus on volunteer opportunities for dads and those from diverse communities.

National policy changes have integrated neonatal and maternity services into a single structure, which were previously separate. Our strong partnerships with NHS neonatal services ensure that our families receive the best support available. With patient safety being a top priority in health services, we have invested in robust governance and safeguarding processes, as well as additional training, to ensure the safety of our service users, staff, volunteers, and stakeholders.

We have also been working with Voices for Choices CIC on a pilot project within the new national Maternity Neonatal Voices Partnership model. This pilot aims to ensure that the neonatal family voice is amplified and provided by those with lived experience of neonatal care.

As we conclude this year, we are focusing on our three-year strategy, revisiting our vision and values to ensure we continue to meet the needs of our neonatal community. We have planned consultation work over the next three months, to hear the voices of our neonatal community and wider stakeholders.

Financial review

During the year our income was £272,665, an increase £169,200 from the prior year. This increase was due to a rise in both unrestricted and restricted grant income.

The year end surplus was £96,732 (2023: deficit £98,786) resulting in total funds at the end of the year of £144,689 (2023: £47,957), comprising £94,890 (2023: £26,447) unrestricted funds and £49,799 (2023: £21,510) restricted funds.

Restricted funds will be spent over the following 15 months as per the grant agreements.

The past year has been a period of significant financial variability for Spoons. As a local charity focused on Greater Manchester, we are particularly sensitive to fluctuations in the funding environment, and the financial landscape has been challenging to navigate. In the first six months of the year, the uncertain economic climate and reduced availability of unrestricted funding presented significant challenges impacted our ability to maintain operations and services at their current levels.

This difficult environment was reflected in our financial performance, with limited unrestricted income in the first half of the year creating significant pressure on our core services and placing us at risk of scaling back operations, including reducing staff and services that directly support families when they are at their most vulnerable.

Throughout the year, we demonstrated resilience and adaptability in navigating these challenges. We prioritised cost-efficient service delivery while safeguarding our most impactful services. The investment into working with a fundraiser was a key strategic decision that has already begun to deliver results by enhancing our individual giving program and fostering stronger relationships with donors through effective stewardship. This enabled us to address short-term funding challenges and plan for more sustainable financial management. The unrestricted nature of some of the grants we secured also allowed us to respond flexibly to the needs of the families we support.

Spoons

Report of the Trustees for the Year Ended 30 April 2024

Financial review – continued

It is clear that the second half of the year was increasingly positive from a financial perspective, however, the non-recurrent position of some of the funding we secured highlights the ongoing need for sustainable, long-term income sources. To address this, we are focusing on further diversifying our income streams, strengthening donor retention through stewardship, and building a financial reserve to be more equipped and resilient in future uncertainties. The Board is committed to continuous review of our financial position and invest in strategies that enhance our financial resilience and ensure our charity can thrive in the years ahead.

This year has been a testament to our charity's resilience and commitment to supporting families who experience neonatal care. Despite the challenges of the first half of the year, we have successfully adapted and secured the resources needed to stabilise our services.

Reserves Policy

Our Reserves are important to ensuring continued operations to our beneficiaries and to meet the objectives set out in our current strategy. In order to do this the board has agreed to hold an amount of unrestricted reserves to cover obligations to staff and our contracted suppliers.

As reported last year we have undertaken a full review of the reserves policy to ensure our policy remains reflective of the changing demands of the charity.

In May 2024 the Trustees agreed a new Reserves policy, the Trustees consider that in order to ensure the continuous provision of the Charity's services we aim to maintain a general fund equal to 6 months of total budgeted expenditure. However, to ensure a continuous delivery of services and remove potential constraints, the Trustees have agreed to a general fund of between 3 and 6 months budgeted expenditure.

As at 30 April 2024 Spoons held £94,890 in unrestricted funds which represents just over 4 months of total budgeted expenditure of £268,634.

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Report of the Trustees for the Year Ended 30 April 2024

Trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing the financial statements, the trustees are required to:

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

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Approved by the trustees on 24th December 2024 and signed on their behalf by:



Tracey Rawlinson
Chair of Trustees

Independent examiner's report to the trustees of Spoons

I report to the trustees on my examination of the accounts of Spoons ("the Charity") for the year ended 30 April 2024.

Responsibilities and basis of report

As the charity trustees of the Charity 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 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

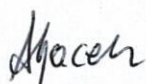
Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of AAT (Association of Accountancy Technician) which is one of the listed bodies.

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

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

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:



Name: **Angelika Gacek**

Relevant professional qualification or membership of professional bodies: **MAAT (Membership No: 10248392)**

Address: **109A Church Street, Littleborough, OL15 8AA**

Date: **04/02/2025**

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Statement of Financial Activities for the year ended 30 April 2024

	Notes	Unrestricted funds £	Restricted funds £	Total funds 30 April 2024 £	Unrestricted funds £	Restricted funds £	Total funds 30 April 2023 £
Income and endowments from:							
Donations and legacies		65,856	-	65,856	48,312	-	48,312
Grants		77,944	128,865	206,809	3,518	51,635	55,153
Total	2	143,800	128,865	272,665	51,830	51,635	103,465
Expenditure on:							
Raising Funds		21,057	-	21,057	17,699	900	18,599
Charitable activities		52,151	102,725	154,876	88,104	95,548	183,652
Total	3	73,208	102,725	175,933	105,803	96,448	202,251
Net income/(expenditure)		70,592	26,140	96,732	(53,973)	(44,813)	(98,786)
Transfer between funds	10	(2,149)	2,149	-	2,158	(2,158)	-
Net movement in funds		68,443	28,289	96,732	(51,815)	(46,971)	(98,786)
Reconciliation of funds:							
Total funds brought forward		26,447	21,510	47,957	78,262	68,481	146,743
Total funds carried forward		94,890	49,799	144,689	26,447	21,510	47,957

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Balance Sheet as at 30 April 2024

	Notes	Total funds 30 April 2024 £	Total funds 30 April 2023 £
Fixed assets			
Tangible assets	9	-	-
Total fixed assets		-	-
Current assets			
Debtors	6	898	894
Cash at bank and in hand	7	184,642	50,189
Total current assets		185,540	51,083
Creditors: amounts falling due within one year	8	40,851	3,126
Net current assets/(liabilities)		144,689	47,957
Total assets less current liabilities		144,689	47,957
Total net assets / (liabilities)		144,689	47,957
Funds of the Charity			
Unrestricted funds	10	94,890	26,447
Restricted funds	10	49,799	21,510
Total funds		144,689	47,957

The notes on pages 12 to 20 form an integral part of the financial statements.

Approved by the trustees on 23rd December 2024 and signed on their behalf by:



Tracey Rawlinson, Chair of Trustees

Spoons

Notes to the accounts for the year ended 30 April 2024

Note 1: Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of preparation

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

The charity has applied the exemption available to small charities in the Charities SORP (FRS 102) and does not include a Statement of Cash Flows in these Financial Statements.

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

b) Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

c) Income

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

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

Donations are recognised when the charity receives the funds.

d) Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are funds which the donor has specified are solely to be used for particular activities.

Further explanation of the nature and purpose of each fund is included in note 10 to the financial statements.

e) Interest receivable

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

f) Expenditure

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

Spoons

Notes to the accounts for the year ended 30 April 2024

All expenditure is shown inclusive of VAT.

g) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, payroll and governance costs. Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

h) Operating Leases

The charity currently has no operating leases.

i) Pension costs and other post-retirement benefits

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

j) Tangible Fixed Assets

Individual assets costing £500 or more are capitalised at cost and are depreciated evenly over their estimated useful economic lives, as follows:

Equipment: 25% straight-line

Small items of equipment are not capitalised but are written off on acquisition through the Statement of Financial Activities.

k) Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

l) Creditors and provisions

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

m) Corporation Tax

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

n) Key estimates and accounting judgements

In applying the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions in determining the carrying amounts of assets and liabilities. The Trustees' judgements, estimates and assumptions are based on the best and most reliable evidence available at the time when the decisions are made and are based on historical experience and other factors that are considered to be applicable. Due to the inherent subjectivity involved in making such judgements, estimates and assumptions, the actual results and outcomes may differ.

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

Spoons

Notes to the accounts for the year ended 30 April 2024

Note 2: Analysis of income

	Unrestricted funds £	Restricted funds £	Total funds 30 April 2024 £	Unrestricted funds £	Restricted funds £	Total funds 30 April 2023 £
Donations and gifts	65,856	-	65,856	48,312	-	48,312
Grants:						
Action Together – Peer Support	-	1,000	1,000	-	1,000	1,000
Action Together – One Oldham	-	9,768	9,768	-	9,960	9,960
Action Together – Volunteer Celebrations	-	500	500	-	-	-
Albert Gubay Charitable Foundation	-	15,000	15,000	-	-	-
Alder Hey Children's Hospital -	50,000	-	50,000	-	-	-
NWNODN/Spoons Project for GM LMNS	-	3,972	3,972	-	4,965	4,965
Comic Relief 2023	-	14,400	14,400	-	-	-
Global Make Some Noise	-	-	-	-	-	-
NHS Greater Manchester ICB – Family	16,736	-	16,736	-	-	-
Support Heywood, Middleton & Rochdale	-	-	-	-	-	-
NWODN Xmas 22	-	-	-	-	500	500
Oldham Council	5,833	-	5,833	-	-	-
Peter Kershaw Trust	2,000	-	2,000	-	-	-
Souter Trust	3,000	-	3,000	-	-	-
Tameside – Best Start for Life	-	10,000	10,000	-	-	-
TNL – Reaching Communities	-	50,900	50,900	-	25,250	25,250
TNL – Awards for All 2023	-	-	-	-	9,960	9,960
TNL – Awards for All 2024	-	18,325	18,325	-	-	-
True Colours	-	5,000	5,000	-	-	-
Other grants	375	-	375	3,518	-	3,518
Total	143,800	128,865	272,665	51,830	51,635	103,465

Spoons

Notes to the accounts for the year ended 30 April 2024

Note 3: Analysis of expenditure

	Unrestricted funds £	Restricted funds £	Total funds 30 April 2024 £	Unrestricted funds £	Restricted funds £	Total funds 30 April 2023 £
Cost of Fundraising	21,057	-	21,057	17,699	900	18,599
<i>Charitable Activities:</i>						
Merchandise	-	-	-	99	-	99
Administration	2,800	4,526	7,326	16,209	5,264	21,473
Printing, stationery and postage	-	-	-	2,119	33	2,152
Charitable Expenditure	29,393	16,347	45,740	50,254	15,629	65,883
Rent	4,781	-	4,781	4,793	118	4,911
Staffing costs, including supervision and training	5,031	77,877	82,908	4,198	74,016	78,214
Accountancy fees	7,032	-	7,032	8,184	-	8,184
Volunteer costs	717	3,975	4,692	1,765	488	2,253
Governance costs	2,397	-	2,397	483	-	483
Total	73,208	102,725	175,933	105,803	96,448	202,251

For the allocation of support costs, see note 4.

Note 4: Governance and Support costs

	Unrestricted funds £	Restricted funds £	Total funds 30 April 2024 £	Unrestricted funds £	Restricted funds £	Total funds 30 April 2023 £
Governance costs:						
Independent Examination	1,000	-	1,000	500	-	500
Trustee Training	282	-	282	-	-	-
Trustee Indemnity Insurance	814	-	814	466	-	466
Trustee Expenses	301	-	301	17	-	17
Total	2,397	-	2,397	983	-	983

Spoons

Notes to the accounts for the year ended 30 April 2024

Note 5: Employees

5.1 Staff costs

	2024	2023
	£	£
Salaries and wages	71,721	70,997
Social security costs	5,383	4,853
Pension costs (defined contribution scheme)	1,436	1,231
Total	78,540	77,081

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000 (2023: none).

5.2 Number of staff in the year

	2024	2023
Average monthly number of employees	5	6
Total	5	6

5.3 Key Management Personnel

The remuneration of the key management personnel is:

	2024	2023
	£	£
Salaries and wages	32,865	31,430
Social security costs	3,280	3,221
Pension costs (defined contribution scheme)	799	756
Total	36,944	35,407

Note 6: Debtors and prepayments

	2024	2023
	£	£
Trade debtors	-	-
Prepayments and accrued income	898	894
Total	898	894

Note 7: Cash at bank and in hand

	2024	2023
	£	£
Cash in Hand	-	-
Current Account	184,642	49,856
PayPal	-	333
Total	184,642	50,189

Spoons

Notes to the accounts for the year ended 30 April 2024

Note 8: Creditors & Accruals – amounts falling due within one year

	2024	2023
	£	£
Trade creditors	2,414	1,573
Accruals and deferred income	37,467	644
Social security and other taxes	698	677
Pensions Payable	272	232
Total	40,851	3,126

Deferred income

Deferred income

Deferred income comprises of income received by Spoons in 2023/24 for activities taking place in 2024/25

	£
Balance at 1 May 2023	-
Amounts released to income earned from charitable activities	-
Amount deferred in period	35,267
Balance at 30 April 2024	35,267

Note 9: Tangible Fixed Assets

	Equipment	Total
	£	£
Cost or Valuation		
As at 1 May 2023	1,550	1,550
Additions	-	-
Disposals	-	-
As at 30 April 2024	1,550	1,550
Depreciation		
As at 1 May 2023	1,550	1,550
Charge in year	-	-
As at 30 April 2024	1,550	1,550
Net Book Value at 30 April 2024	-	-
Net Book Value at 30 April 2023	-	-

Spoons

Notes to the accounts for the year ended 30 April 2024

Note 10: Movement in charity funds

	Balance at 1 May 2023 £	Income £	Expenditure £	Transfer £	Balance at 30 April 2024 £
Restricted Funds					
Action Together – One Oldham	-	9,768	(2,899)	-	6,869
Action Together – Peer Support	-	1,000	(1,373)	373	-
Action Together – Volunteer Celebrations	-	500	(500)	-	-
Albert Gubay Charitable Foundation	-	15,000	(12,908)	-	2,092
Comic Relief 2023	3,637	3,972	(7,609)	-	-
Global Make Some Noise	-	14,400	(3,150)	-	11,250
Tameside – Best Start for Life	-	10,000	(1,885)	-	8,115
TNL – Reaching Communities	7,913	50,900	(54,384)	-	4,429
TNL – Awards for All 2023	9,960	-	(11,736)	1,776	-
TNL – Awards for All 2024	-	18,325	(2,928)	-	15,397
True Colours	-	5,000	(3,353)	-	1,647
Total Restricted Funds	21,510	128,865	(102,725)	2,149	49,799
Unrestricted Funds					
	26,447	143,800	(73,208)	(2,149)	94,890
	26,447	143,800	(73,208)	(2,149)	94,890
Total Funds	47,957	272,665	(175,933)	-	144,689

Spoons

Notes to the accounts for the year ended 30 April 2024

Note 10: Movement in charity funds (continued)
Prior year comparative

	Balance at 1 May 2022 £	Income £	Expenditure £	Transfer £	Balance at 30 April 2023 £
Restricted Funds					
Action Together	4,614	-	(4,614)	-	-
Action Together – One Oldham	-	9,960	(9,877)	(83)	-
Action Together – Peer Support	-	1,000	(14)	(986)	-
Cash 4 Kids	78	-	(109)	31	-
Comic Relief – Covid	935	-	-	(935)	-
Comic Relief 2023	-	4,965	(1,328)	-	3,637
Grants to Grow	43,066	-	(43,409)	343	-
Groundworks – Covid	130	-	-	(130)	-
Helping Hands – Bury Council	3,439	-	(3,201)	(238)	-
Helping Hands – The Postcode Lottery	13,468	-	(14,253)	785	-
NWODN Xmas 22	-	500	(500)	-	-
Oldham Community Recovery Fund	250	-	-	(250)	-
Oldham NHS CCG Grant	465	-	-	(465)	-
Sing N Shake	858	-	(655)	(203)	-
Tampon Tax Fund	1,178	-	(1,151)	(27)	-
TNL – Reaching Communities	-	25,250	(17,337)	-	7,913
TNL – Awards for All	-	9,960	-	-	9,960
Total Restricted Funds	68,481	51,635	(96,448)	(2,158)	21,510
Unrestricted Funds					
	78,262	51,830	(105,803)	2,158	26,447
	78,262	51,830	(105,803)	2,158	26,447
Total Funds	146,743	103,465	(202,251)	-	47,957

Spoons

Notes to the accounts for the year ended 30 April 2024

Note 10: Charity funds (continued)

The accumulated unrestricted funds are for the purpose of relieving the needs of parents and families of babies who experience neonatal care in Greater Manchester by the provision of support and information, and to advance awareness and education of neonatal care, and its implications for families, to health professionals and the general public.

Details of the restricted funds and their purpose:

Action Together – One Oldham	From NICU to Home – Oldham – supporting families through transition from hospital to home with community groups and sessions
Action Together – Peer Support	Recruitment and training for volunteer peer supporters
Action Together – Volunteer Celebrations	Celebrating our volunteers
Albert Gubay Charitable Foundation	Spoons Family Support Service
Comic Relief 2023	Support for neonatal families from diverse communities
Global Make Some Noise	Help to Heal – supporting parental mental health through trauma therapy
Tameside – Best Start for Life	Peer support for neonatal families in Tameside
TNL – Reaching Communities	Sustaining support for neonatal families in Manchester
TNL – Awards for All 2023	Community play sessions
TNL – Awards for All 2024	Community play and support sessions
True Colours	Peer support volunteer programme

Note 11: Analysis of net assets between funds

	Unrestricted funds	Restricted funds	2024 Total funds	Unrestricted funds	Restricted funds	2023 Total funds
Fixed Assets	-	-	-	-	-	-
Net current assets	103,360	82,180	185,540	29,573	21,510	51,083
Net current liabilities	(8,470)	(32,381)	(40,851)	(3,126)	-	(3,126)
	94,890	49,799	144,689	26,447	21,510	47,957

Note 12: Trustees remuneration and expenses

The trustees received no remuneration for the performance of their duties (2023: £:nil).

Two trustees were reimbursed a total of £301 for travel expenses and software costs (2023: £17).

Note 13: Related party transactions

The Trustees consider its key management personnel to comprise the Trustees and the Operations Manager.

The Trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or in kind (2023: £nil).

No Trustee, or person related or connected by business to them, has received any payments or other benefits from the charity during the year.

The remuneration of the Operations Manager is shown in note 5.3.

There were no related party transactions in the financial years ending 30 April 2024 and 30 April 2023.

SPOONS

England & Wales - Charity number 1167043

Accounts

Spoons

Charity Registration Number: 1167043

**Trustees' Annual Report and Financial Statements
for the year ended 30 April 2023**

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Administrative Information

Trustees:	Leanne Royle Sarah Moxon (Chair) Caroline Looby Tracey Rawlinson Pamela Ashcroft Khadijah Nazir Salim Rebecca Lowe Lee Garner	Appointed 23 Jan 2023 Appointed 1 May 2023 Resigned 3 Sept 2022
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Charity Address:	Spoons Charity Albany Mill Old Hall Street Middleton Manchester M24 1AG
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Bankers:	Lloyds Bank Ariel House 2138 Coventry Road Sheldon B26 3JW
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Accountant:	Beyond Profit Ltd (to 30 April 2023) G104 Bolton Arena Arena Approach Horwich Bolton BL6 6LB
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Independent Examiner:	It Doesn't Have to Cost the Earth Ltd 47 St Dunstons Close Worcester WR5 2AJ
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Trustees Annual Report

Structure, governance and management

Spoons is a Charitable Incorporated Organisation with the Charity Registration Number 1167043. The governing document of Spoons is a constitution dated 11 May 2016, amended on 10 January 2022.

Trustees are appointed for a three-year period by resolution passed at a Trustee meeting. Trustees meet at least three times per year.

Objectives and Activities for the Public Benefit

The objectives of the charity are to relieve the needs of parents and families of babies who experience neonatal care in Greater Manchester by the provision of support and information, and to advance awareness and education of neonatal care, and its implications for families, to health professionals and the general public.

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives, in planning future activities and setting the grant making policy for the period.

Review of Activities and Achievements

A message from our chair, Sarah Moxon

Spoons is committed to serving the neonatal community of Greater Manchester and this year we have expanded our services across the locality, setting up more community support groups in a bid to reach and connect with families new to us. We have continued to support families from marginalised groups and are seeing increased engagement from within our diverse communities.

While our direct support services for neonatal families will always be a focus, at Spoons, we absolutely recognise the importance of our work to influence NHS policy and provision to effect positive change. We are proud to have played a key role in the roll out of the NHS' Family Integrated Care model across the North-West. It is clinically proven that there are better outcomes for babies when parents and families are directly involved in their medical care and the Family Integrated Care model puts parents and families absolutely at the heart of the medical team caring for a neonatal baby. We have been working closely with Greater Manchester's neonatal unit to ensure they achieve the standards required for their Family Integrated Care accreditations.

The cost of living crisis, has, however, brought real, practical challenges for Family Integrated Care. The costs of having a baby on a neonatal unit are high and there is no doubt that extended hospital stays do negatively impact family incomes. It is nothing short of heart-breaking to know that the current cost of travel is stopping parents being able to be with their baby at such a critical time and we are supporting more families with covering these, and other essential costs, while their baby is in hospital.

The recent MBRRACE "State of the Nation" report highlights that inequalities and variation in the rate of stillbirth and neonatal deaths remain. Babies of black ethnicity have the highest rate of still born and neonatal deaths and those of Asian ethnicity remain higher than for babies of white ethnicity. Our communities are built upon a diverse background, and we are actively engaging with our families to build upon these relationships through our dedicated BAME family support coordinator.

An added challenge we have had to navigate this year is we are now starting to see the true impact of the pandemic. Parents who had a baby on a neonatal unit during this time had to manage all the 'usual' stresses that come with having a neonatal baby, but with the added fear Covid-19 brought and the additional isolation of stringent hospital visiting restrictions. We are encouraged that parents are referring themselves to our trauma therapy service, flagging they need support and feel unable to cope with the lengthy NHS waiting time. This has put the trauma service under strain, however, we know the positive impact it has.

In such a testing climate, it feels as though our charity has never been needed more and, this year, we set aside dedicated time to work with our various stakeholders to develop a theory of change model. This model has helped us clarify our vision and mission and identify key areas for improvement. Evaluation has always proved a challenge for the holistic and highly personalised services that Spoons offers, however, as part of this work we have also developed an evaluation framework that will help us evidence we are achieving our core outcomes. Alongside the individual, qualitative case studies this will hopefully, support us to achieve the increased confidence of funders.

As the landscape changes, the thing that does not is our charities commitment to supporting families who experience neonatal care in Greater Manchester. We strive to ensure our families have access to support when they need it the most. Our team, of staff and volunteers, continue to provide a dedicated and accessible service in these very challenging times. And, finally, but perhaps most importantly, on behalf of everyone at Spoons, I would like to offer heartfelt thanks to all the individuals, businesses and organisations that have chosen to support us with donations over the past 12 months. Thank you for recognising the critical work we do.

Staff - All staff have lived experience of neonatal care

- One full time operations manager
- Two family support coordinators, including one who supports families from diverse communities and one who is an early years practitioner
- Two sessional play leaders

Volunteer peer supporters – All volunteers have lived experience of neonatal care

- Our face-to-face peer support continues to be delivered by volunteers with lived experience of neonatal care on neonatal units at Royal Oldham Hospital, North Manchester General Hospital, Wythenshawe Hospital, St Mary's Hospital
- We have now also expanded our volunteer peer support service to Bolton Hospital, Stepping Hill Hospital and Wigan Hospital
- We currently have 14 active peer support volunteers
- We have held two volunteer away days which includes training and recognition of our volunteers
- We recruited and trained 7 new volunteer peer supporters
- This year we have delivered 651 hours of volunteer peer support

Community groups and sessions for families who experience neonatal care

- Baby massage continues with weekly sessions at venues in Bury and South Manchester
- Sensory play continues with weekly at venues in Bury, Oldham, Rochdale and Stockport
- Sing n Shake a new session which runs twice a month in Tameside
- Stay & Play sessions continues with monthly sessions in Rochdale
- Our weaning sessions are held on demand at venues in Bury, Oldham and Rochdale
- This year we have delivered 137 community groups and sessions

EMDR and Trauma Therapy

- We continue to fund sessions (Eye Movement Desensitisation Reprogramming) and trauma therapy to neonatal families in Greater Manchester
- Sessions are delivered remotely or face to face depending on the need of the service user

- We continue to invest in a designated space for trauma therapy to be delivered in a way that meets the needs of families
- This year we have delivered 510 sessions of trauma therapy

Current position and future plans

Spoons is the only charity in Greater Manchester dedicated to supporting families who experience neonatal care. Our charity has never been needed more and, therefore, sustainability remains the number one focus for our board of trustees.

Over the last year we have seen a drop in our income, however this was expected and accounted for given that we had drawn down on pots of funding specifically associated with Covid support which are now no longer available.

In October 2022 we were awarded a first multi-year grant from the National Lottery Reaching Communities to fund some of our core costs and develop our plans to ensure Spoons' sustainability. This multi-year funding has secured some of our staff posts for three years. We are now working with an experienced fundraiser who will help us maximise both individual and community giving. We have a warm community of supporters and the implementation of systems and processes and approved fundraising techniques will help us grow our income. We are also continuing to seek other multi-year funding pots to secure staff positions.

We will continue to create more volunteer opportunities for parents with lived experience of neonatal care and continue to invest in training and developmental opportunities – this remains Spoons' core offer.

We will continue to work in partnership with NHS trusts, perinatal and parent infant mental health and other statutory organisations to ensure our families receive the best support available and that their voices are included in the development of neonatal services. We will also continue to work with voluntary groups and organisations to support the VCSE sector across Greater Manchester.

Financial review

During the year our income was £103,465 this was a decrease of £158,020 from the prior year. This decrease was due to a reduction in restricted grant income. This income was for non-recurrent funding opportunities that we were able to utilise at that time and we expected to see a decrease. Donations and gifts are on a par with the previous year.

Looking ahead, we are planning for a reduction in our annual income and expenditure budget to levels more akin to 2019/20

Subsequently our expenditure decreased by £50,132 from the prior year with overall expenditure totalling £202,251. The majority of this reduction was in administration costs and charitable expenditure on restricted funds.

This means that the total funds at the end of the year were £47,957 comprising of £26,447 of unrestricted funds and £21,510 restricted funds. Restricted funds will be spent over the following 12 months as per the grant agreements.

Reserves Policy

Our Reserves are important to ensuring continued operations to our beneficiaries and to meet the objectives set out in our current strategy. In order to do this the board has agreed to hold an amount of unrestricted Reserves to cover obligations to staff and our contracted suppliers.

As at the end of the financial year Spoons held £26,447 in unrestricted funds.

The Reserves of the charity are currently treated as liabilities to cover in the event of Spoons ceasing operations. This figure has been calculated at £7,567 and is a mixture of one month's staffing and other contractual services received. As at 30 April 2023 Spoons had met this obligation and held it in the bank current account. In the event of the unrestricted funds being lower than the agreed value, plans will be made to bring it back in line.

A full review of the reserves policy will be made during the budgeting process for 2023/24 to ensure the policy remains reflective of the changing demands of the charity.

Trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing the financial statements, the trustees are required to:

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

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Approved by the trustees on 27th January 2024 and signed on their behalf by:



[Sarah Moxon \(Jan 31, 2024 12:31 GMT\)](#)

Sarah Moxon
Chair of Trustees

Independent examiner's report to the trustees of Spoons

I report to the trustees on my examination of the accounts of the Spoons ("the Charity") for the year ended 30 April 2023

Responsibilities and basis of report

As the charity trustees of the Charity 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; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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:

Teresa Fennell

Teresa Fennell (Jan 31, 2024 12:35 GMT)

Date: 31/01/2024

Teresa Fennell, ACMA CGMA
It Doesn't Have to Cost the Earth Ltd
47 St Dunstan's Close,
Worcester, WR5 2AJ

Statement of Financial Activities for the year ended 30 April 2023

	Notes	Unrestricted funds £	Restricted funds £	Total funds 30 April 2023 £	Unrestricted funds	Restricted funds (restated)	Total funds 30 April 2022 (restated) £
Income and endowments from:							
Donations and legacies	2	51,830	51,635	103,465	95,161	166,324	261,485
Total		51,830	51,635	103,465	95,161	166,324	261,485
Expenditure on:							
Raising Funds		17,699	900	18,599	9,276	1,631	10,907
Charitable activities		88,104	95,548	183,652	63,223	178,253	241,476
Total	3	105,803	96,448	202,251	72,499	179,884	252,383
Net income/(expenditure)		(53,973)	(44,813)	(98,786)	22,662 -	13,560	9,102
Transfer between funds	11	2,158	(2,158)	-	11,068	(11,068)	-
Net movement in funds		(51,815)	(46,971)	(98,786)	33,730	(24,628)	9,102
Reconciliation of funds:							
Total funds brought forward		78,262	68,481	146,743	44,532	93,109	137,641
Total funds carried forward		26,447	21,510	47,957	78,262	68,481	146,743

Balance Sheet as at 30 April 2023

	Notes	Total funds 30 April 2023 £	Total funds 30 April 2022 (restated) £
Fixed assets			
Tangible assets	10	-	-
Total fixed assets		-	-
Current assets			
Debtors	7	894	983
Cash at bank and in hand	8	50,189	163,408
Total current assets		51,083	164,391
Creditors: amounts falling due within one year	9	3,126	17,648
Net current assets/(liabilities)		47,957	146,743
Total assets less current liabilities		47,957	146,743
Total net assets / (liabilities)		47,957	146,743
Funds of the Charity			
Unrestricted funds	11	26,447	78,262
Restricted funds	11	21,510	68,481
Total funds		47,957	146,743

The notes on pages 11 to 23 form an integral part of the financial statements.

Approved by the trustees on 27th January 2024 and signed on their behalf by:


 Sarah Moxon (Jan 31, 2024 12:31 GMT)
 Sarah Moxon, Chair of Trustees

Notes to the accounts

Note 1: Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of preparation

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), second edition - October 2019 (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2016.

The charity has applied the exemption available to small charities in the Charities SORP (FRS 102) and does not include a Statement of Cash Flows in these Financial Statements.

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

b) Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

c) Income

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

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

Donations are recognised when the charity receives the funds.

d) Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are funds which the donor has specified are solely to be used for particular activities.

e) Interest receivable

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

f) Expenditure

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

All expenditure is shown inclusive of VAT.

g) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs. Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

h) Operating Leases

The charity currently has no operating leases.

i) Tangible Fixed Assets

Individual assets costing £500 or more are capitalised at cost and are depreciated evenly over their estimated useful economic lives, as follows:

Equipment	25% straight-line
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j) Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

j) Creditors and provisions

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

k) Corporation Tax

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

l) Key estimates and accounting judgements

In applying the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions in determining the carrying amounts of assets and liabilities. The Trustees' judgements, estimates and assumptions are based on the best and most reliable evidence available at the time when the decisions are made, and are based on historical experience and other factors that are considered to be applicable. Due to the inherent subjectivity involved in making such judgements, estimates ad assumptions, the actual results and outcomes may differ.

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

Note 2: Analysis of income

	Unrestricted funds	2023 Restricted funds	Total funds
	£	£	£
Donations and gifts	48,312	-	48,312
Action Together - Peer Support	-	1,000	1,000
Action Together - One Oldham	-	9,960	9,960
Comic Relief 2023	-	4,965	4,965
Grants to Grow	-	-	0
NWODN Xmas 22	-	500	500
TNL - Reaching Communities	-	25,250	25,250
TNL- Awards for All	-	9,960	9,960
Other grants	3,518	-	3,518
Total	51,830	51,635	103,465

Prior year comparison

	Unrestricted funds	2022 Restricted funds (restated)	Total funds (restated)
	£	£	£
Donations and gifts	48,536	-	48,536
Groundworks - Bags of Help	4,375	-	4,375
Action Together	-	7,960	7,960
NWODN Project	-	983	983
NWODN Project 2	-	40,724	40,724
Sing N Shake	-	1,000	1,000
Helping Hands - The Postcode Lottery	-	17,178	17,178
Helping Hands - Bury Council	-	4,974	4,974
Awards for All	-	9,920	9,920
Grants to Grow (restated)	-	82,000	82,000
HMRC CCG	-	1,586	1,586
GMCVO	7,500	-	7,500
Stockport NHS	750	-	750
Heywood Middleton & Rochdale	16,000	-	16,000
Garfield Weston	15,000	-	15,000
Albert Hunt Trust	3,000	-	3,000
Total	95,161	166,325	261,485

* The Grants to Grow income originally reported in 21/22 of £102,500 was found to be overstated by £20,500 due to a deposit not being allocated to an outstanding invoice. The 2021/22 income figure has been reduced by £20,500 to remove the erroneous duplication, and to bring the total project income figure to £82,000 for the year in line with the grant agreement.

Note 3: Analysis of expenditure

	2023		
	Unrestricted	Restricted	Total
	£	£	£
Merchandise	99	-	99
Cost of Fundraising	17,699	900	18,599
Administration	16,209	5,264	21,473
Printing, stationary and Postage	2,119	33	2,152
Charitable Expenditure	50,254	15,629	65,883
Rent	4,793	118	4,911
Staffing costs	4,198	74,016	78,214
Accountancy Fees	8,184	-	8,184
Volunteer costs	1,765	488	2,253
Governance Costs	483	-	483
	105,803	96,448	202,251

For the allocation of support costs, see note 4.

Prior year comparison

	2022		
	Unrestricted	Restricted	Total
	£	£	£
Merchandise	1,408	2,726	4,134
Cost of Fundraising	9,876	1,632	11,507
Administration	6,558	26,106	32,664
Printing, stationary and Postage	538	303	841
Charitable Expenditure	37,055	63,518	100,573
Rent	671	3,551	4,222
Staffing costs	8,589	68,130	76,720
Accountancy Fees	4,003	4,427	8,430
Volunteer costs	2,492	9,131	11,622
Governance Costs	1,309	360	1,669
	71,189	179,884	252,383

Note 4: Governance and Support costs

	Unrestricted Funds	2023 Restricted Funds	Total
	£		
Governance Costs	983	-	983
	983	-	983

Governance costs	£
Independent Examination	500
Trustee Training	-
Trustee Indemnity Insurance	466
Trustee Expenses	17
	983

Prior year comparison

	Unrestricted	2022 Restricted	Total
	£	£	£
Governance Costs	1,309	360	1,669
	1,309	360	1,669

Note 5: Details of certain items of expenditure

	2023	2022
	£	£
Independent examiner's fees	500	275
Total	500	275

Note 6: Employees

	2023	2022
	£	£
Salaries and wages	70,997	65,994
Social security costs	4,853	4,117
Pension costs (defined contribution scheme)	1,231	591
Total staff costs	77,081	70,702

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000 (2022: none)

6.2 Average head count in the year

	2023	2022
	6	5
Total	6	5

6.3 Key Management Personnel

The remuneration of the key management personnel is:

	2023	2022
	£	£
Salaries and wages	31,430	24,417
Social security costs	3,221	2,169
Pension costs (defined contribution scheme)	756	545
Total staff costs	35,407	27,131

Note 7: Debtors and prepayments

Analysis of debtors

	2023	2022 (restated)
	£	£
Trade debtors	-	983
Prepayments and accrued income	894	-
Total	894	983

Note 8: Cash at bank and in hand

	2023	2022
	£	£
Cash in Hand	-	1,918
Current Account	49,856	161,585
PayPal	333	(96)
Total	50,189	163,408

Note 9: Creditors & Accruals**Analysis of creditors: falling due within one year**

	2023	2022
	£	£
Trade creditors	1,573	16,136
Accruals	644	983
Taxes and social security	677	422
Pensions Payable	232	107
Total	3,126	17,648

Deferred income**Deferred Income**

Deferred income comprises of income received by Spoons in 2022/23 for activities taking place in 2023/24

	£
Balance at 1 May 2022	-
Amounts released to income earned from charitable activities	-
Amount deferred in period	-
Balance at 30 April 2023	-

Note 10: Tangible Fixed Assets

	Equipment £	Total £
Cost or Valuation		
As at 1 May 2022	1,550	1,550
Additions	-	-
Disposals	-	-
As at 30 April 2023	<u>1,550</u>	<u>1,550</u>
 Depreciation		
As at 1 May 2022	1,550	1,550
Charge in year	-	-
As at 30 April 2023	<u>1,550</u>	<u>1,550</u>
 Net Book Value at 30 April 2022	-	-
Net Book Value at 30 April 2023	-	-

Note 11: Charity funds

	Balance at 1 May 2022	Income	Expenditure	Transfer	Balance at 30 April 2023
	£	£	£	£	£
<i>Restricted Funds</i>					
Action Together	4,614	-	(4,614)	-	-
Action Together - One Oldham	-	9,960	(9,877)	(83)	-
Action Together - Peer Support	-	1,000	(14)	(986)	-
Cash 4 Kids	78	-	(109)	31	-
Comic Relief - Covid	935	-	-	(935)	-
Comic Relief 2023	-	4,965	(1,329)	-	3,636
Grants to Grow	43,066	-	(43,409)	343	-
Groundworks - Covid	130	-	-	(130)	-
Helping Hands - Bury Council	3,439	-	(3,201)	(238)	-
Helping Hands - The Postcode Lottery	13,468	-	(14,253)	785	-
NWODN Xmas 22	-	500	(500)	-	-
Oldham Community Recovery Fund	250	-	-	(250)	-
Oldham NHS CCG Grant	465	-	-	(465)	-
Sing N Shake	858	-	(655)	(203)	-
Tampon Tax Fund	1,177	-	(1,150)	(27)	-
TNL - Reaching Communities	-	25,250	(17,337)	-	7,913
TNL- Awards for All	-	9,960	-	-	9,960
Total Restricted Funds	68,480	51,635	(96,448)	(2,158)	21,509
<i>Unrestricted Funds</i>					
	78,263	51,830	(105,803)	2,158	26,448
	78,263	51,830	(105,803)	2,158	26,448
Total Funds	146,743	103,465	(202,251)	-	47,957

Note 11: Charity funds (continued)
Prior year comparative

	Balance at 1 May 2021 £	Income (restated) £	Expenditure £	Transfer £	Balance at 30 April 2022 (restated) £
Restricted Funds					
Postcode Lottery	2,875	-	-	(2,875)	-
Action Together	(414)	7,960	(2,932)	-	4,614
Royal London Grant	(1,105)	-	-	1,105	-
MSV Housing	(42)	-	-	42	-
Tameside MBC - Neonatal Family Support	3,128	-	(2,727)	(401)	-
Tampon Tax Fund	5,492	-	(4,315)	-	1,177
The National Lottery Main Grants: Awards	7,844	9,920	(8,260)	(9,504)	-
The National Lottery Main Grants:	22,660	-	(24,831)	2,171	-
Comic Relief - Covid	2,000	-	(1,065)	-	935
Forever Manchester - Covid	80	-	(80)	-	-
Groundworks - Covid	2,000	-	(1,870)	-	130
NWODN Project	39,921	-	(31,114)	(8,807)	-
Oldham Community Recovery Fund	250	-	-	-	250
Oldham NHS CCG Grant	8,419	-	(7,954)	-	465
NWODN Project 2	-	40,724	(48,908)	8,184	-
Sing N Shake	-	1,000	(142)	-	858
Helping Hands - The Postcode Lottery	-	17,178	(3,710)	-	13,468
Helping Hands - Bury Council	-	4,974	(1,535)	-	3,439
Cash 4 Kids	-	1,586	(1,508)	-	78
Grants to Grow	-	82,000	(38,934)	-	43,066
NWODN Welcome Packs	-	983	-	(983)	-
Total Restricted Funds	93,108	166,325	(179,884)	(11,068)	68,480
Unrestricted Funds					
	44,533	95,161	(72,499)	11,068	78,262
	44,533	95,161	(72,499)	11,068	78,262
Total Funds	137,641	261,485	(252,383)	-	146,742

Note 11: Charity funds (continued)**Details of the funds provided and their purpose:**

Action Together	From NICU to Home - Rochdale - supporting families through transition From hospital to Home with community groups and sessions
Action Together - One Oldham	From NICU to Home - Oldham - supporting families through transition from hospital to home with community groups and sessions
Action Together - Peer Support	Recruitment and training for volunteer peer supporters
Cash 4 Kids	For sibling packs
Comic Relief 2023	Support for neonatal families from diverse communities
Grants to Grow	For staff salaries
Helping Hands - Bury Council	Community support and sessions for families residing in the Bury area
Helping Hands - The Postcode Lottery	Delivery of community baby massage and sensory sessions
NWODN Xmas 22	Supporting co-production of neonatal services through parent engagement
Sing N Shake	Community music session in Tameside
Tampon Tax Fund	Salaries for family support services
TNL - Reaching Communities	Sustaining support for neonatal families in Manchester
TNL- Awards for All	Community play sessions

Note 12: Net assets by fund

	Unrestricted	Restricted	Total
Fixed Assets	-	-	-
Net current assets	26,448	21,509	47,957
	26,448	21,509	47,957

Prior Year Comparative

	Unrestricted Funds	Restricted Funds (restated)	Total (restated)
Fixed Assets	-	-	-
Net current assets	78,262	68,481	146,743
	78,262	68,481	146,743

Note 13: Trustees remuneration and expenses

The trustees received no remuneration for the performance of their duties (2022: £:nil)

One Trustee was reimbursed £16.60 for travel expenses (2022:£nil)

Note 14: Related party transactions

The Trustees consider its key management personnel to comprise the Trustees and the Operations Manager. The Trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or on kind (2022: £nil). No Trustee, or person related or connected by business or them has received any payments or other benefits from the charity during the year. The remuneration of the Operations Manager is shown in note 6.3. There were no related party transactions in the financial year ending 30 April 2023.

Annual Report and Accounts 2023 FINAL_RESTATED 2122 INCOME-KM Accepted

Final Audit Report

2024-01-31

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SPOONS

England & Wales - Charity number 1167043

Accounts

Spoons

Charity Registration Number: 1167043

**Trustees' Annual Report and Financial Statements
for the year ended 30 April 2022**



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Administrative Information

Trustees:	Lee Garner Sarah Moxon Caroline Looby Tracey Rawlinson Pamela Ashcroft Khadijah Nazir Salim
Charity Address:	Spoons Charity Albany Mill Old Hall Street Middleton Manchester M24 1AG
Bankers:	Lloyds Bank Ariel House 2138 Coventry Road Sheldon B26 3JW
Accountant:	Beyond Profit Ltd G104 Bolton Arena Arena Approach Horwich Bolton BL6 6LB
Independent Examiner:	It Doesn't Have to Cost the Earth Ltd 47 St Dunstons Close Worcester WR5 2AJ

Trustees Annual Report

Structure, governance and management

Spoons is a Charitable Incorporated Organisation with the Charity Registration Number 1167043. The governing document of Spoons is a constitution dated 11 May 2016, amended on 10 January 2022.

Trustees are appointed for a three year period by resolution passed at a Trustee meeting. Trustees meet at least three times per year.

Objectives and Activities for the Public Benefit

The object of the charity is to relieve the needs of parents and families of babies who experience neonatal care in Greater Manchester. This is achieved by providing support, information and education about neonatal care and its implications for the family to health professionals and the general public.

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives, in planning future activities and setting the grant making policy for the period.

Review of Activities and Achievements

A message from our chair, Sarah Moxon

"This has been a great year for Spoons. We started the new year with our first paid staff member in the shape of our new operations manager. We started the year with one paid staff member and have ended with a team of five paid staff, who along with parents and stakeholders, continue to help us shape our services for neonatal families. This has been a fantastic boost for Spoons and has meant we have a team focusing on improving and sustaining our offer of support to families in neonatal care.

We are now starting to see the long term impact of COVID 19. Families have reported heightened feelings of stress and anxiety and our services have never been more important to those with a sick or premature baby in Greater Manchester. As a charity we remain committed to supporting families in a way that meets their individual needs.

Our peer support offer has continued to grow and we are hugely proud of our team of 15 volunteers who lead this service in neonatal units across Greater Manchester.

On behalf of everyone involved in Spoons, I would like to offer heartfelt thanks to all the individuals, businesses and organisations that have chosen to support us with donations over the past 12 months"

Spoons Team of Staff - All staff have lived experience of neonatal care and three members of staff have transitioned from volunteer roles to paid staff

- In April 2021 we recruited a play leader to run weekly sensory play sessions across Greater Manchester
- In July 2021 we recruited a second play leader to support the development of these groups
- In August 2021 we recruited a bilingual family support coordinator – this role aims to increase engagement with neonatal families from diverse communities and support families where peer support had reached its limitations. We also hope this role will enable us to recruit more volunteers from diverse communities
- In September 2021 we recruited another family support coordinator working more generally with all families. The same month we recruited a volunteer coordinator to increase recruitment of volunteers, provide neonatal peer support training and support to volunteers

Peer Support and Volunteers – All volunteers have lived experience of neonatal care

- Our face-to-face peer support is delivered by volunteers with lived experience of neonatal care on neonatal units at Royal Oldham Hospital, North Manchester General Hospital, Wythenshawe Hospital and St Mary's Hospital
- We currently have 15 active peer support volunteers
- In December 2021 we introduced an online "Intro to Neonatal Peer Support" session. This is aimed at parents with lived experience of neonatal care who are interested in exploring becoming a peer supporter. This was a huge success and has been attended by over 40 potential peer support volunteers in Manchester
- Recruitment of 16 potential new peer support volunteers is currently underway with training planned for May 2022 with peer support being introduced at neonatal units in Royal Bolton Hospital, Stepping Hill Hospital, Wigan Hospital and Tameside Hospital
- We held a volunteer away day in November 2021 which was attended 12 peer support volunteers, 5 members of Spoons staff and a trustee. This was an opportunity for us to thank our volunteers for their commitment and consult with them on service development

Community Groups and sessions

- This year we introduced Sensory Play sessions to bring families from our neonatal community together and create new support networks.
- These sensory sessions provide opportunities for babies to explore their environment in a way that is sensitive to their need, helping support sensory development
- We delivered 46 sensory play sessions in locations in Bury, Oldham, Rochdale and Manchester
- We continued to offer baby massage to neonatal families based in North Manchester
- We introduced a baby massage session in South Manchester
- We delivered 47 sessions of baby massage
- We held 4 weaning sessions which were facilitated by a specialist feeding Speech and Language Therapist
- We introduced a Stay N Play session in Rochdale. This session was facilitated by our Bilingual Family Support Coordinator who reached out to families from diverse communities to support them to attend and meet other neonatal families

EMDR and Trauma Therapy

- We continue to fund sessions (Eye Movement Desensitisation Reprogramming) and trauma therapy to neonatal families in Greater Manchester
- Sessions are delivered remotely or face to face depending on the need of the service user
- We continue to invest in a designated space for trauma therapy to be delivered in a way that meets the needs of families
- This year we have delivered 479 sessions of trauma therapy to families who have experienced neonatal care

Neonatal Resources and Packs – To help families access support, make memories and mark milestones

- Spoons Neonatal Welcome Packs are provided to families of babies in Royal Oldham Neonatal Intensive Care Unit, North Manchester, St Mary's Oxford Road Campus Neonatal Intensive Care Unit, Royal Bolton Neonatal Intensive Care Unit and Wythenshawe Neonatal Unit
- Spoons Neonatal Going Home Packs Care provided to families of babies discharged from Royal Oldham Neonatal Intensive Care Unit, North Manchester, St Mary's Oxford Road Campus Neonatal Intensive Care Unit, Royal Bolton Neonatal Intensive Care Unit and Wythenshawe Neonatal Unit

- Spoons Sibling Packs are provided to siblings of babies in Royal Oldham Neonatal Intensive Care Unit, North Manchester Neonatal Unit, St Mary's Oxford Road Campus Neonatal Intensive Care Unit and Wythenshawe Neonatal Unit

Training and Development – Investing in our staff and volunteers through training

- One paid staff member and one volunteer completed Level 2 Peer Mentor Training with Greater Manchester Mental Health Foundation Trust
- One paid staff member and four volunteers completed Level 2 Breastfeeding Training with The Breastfeeding Network
- One paid staff member and one volunteer completed Mental Health First Aid Training
- One member of paid staff completed Paediatric First Aid Training with St John's Ambulance
- One member of paid staff completed Designated Safeguarding Training with NSPCC
- Three members of paid staff completed Baby Massage Training
- Two paid members of staff and two volunteers completed Sensor Beginnings Master Training
- All staff and volunteers completed annual mandatory training

Current position and future plans

Over the last year we have seen significant growth. In May 2021 we received a sizeable grant from the Greater Manchester Health and Social Care Partnership which supported the recruitment of the Family Support Coordinators. This investment, plus various other grants from trusts and foundations, helped us to develop our service offer – introducing community groups, and also expand our offer – starting peer support and community groups in new locations across Greater Manchester.

Looking ahead, our focus is to secure this growth and support the sustainability of the Charity. With fundraising, we will look for multi-year funding to secure staff positions. We also plan to make internal improvements to how we operate - strengthening governance and purchasing a database for beneficiary data. To support us to look more strategically at our impact we will be developing a theory of change model and training our staff team to progress monitoring and evaluation. This model will in turn support fundraising and increase potential for new partnerships.

We will create more volunteer opportunities for parents with lived experience of neonatal care and continue to invest in training and developmental opportunities.

Spoons is the only charity in Greater Manchester dedicated to supporting families who experience neonatal care and we will continue to help families to navigate the neonatal journey and support them to be the best versions of themselves.

Financial review

During the year we have successfully increased our income to £281,985, an increase of £111,007. The majority of this is through grants received from a number of organisation and trusts. Our donations remained stable, reflecting the warm supporter base we have continued to nurture.

Our expenditure increased by £116,220 against last year to £252,383 with the majority of the increase relating to our staff salaries, HR costs and governance, as well our general charitable objectives. The cost increase was expected as we expanded our operations in line with grants received.

This means that the total funds at the end of the year were £167,243 comprising of £78,262 of unrestricted funds and £88,981 restricted funds. Restricted funds will be spent over the following 12 months as per the grant agreements.

Reserves Policy

Our Reserves are important to ensuring continued operations to our beneficiaries and to meet the objectives set out in our current strategy. In order to do this the board has agreed to hold an amount of unrestricted Reserves to cover obligations to staff and our contracted suppliers.

As at the end of the financial year Spoons held £78,262 in unrestricted funds. The unrestricted fund has increased by 76% YOY due to the increase in unrestricted income received. We know however, that post COVID cost increases and uncertainties around the economy may increase the chances of cash flow fluctuations and this figure is likely to decrease by April 2023.

The Reserves of the charity are currently treated as liabilities to cover in the event of Spoons ceasing operations. This figure has been calculated at £12,116 and is a mixture of one month's staffing and contractual services received. As at 30/04/2022 Spoons had met this obligation and held it in the bank current account. In the event of the unrestricted funds being lower than the agreed value, plans will be made to bring it back in line.

A full review of the reserves policy will be made during the budgeting process for 2023/24 to ensure the policy remains reflective of the changing demands of the charity.

Trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing the financial statements, the trustees are required to:

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

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Approved by the trustees on 13/02/2023 and signed on their behalf by:



Sarah Moxon
Chair of Trustees

Independent examiner's report to the trustees of Spoons

I report to the trustees on my examination of the accounts of the Spoons ("the Charity") for the year ended 30 April 2022.

Responsibilities and basis of report

As the charity trustees of the Charity 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; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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:



Date: 13/02/2023

Teresa Fennell, ACMA CGMA
It Doesn't Have to Cost the Earth Ltd
47 St Dunstan's Close,
Worcester, WR5 2AJ

Statement of financial activities as at 30th April 2022

	Notes	Unrestricted funds £	Restricted funds £	Total funds 30 April 2022 £	Unrestricted funds	Restricted funds	Total funds 30 April 2021 £
Income and endowments from:							
Donations and legacies	2	95,161	186,824	281,985	58,382	112,596	170,978
Charitable activities		-	-	-	-	-	-
Total		95,161	186,824	281,985	58,382	112,596	170,978
Expenditure on:							
Raising Funds		9,276	1,631	10,907	-	-	-
Charitable activities		63,223	178,253	241,476	38,611	97,552	136,163
Total	3	72,499	179,884	252,383	38,611	97,552	136,163
Net income/(expenditure)		22,662	6,940	29,602	19,771	15,044	34,815
Transfer between funds	11	11,068	(11,068)	-			-
Net movement in funds		33,730	(4,128)	29,602	19,771	15,044	34,815
Reconciliation of funds:							
Total funds brought forward		44,532	93,109	137,641	24,761	78,065	102,826
Total funds carried forward		78,262	88,981	167,243	44,532	93,109	137,641

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

All income and expenditure derive from continuing activities.

Balance Sheet as at 30th April 2022

		30 April 2022			Total funds 30 April 2021
	Notes	Unrestricted £	Restricted £	Total £	£
Fixed assets					
Tangible assets	10	-	-	-	1,550
Total fixed assets		-	-	-	1,550
Current assets					
Debtors	7	-	21,483	21,483	-
Cash at bank and in hand	9	79,774	83,634	163,408	137,641
Total current assets		79,774	105,117	184,891	137,641
Creditors: amounts falling due within one year	8	1,512	16,136	17,648	1,164
Net current assets/(liabilities)		78,262	88,981	167,243	136,477
Total assets less current liabilities		78,262	88,981	167,243	138,027
Total net assets / (liabilities)		78,262	88,981	167,243	138,027
Funds of the Charity					
Unrestricted funds	12	78,262	-	78,262	44,532
Restricted funds	12	-	88,981	88,981	93,109
Total funds		78,262	88,981	167,243	137,641

The notes on pages 11 to 19 form an integral part of the financial statements.

Approved by the trustees on 13/02/2023 and signed on their behalf by:

Sarah Moxon



Notes to the accounts

Note 1: Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of preparation

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), second edition - October 2019 (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2016.

The charity has applied the exemption available to small charities in the Charities SORP (FRS 102) and does not include a Statement of Cash Flows in these Financial Statements.

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

b) Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

c) Income

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

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

Donations are recognised when the charity receives the funds.

d) Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are funds which the donor has specified are solely to be used for particular activities.

e) Interest receivable

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

f) Expenditure

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

All expenditure is shown inclusive of VAT.

g) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs. Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

h) Operating Leases

The charity currently has no operating leases.

i) Tangible Fixed Assets

Individual assets costing £500 or more are capitalised at cost and are depreciated evenly over their estimated useful economic lives, as follows:

Equipment	25% straightline
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j) Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

j) Creditors and provisions

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

k) Corporation Tax

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

l) Key estimates and accounting judgements

In applying the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions in determining the carrying amounts of assets and liabilities. The Trustees' judgements, estimates and assumptions are based on the best and most reliable evidence available at the time when the decisions are made, and are based on historical experience and other factors that are considered to be applicable. Due to the inherent subjectivity involved in making such judgements, estimates ad assumptions, the actual results and outcomes may differ.

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

Note 2: Analysis of income

	Unrestricted funds £	2022 Restricted funds £	Total funds £	Unrestricted funds £	2021 Restricted funds £	Total funds £
Donations and gifts	48,536	-	48,536	39,799	-	39,799
Groundworks - Bags of Help	4,375	-	4,375	-	-	-
Action Together	-	7,960	7,960	-	996	996
Comic Relief - Covid	-	-	-	-	2,000	2,000
Forever Manchester - Covid	-	-	-	-	5,100	5,100
Groundworks - Covid	-	-	-	-	2,000	2,000
MSV Housing	-	-	-	-	1,000	1,000
NWODN Project	-	983	983	-	85,000	85,000
NWODN Project 2	-	40,724	40,724	-	-	-
Oldham NHS CCG Grant	-	-	-	-	16,500	16,500
Sing N Shake	-	1,000	1,000	-	-	-
Helping Hands - The Postcode Lottery	-	17,178	17,178	-	-	-
Helping Hands - Bury Council	-	4,974	4,974	-	-	-
Awards for All	-	9,920	9,920	-	-	-
Grants to Grow	-	102,500	102,500	-	-	-
Cash 4 Kids	-	1,586	1,586	-	-	-
Other Income	-	-	-	583	-	583
Tesco Bags of Help	-	-	-	4,500	-	4,500
GMCVO	7,500	-	7,500	-	-	-
Stockport NHS	750	-	750	-	-	-
Heywood Middleton & Rochdale	16,000	-	16,000	-	-	-
The Grand Trust	-	-	-	10,000	-	10,000
Garfield Weston	15,000	-	15,000	-	-	-
Duchy Benevolent Fund	-	-	-	500	-	500
Albert Hunt Trust	3,000	-	3,000	3,000	-	3,000
Total	95,161	186,824	281,985	58,382	112,596	170,978

Note 3: Analysis of expenditure

	Unrestricted Funds £	30-Apr-22 Restricted Funds £	Total £	Unrestricted Funds £	30-Apr-21 Restricted Funds £	Total £
Merchandise	1,408	2,726	4,134	-	-	-
Cost of Fundraising	9,876	1,632	11,507	-	-	-
Administration	6,558	26,106	32,664	5,072	15,824	20,896
Printing, stationary and Postage	538	303	841	-	-	-
Charitable Expenditure	37,055	63,518	100,573	31,477	61,304	92,781
Rent	671	3,551	4,222	-	-	-
Staffing costs	8,589	68,130	76,720	1,363	15,483	16,846
Accountancy Fees	4,003	4,427	8,430	-	-	-
Volunteer costs	2,492	9,131	11,622	699	4,520	5,219
Governance Costs	1,309	360	1,669	-	421	421
	72,499	179,884	252,383	38,610	97,553	136,163

For the allocation of support costs, see note 4.

Note 4: Governance and Support costs

	Unrestricted Funds £	30-Apr-22 Restricted Funds	Total	Unrestricted Funds £	30-Apr-21 Restricted Funds	Total
Support Costs	11,804	15,526	27,330	5,072	15,824	20,896
Governance Costs	1,309	360	1,669	-	421	421
	13,113	15,886	29,000	5,072	15,824	20,896

Governance costs

	£
Independent Examination	275
Trustee Training	-
Trustee Indemnity Insurance	1,394
Trustee Expenses	-
	1,669

Note 5: Details of certain items of expenditure

	30-Apr-22	30-Apr-21
	£	£
Independent examiner's fees	275	250
Total	275	250

Note 6: Employees

	2022	2021
	£	£
Salaries and wages	65,994	11,680
Social security costs	4,117	-
Pension costs (defined contribution scheme)	591	133
Total staff costs	70,702	11,813

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000 (2020: none)

6.2 Average head count in the year

	2022	2021
	5	2
Total	5	2

6.3 Key Management Personnel

The remuneration of the key management personnel is:

	2022	2021
	£	£
Salaries and wages	24,417	6,500
Social security costs	2,169	-
Pension costs (defined contribution scheme)	545	133
Total staff costs	27,131	6,633

Note 7: Debtors and prepayments**Analysis of debtors**

	30 April 2022	30 April 2021
	£	£
Trade debtors	21,483	-
Prepayments and accrued income	-	-
Total	21,483	-

Note 8: Creditors & Accruals

Analysis of creditors: falling due within one year

	30 April 2022	30 April 2021
	£	£
Trade creditors	16,136	-
Accruals	983	-
Taxes and social security	422	1,086
Pensions Payable	107	77
Total	17,648	1,163

Deferred income

Deferred Income

Deferred income comprises of income received by Spoons in 2021/22 for activities taking place in 2022/23

	£
Balance at 1 April 2021	-
Amounts released to income earned from charitable activities	-
Amount deferred in period	-
Balance at 31 March 2022	-

Note 9: Cash at bank and in hand

	30 April 2022	30 April 2021
	£	£
Cash in Hand	1,918	1,918
Current Account	161,585	134,328
PayPal	(96)	1,395
Total	163,408	137,641

Note 10: Tangible Fixed Assets

	Equipment	Total
	£	£
Cost or Valuation		
As at 1 April 2021	1,550	1,550
Additions	-	-
Disposals	-	-
As at 31 March 2022	1,550	1,550
Depreciation		
As at 1 April 2021	-	1,900
Charge in year	1,550	-
As at 31 March 2022	1,550	1,900
Net Book Value at 31 March 2022	-	-
Net Book Value at 31 March 2021	1,550	1,550

Note 11: Charity funds

	Balance at 1 May 2021	Income	Expenditure	Transfer	Balance at 30 April 2022
	£	£	£	£	£
<i>Restricted Funds</i>					
Postcode Lottery	2,875	-	-	(2,875)	-
Action Together	(414)	7,960	(2,932)	-	4,614
Royal London Grant	(1,105)	-	-	1,105	-
MSV Housing	(42)	-	-	42	-
Tameside MBC - Neonatal Family Support	3,128	-	(2,727)	(401)	-
Tampon Tax Fund	5,492	-	(4,315)	-	1,177
The National Lottery Main Grants: Awards for All	7,844	9,920	(8,260)	(9,504)	-
The National Lottery Main Grants: Development fund	22,660	-	(24,831)	2,171	-
Comic Relief - Covid	2,000	-	(1,065)	-	935
Forever Manchester - Covid	80	-	(80)	-	-
Groundworks - Covid	2,000	-	(1,870)	-	130
NWODN Project	39,921	-	(31,114)	(8,807)	-
Oldham Community Recovery Fund	250	-	-	-	250
Oldham NHS CCG Grant	8,419	-	(7,954)	-	465
NWODN Project 2	-	40,724	(48,908)	8,184	-
Sing N Shake	-	1,000	(142)	-	858
Helping Hands - The Postcode Lottery	-	17,178	(3,710)	-	13,468
Helping Hands - Bury Council	-	4,974	(1,535)	-	3,439
Cash 4 Kids	-	1,586	(1,508)	-	78
Grants to Grow	-	102,500	(38,934)	-	63,566
NWODN Welcome Packs	-	983	-	(983)	-
Total Restricted Funds	93,108	186,825	(179,884)	(11,068)	88,980
<i>Unrestricted Funds</i>	44,533	95,161	(72,499)	11,068	78,263
	44,533	95,161	(72,499)	11,068	78,263
Total Funds	137,641	281,985	(252,383)	-	167,243

Prior year comparative

	Balance at 1 May 2020	Income	Expenditure	Transfer	Balance at 30 April 2021
	£	£	£	£	£
Restricted Funds					
Postcode Lottery	2,875	-	-	-	2,875
Action Together	(516)	996	(894)	-	(414)
Ecclesiastical Movement for Good	-	-	0	-	-
Royal London Grant	127	-	(1,232)	-	(1,105)
MSV Housing	(1,042)	1,000	0	-	(42)
Tameside MBC - Neonatal Family Support	14,469	-	(11,341)	-	3,128
Tampon Tax Fund	8,175	-	(2,683)	-	5,492
The National Lottery Main Grants: Awards for All	9,862	-	(2,018)	-	7,844
The National Lottery Main Grants: Development fund	44,115	-	(21,455)	-	22,660
Comic Relief - Covid	-	2,000	0	-	2,000
Forever Manchester - Covid	-	5,100	(5,020)	-	80
Groundworks - Covid	-	2,000	0	-	2,000
NWODN Project	-	85,000	(45,079)	-	39,921
Oldham Community Recovery Fund	-	-	250	-	250
Oldham NHS CCG Grant	-	16,500	(8,081)	-	8,419
Total Restricted Funds	78,065	112,596	(97,553)	-	93,108
Unrestricted Funds					
	24,761	58,382	(38,610)	-	44,533
	24,761	58,382	(38,610)	-	44,533
Total Funds	102,826	170,978	(136,163)	-	137,641

Note 12: Net asset by fund

	Unrestricted Funds	Restricted Funds	Total
Fixed Assets	-	-	-
Net current assets	78,262	88,981	167,243
	78,262	88,981	167,243

Prior Year Comparative

	Unrestricted Funds	Restricted Funds	Total
Fixed Assets	1,550	-	1,550
Net current assets	42,983	93,108	136,091
	44,533	93,108	137,641

Note 13: Trustees remuneration and expenses

The trustees received no remuneration for the performance of their duties (2021: £:nil)

Note 14: Related party transactions

The Trustees consider its key management personnel to comprise the Trustees and the Operations Manager. The Trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or on kind (2021:£nil). No Trustee, or person related or connected by business or them has received any payments or other benefits from the charity during the year. The remuneration of the Operations Manager is shown in note 6.3. There were no related party transactions in the financial year ending 30 April 2022.

SPOONS

England & Wales - Charity number 1167043

Accounts

TRUSTEES' ANNUAL REPORT & FINANCIAL STATEMENTS

For the year ended 30 April 2021



Supporting Families who experience Neonatal Care in Greater Manchester

Charity Registration Number: 1167043



Administrative Information

Trustees:

Lee Garner

Sarah Moxon

Caroline Looby

Tracey Rawlinson

Pamela Ashcroft

Appointed July 2020

Khadijah Nazir Salim

Appointed August 2020

Kirsten Mitchell

Resigned November 2020

Charity Address:

Spoons Charity
Albany Mill
Old Hall Street Middleton
Manchester
M24 1AG

Bankers:

Lloyds Bank
21 Cardiff Road
CF38 1WD

Accountant:

Beyond Profit Ltd
G104 Bolton Arena
Arena Approach
Horwich
Bolton
BL6 6LB

Independent Examiner:

It Doesn't Have to Cost the
Earth Ltd
47 St Dunstons Close
Worcester
WR5 2AJ

TRUSTEES ANNUAL REPORT

Structure, governance and management

Spoons is a Charitable Incorporated Organisation with the Charity Registration Number 1167043. The governing document of Spoons is a constitution dated 11 May 2016.

Trustees are appointed for a 3-year period by resolution passed at a Trustee meeting. Trustees meet at least 3 times per year.

Objectives and Activities for the Public Benefit

The object of the charity is to relieve the needs of parents and families of babies who experience neonatal care in Greater Manchester by the provision of support, information and to advance the awareness and education of neonatal care and the implications for the family to health professionals and the general public.

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities and setting the grant making policy for the period.



REVIEW OF ACTIVITIES AND ACHIEVEMENTS

5890



parents have engaged with a peer support volunteer on the neonatal unit



£282,828

raised to support families in neonatal care in Greater Manchester



4258

parents have received our Spoons Welcome Packs

570



community sessions and groups have been held



276



trauma therapy sessions have been funded

A message from our chair, Sarah Moxon

The coronavirus pandemic continues to have a huge impact on families experiencing neonatal care. While parental access on neonatal units in Greater Manchester has (at the time of publishing) returned to a pre-pandemic state, allowing both parents to visit their child/children at the same time, siblings, grandparents, the wider family and members of the parental support system are still unable to spend time with babies on the units. The implications of this on the mental health of families cannot be underestimated and our charity remains committed to supporting family units through the challenges of the neonatal care experience. We continue to work alongside our NHS and third sector colleagues to ensure families have access to appropriate support such as peer support, trauma counselling and community support and activities. Over the past 12 months, our peer support volunteers have provided families on neonatal units with over 400 hours of support and we fear this is the tip of the iceberg of what is needed.

At a time when families have needed us most, but resource has been scarce, I am incredibly proud to say that Spoons has achieved significant growth over the past 12 months. In April 2020 we were awarded a development grant from The National Lottery to fund our Strong Foundations Programme. Before this grant, Spoons had been entirely reliant on volunteers to operate and the grant has enabled us to:

- recruit a full-time Operations Manager who strategically leads our service provision
- further digitalise; ensuring we have effective logistics and robust data processes to support the growth of our service
- secure specialist support from consultants working in HR and employment law, accounting and finance, charity governance and health and safety

On behalf of everyone involved in Spoons, I would like to thank The National Lottery for the opportunity to develop and grow our service provision in a sustainable way through what has been, and continues to be, an incredibly challenging period.

Another great source of pride for Spoons this year was the outcome of an external evaluation of our service carried out by Greater Manchester and Eastern Cheshire Maternity Voices. Our purpose in commissioning the evaluation was to truly understand the experience of our service users, ensuring support we offered was aligned to what they were telling us was needed.

The quote below is taken from the summary of our external evaluation;

Spoons has evolved organically from the experiences of a small group of parents into a charity which engages effectively with a wide client group. The charity provides a voice for parents and families but also works closely with services and health professionals. The charity has adopted a trauma-informed approach which acknowledges how neonatal health problems can challenge the whole family as a unit, not just mums or dads.

There is a high degree of trust and commitment from families, many of whom have developed a deep bond and loyalty to the charity and its aims. Multiple beneficiaries have spoken emotively about the support that the charity has provided, and it was not unusual for the charity and its wider support network to be talked of in terms of a 'family'.

On behalf of everyone involved in Spoons, I would like to offer heartfelt thanks to all the individuals, businesses and organisations that have chosen to support us with donations over the past 12 months. Your donation has helped us to support families through what is, very often, the most traumatic and stressful period of their lives and to look to the future.

PROVISION OF PACKS AND PHYSICAL RESOURCES

NEONATAL WELCOME PACKS

- The packs are provided to all families on neonatal units at the Royal Oldham Hospital, North Manchester Hospital and Tameside Hospital and will be rolled out to neonatal units at St Mary's and Wythenshawe Hospital later this year.
- Packs include neonatal milestone cards, notebook and pen, water bottle, an inkless footprint kit and hand sanitiser. Also included in the pack is a neonatal journal, designed by one of our peer support volunteers, to help parents record, and reflect on how they are feeling throughout the neonatal journey.

"Spoons has genuinely been a life saver for me. I remember getting the lovely family pack when we were first in NICU, it was so touching and made everything a little bit easier. I could not wait to do the footprint kit and the little touches made a horrible experience a little happier. I didn't reach out to spoons during our NICU stay. However, I really began to struggle further down the line, and I didn't know where to turn. I saw my Spoons water bottle and remembered there was someone I could contact. I reached out and immediately I felt less alone. After a chat I was sent a referral form for Trauma therapy and this helped me so much! It turned my whole life around and if it weren't for Spoons, I don't know what I would have done"

SPOONS KIDS CLUB SIBLING PACKS

- Our original sibling packs were aimed at encouraging brothers and sisters to get involved with neonatal care within a hospital setting, however, coronavirus restrictions mean they are no longer able to meet or spend any time with their new sibling at any point on the neonatal unit.
- Our sibling packs have been updated to focus on helping children understand why restrictions are in place and they also include a special footprint kit for parents to create a gift from the baby to their older siblings.



GOING HOME PACKS



- Our parents tell us that going home, where there is no specialist medical support on hand, is perhaps one of the scariest moments in the neonatal journey. Our 'Going Home' packs signpost parents to the support we offer in the community and encourage them to reach out to us at any point.
- Packs are provided to all eight neonatal units across Greater Manchester.



PEER SUPPORT ON THE NEONATAL UNIT

- Our face-to-face peer support, in the hospital environment, was paused at the start of the pandemic in line with national restrictions. Prior to this we had a total of seven peer support volunteers offering their time at neonatal units at the Royal Oldham Hospital and North Manchester Hospital.
- We immediately moved to a remote peer support service, staffed by three volunteers. Not having a physical presence on units did impact the number of families we saw reaching out to us and neonatal staff reported that both parents and staff teams were missing the support peer support volunteers provided.
- By July 2020 we were able to reintroduce peer support on neonatal units and are hugely grateful to the NHS for the time they invested in helping us resume this service.
- In October 2020 we recruited and trained a further nine peer support volunteers and these are now supporting families on neonatal units at in St Mary's Hospital and Wythenshawe Hospital, as well as the Royal Oldham Hospital and North Manchester Hospital.
- Over the past 12 months, our volunteers have provided families with over 400 hours of neonatal peer support.

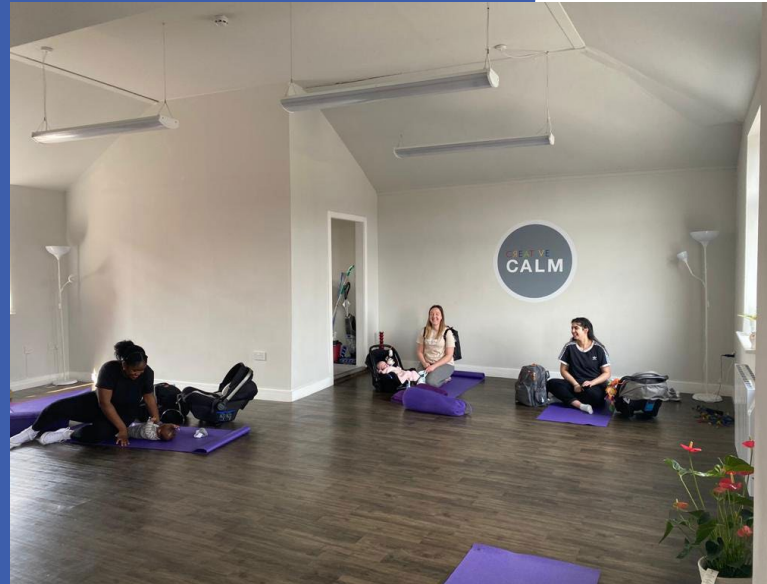


The quote below has been provided by a senior nurse in one of our partnering NHS trusts:

"Parents of babies admitted to neonatal units often experience a long and emotional journey. As a Neonatal Nurse Manager, I believe that the support given by parent peer support volunteers is unique and the value of peer support via lived experience provides early intervention and this positive impact on parents experience cannot be underestimated. Spoons parent volunteers are parents who have had first-hand experience which means they are able to empathise with problems and challenges faced by parents and help them to navigate the neonatal journey".

COMMUNITY SUPPORT GROUPS

- The pandemic also temporarily closed our community groups and sessions
- We introduced a range of remote community groups to provide families with opportunities to connect with others in similar circumstances, access peer support and enjoy activities that would support their health and wellbeing
- Our online provision included:
 - Baby massage
 - Sibling yoga
 - Mindfulness sessions
 - Bingo and family quiz night
 - Community group meetings
- Online activities were well attended but families told us they were feeling isolated and so, in September 2020 we were able resume our face-to-face community groups, and we are now offering



The quote below has been provided by one of the parents who recently attended our baby massage session:

"I have attended the session in Prestwich today and would just like to send my thanks to Spoons and Janine who runs the sessions. I don't know if you realise the positive impact the sessions have on parents but today has been a breakthrough for me".



EMDR AND TRAUMA THERAPY

- The number of parents accessing our EMDR (Eye Movement Desensitisation Reprogramming) and trauma therapy service is three times higher than it was prior to the pandemic and, as with all our services, the vast majority of this has been provided remotely.
- Access to remote therapy has made it easier for many families across Greater Manchester to access as distance is no longer a barrier.
- We have, however, invested in the rental of a dedicated therapy space which has enabled us to return to face-to-face trauma therapy services (should parents prefer) in a COVID secure location



276

**trauma therapy sessions
have been funded this year**

VOLUNTEERS

Our service continues to be volunteer-led and we are grateful to all the wonderful people who give up their time and used their lived experience of neonatal care to support other families. Their compassion and commitment is truly humbling and Spoons would not be able to operate without them. We aim to invest as much as possible in our volunteers and this year our volunteers have had access to Spoons Neonatal Peer Support training, COVID training, Mental Health First Aid training, and Sensory Beginnings – Neonatal Nurture with Knowledge training.



CELEBRATIONS, GIFTS, EVENTS, AND AWARENESS

As with last year, COVID restrictions has meant that our usual events and celebrations have been done differently. However, with the help of our volunteers, trustees, and staff on the neonatal unit we have continued to celebrate occasions and mark awareness days and events.

In April this year we celebrated our fifth birthday with "Spoons Family Takeovers" across social media. This involved a number of the families that Spoons has engaged with over five years sharing what a day in their child's life looks like now. This was a huge success and we saw a significant increase in our digital footprint. More social campaigns are planned for the coming year to continue to drive awareness of our charity and the support we offer.



Our 'Spoons Family Takeover'
social media campaign

**We would like to thank those who
have been involved in or supported
any of our campaigns this year.**

Dear Spoons,

I wanted to give some feedback on the trauma therapy I have accessed. Janine has been amazing, from the initial zoom meeting to the face to face appointments. She is so approachable and understanding I honestly feel if it wasn't for her I wouldn't have been able to open up or move on from how I was feeling.

I cannot thank you all enough, you've all been wonderful and have helped more than I could ever explain.

Love Laura x





FUTURE PLANS

This has been another incredibly challenging year for the third sector. For charities working in health and social care, where the need for support is greater than ever, competition for resource is fierce and we truly appreciate the support from our generous donors and funders (at a time when many have experienced personal financial hardship) which has allowed us to sustain our service.

Just before the end of the year we secured funding via the Greater Manchester Centre for Voluntary Organisations Grants to Grow – Supporting VCSE groups in Greater Manchester who support parents facing maternity mental health challenges. This grant will support the recruitment of staff to ensure we continue to meet the needs of neonatal families across Manchester. Particularly in removing barriers to supporting those from marginalised groups

Spoons is the only charity in Greater Manchester dedicated to supporting families who experience neonatal care and this exciting investment into the organisation will enable us to reach out to our wider regional neonatal community.

Spoons is recognised nationally as a model of best practice in neonatal family support, and we are hugely proud of this. We will continue to work to ensure that the families of Greater Manchester have access to the support that meets their needs throughout their neonatal journey and beyond.



Financial review

During this financial year we have received £170,978 from a variety of sources. This represents an increase of £48,846 against the total monies received last year. Most of this income has been gratefully received via grant applications made to a wide range of funders. This has come during a time where we were unable to proceed with our calendar of fundraising events and has supported us during the Covid lockdowns.

Due to the increase in grant funding we were able to expand our operations to deliver projects as mentioned above. This impacted our costs and we saw an increase in expenditure of £80,457.

The total funds at the end of this financial year were £137,641 comprising of £44,532 of unrestricted funds and £93,109 of restricted funds.

Reserves Policy

The reserves policy is to be finalised as part of the 2021/2022 reviews.

The calculations around monthly liabilities have been made and there are currently no financial obligations that require payback should operations cease meaning the reserves will be relatively low. The Trustee's will agree a time period of reserves to hold in the bank in the next financial year.

As at 30/04/2021, our unrestricted free reserves were £44,532, this being the total of our unrestricted funds less our assets retained for the charity's own use.



Trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing the financial statements, the trustees are required to:

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

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Approved by the trustees on 23/02/2022 and signed on their behalf by:

.....

Sarah Moxon
Chair of Trustees



Independent examiner's report to the trustees of Spoons

		30 April 2021			30 April 2020		
	Notes	Unrestricted funds £	Restricted funds £	Total funds £	Unrestricted funds £	Restricted funds £	Total funds £
Receipts:							
Donations and legacies	2	58,382	112,596	170,978	24,826	95,731	120,557
Charitable Activities		-	-	-	1,575	-	1,575
Total:		58,382	112,596	170,978	26,401	95,731	122,132
Raising Funds		-	-	-	10,285	-	10,285
Charitable Activities	3	31,477	61,304	92,781	12,176	24,418	36,594
Support, administration and governance	4	7,134	36,248	43,382	7,704	1,123	8,827
Total		38,611	97,552	136,163	30,165	25,541	55,707
Net receipts/ (payments)		19,771	15,044	34,815	(3,764)	70,190	66,978
Cash funds at 30 April 2020	6	24,761	78,065	102,826	28,375	7,875	36,250
<i>Transfers between funds</i>				-			-
Cash funds at 30 April 2021	6	44,532	93,109	137,641	24,761	78,065	103,228

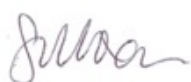
Balance Sheet as at 30 April 2020

	30 April 2021			30 April 2020		
	Unrestricted funds £	Restricted funds £	Total £	Unrestricted funds £	Restricted funds £	Total £
Cash Funds:						
Cash at bank & in hand	44,533	93,108	137,641	23,212	78,065	101,276
	44,533	93,108	137,641	23,212	78,065	101,276
Assets retained for the charity's own use						
Office equipment and computers	1,550	-	1,550	1,550	-	1,550
	1,550	-	1,550	1,550	-	1,550
Liabilities						
Creditors: amounts due within 12 months	1,164	-	1,164	-	-	-
	1,164	-	1,164	-	-	-

Signed on behalf of the Trustees of Spoons on 23/02/2022

.....

Sarah Moxon
Chairperson



Notes to the Accounts

1) Receipts and Payment accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context “cash” includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

2) Donations, grants and legacies

	Unrestricted funds £	Restricted funds £	2021 Total funds £	Unrestricted funds £	Restricted funds £	2020 Total funds £
Donations and gifts	38,657	-	38,657	21,817	-	21,817
Gift Aid	1,142	-	1,142	1,009	-	1,009
Action Together	-	996	996	-	1,281	1,281
Ecclesiastical Movement for Good	-	-	-	2,000	-	2,000
Royal London Grant	-	-	-	-	5,000	5,000
Tameside Metropolitan Borough Council	-	-	-	-	20,050	20,050
Tampon Tax Fund	-	-	-	-	9,450	9,450
The National Lottery Main Grants: Awards for All	-	-	-	-	9,950	9,950
The National Lottery Main Grants: Development fund	-	-	-	-	50,000	50,000
Comic Relief - Covid	-	2,000	2,000	-	-	-
Forever Manchester - Covid	-	5,100	5,100	-	-	-
Groundworks - Covid	-	2,000	2,000	-	-	-
MSV Housing	-	1,000	1,000	-	-	-
NWODN Project	-	85,000	85,000	-	-	-
Oldham NHS CCG Grant	-	16,500	16,500	-	-	-

Miscellaneous Income	583	-	583	-	-	-
Tesco Bags of Help	4,500	-	4,500	-	-	-
The Grand Trust	10,000	-	10,000	-	-	-
Duchy Benevolent Fund	500	-	500	-	-	-
Albert Hunt Trust	3,000	-	3,000	-	-	-
	58,382	112,596	170,978	24,826	95,731	120,557

3) Direct Charitable Expenditure

	Unrestricted funds £	Restricted funds £	2021 Total funds £	Unrestricted funds £	Restricted funds £	2020 Total funds £
Charitable Activities	31,477	61,304	92,781	12,176	24,418	36,594
	31,477	61,304	92,781	12,176	24,418	36,594

4) Charity Management and Administration

	Unrestricted funds £	Restricted funds £	2021 Total funds £	Unrestricted funds £	Restricted funds £	2020 Total funds £
Administration Costs	5,072	15,824	20,896	6,132	339	6,471
Staffing Costs	1,363	15,483	16,846	-	-	-
Governance Costs	-	421	421	337	-	337
Volunteer Costs	699	4,520	5,219	1,236	784	2,020
	7,134	36,248	43,382	7,704	1,123	8,827

5) Current Liabilities - Creditors

	30 June 21	30 June 20
HMRC	1,086	-
Pension	77	-
	1,163	-

Payments to HMRC were misallocated by HMRC from Dec to April 20/21 - a catch up payment of £1,086 was made during 2021 to clear the account.

The pension liability was current to April and was paid 09/05/2021 to clear to April.

6) Funds

	Balance at 1 May 2020 £	Incoming Resources £	Resources Expended £	Transfers between funds £	Balance at 30 April 2021 £
Restricted Funds:					
Postcode Lottery	2,875	-	-	-	2,875
Action Together	(516)	996	(894)	-	(414)
Ecclesiastical Movement for Good	-	-	-	-	0
Royal London Grant	127	-	(1,232)	-	(1,105)
MSV Housing	(1,042)	1,000	-	-	(42)
Tameside MBC - Neonatal Family Support	14,469	-	(11,341)	-	3,128
Tampon Tax Fund	8,175	-	(2,683)	-	5,492
The National Lottery Main Grants: Awards for All	9,862	-	(2,018)	-	7,844
The National Lottery Main Grants: Development fund	44,115	-	(21,455)	-	22,660
Comic Relief - Covid	-	2,000	-	-	2,000
Forever Manchester - Covid	-	5,100	(5,020)	-	80
Groundworks - Covid	-	2,000	-	-	2,000
NWODN Project	-	85,000	(45,079)	-	39,921
Oldham Community Recovery Fund	-	-	250	-	250
Oldham NHS CCG Grant	-	16,500	(8,081)	-	8,419
Total Restricted Funds	78,065	112,596	(97,553)	-	93,108
Unrestricted funds	24,761	58,382	(38,610)		44,533
Total Funds	102,826	170,978	(136,163)	-	137,641

Prior year comparison

	Balance at 1 May 2019 £	Incoming Resources £	Resources Expended £	Transfers between funds £	Balance at 30 April 2020 £ 36,400
Restricted Funds:					
Postcode Lottery	2,875	-	-	-	2,875
Action Together	-	1,281	(1,797)	-	(516)
Ecclesiastical Movement for Good	-	-	-	-	0
Royal London Grant	-	5,000	(4,873)	-	127
MSV Housing	-	-	(1,042)	-	(1,042)
Tameside MBC - Neonatal Family Support	-	20,050	(5,581)	-	14,469
Tampon Tax Fund	-	9,450	(1,275)	-	8,175
The National Lottery Main Grants: Awards for All	5,000	9,950	(5,088)	-	9,862
The National Lottery Main Grants: Development fund	-	50,000	(5,885)	-	44,115
Total Restricted Funds	7,875	95,731	(25,541)	-	78,065
Unrestricted funds	28,525	26,401	(30,165)	-	24,761
Total Funds	36,400	122,132	(55,706)	-	102,826

7)) Related party transactions and Trustees' expenses and remuneration

The Trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind (2020: £nil).

Kirsten Mitchell resigned as a Trustee on 1st November 2020 and was employed to the role of Operations Manager on 1st December via an open recruitment process.

The job role was added to Indeed.co.uk as per recruitment process.

No Trustees, or person related or connected by business to them has received any payments or other benefits from the charity during the year.

Independent examiner's report to the trustees of Spoons Charity

I report to the trustees on my examination of the accounts of Spoons (the Charity) for the year ended 30 April 2021.

Responsibilities and basis of report

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

Independent examiner's statement

I have completed my examination. I 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 Trust 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.



Teresa Fennell, ACMA

It Doesn't Have to Cost the Earth Ltd

47 St Dunstons Close, Worcester, WR5 2AJ

Date:

24/2/2022



@spoonscharity



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Charity Registration Number: 1167043

