

ASSOCIATION FOR INFANT MENTAL HEALTH (UK)

England & Wales · Charity number 1174298

Details

Other names	THE ASSOCIATION FOR INFANT MENTAL HEALTH (UK)
Status	Registered
Legal form	Charitable company
Company number	03219779
Registered	2017-08-17
Register	View on the Charity Commission register

Contact

Address Chipping Campden Business Hub
The Cambrook
High Street
Chipping Campden
Gloucestershire
GL55 6AT

Phone 07545021891

Email info@aimh.uk

Website <https://aimh.uk>

Activities

Objects: TO ADVANCE EDUCATION AND RESEARCH FOR THE PUBLIC BENEFIT IN THE FIELD OF INFANT MENTAL HEALTH AND THE EMOTIONAL DEVELOPMENT AND HEALTH OF INFANTS AND YOUNG CHILDREN, BY EDUCATING HEALTHCARE PROFESSIONALS, PRACTITIONERS, POLICY MAKERS AND THE GENERAL PUBLIC THROUGH STRATEGIC DISCUSSIONS, WORKSHOPS, CONFERENCES AND A WEBSITE, AND PUBLISHING THE USEFUL RESULTS OF SUCH RESEARCH.

Activities: AIMH UK's primary mission is to promote understanding of why infant mental health is important, and to support the professional development of all practitioners working with parents, infants and toddlers. A membership organisation for all practitioners (midwives, health visitors, psychotherapists, psychiatrists, psychologists, paediatricians, early years workers, nursery nurses, baby room leaders)

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training
- **Who:** Children/young People, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£56,919	£90,973	-	-
2023-12-31	£100,547	£93,488	-	-
2022-12-31	£78,986	£91,124	-	-
2021-12-31	£78,514	£81,737	-	-
2020-12-31	£75,539	£67,285	-	-

Trustees

Name	Role	Appointed
Professor Jane Barlow	Chair	2016-07-29
Dr Helen Simmons		2024-05-01
Dr Maddalena Miele		2020-11-27
Dr Sarah Sabalis Sturrock		2024-09-06
Emily Gandy		2024-11-22
Robin Arthur Balbernie		2020-11-27

ASSOCIATION FOR INFANT MENTAL HEALTH (UK)

England & Wales - Charity number 1174298

Accounts

Charity registration number 1174298 (England and Wales)

Company registration number 03219779

**ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Professor J Barlow M Miele R Balbernie R Spencer H Simmons S S Sturrock E Gandy	 (Appointed 1 May 2024) (Appointed 6 September 2024) (Appointed 22 November 2024)
Charity number	1174298	
Company number	03219779	
Registered office	Chipping Campden Business Hub The Cambrook High Street Chipping Campden Gloucestershire United Kingdom GL55 6AT	
Independent examiner	Stuart Christy FCA Azets Audit Services Limited Epsilon House The Square Gloucester Business Park Gloucester United Kingdom GL3 4AD	
Bankers	National Westminster Bank Plc 250 Bishopsgate London EC2M 4AA	

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

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ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) FOR THE YEAR ENDED 31 DECEMBER 2024

The trustees present their annual report and financial statements for the year ended 31 December 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)".

Objectives and activities

Purposes and Aims

AiMH UK's charitable purposes are as set out in its Articles of Association:

To advance education and research for the public benefit in the field of infant mental health and the emotional development and wellbeing of infants and young children. This is achieved by educating healthcare professionals, practitioners, policymakers, and the general public through strategic discussions, workshops, conferences, online resources, and publications of relevant research findings.

AiMH UK is an interdisciplinary, not-for-profit organisation that promotes education, research and understanding of the effects of mental, emotional, and social development during infancy.

As an affiliate of the World Association for Infant Mental Health (WAIMH), AiMH UK's work is underpinned by a strong evidence base demonstrating the profound impact of early nurturing environments on an infant's capacity for emotional regulation, brain development, and long-term wellbeing.

Our values are consistent with those of professional organisations supporting families in the perinatal period, emphasising wellbeing, ethical practice, and the prevention of harm.

Our Vision

AiMH UK envisions a society in which the importance of infant mental health is recognised at all levels — from policy to frontline practice — and where all practitioners working with parents and babies during the perinatal period have access to evidence-based training and continuous professional development.

We aim to:

- Provide evidence-based educational resources to academic, clinical, and service-led communities;
- Support and promote research and best practice in the field of infant mental health;
- Offer a pathway for practitioners to achieve accreditation as Infant Mental Health Practitioners through the AiMH UK IMH CPD Programme.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

The Focus of Our Work

Our key priorities and core activities include:

- Providing a national voice for practitioners working in infant mental health.
- Improving professional practice through the AiMH UK IMH CPD Programme and the accreditation of Infant Mental Health Practitioners.
- Developing and delivering evidence-based resources to enhance knowledge and skills in infant mental health.
- Supporting communities of practice through our online members' area.
- Promoting collaboration and knowledge-sharing through a range of conferences, workshops, and networking events — including our Annual National Conference, Spring Conference, IMHAW Conference, Lunchtime Skills Box Sessions, IMH Hub events, and national networking sessions (all delivered online).

2024 Achievements and Developments

- **Membership:** AiMH UK individual membership remained stable. We continued partnership memberships with The Infant Mental Health Association of Aotearoa New Zealand (IMHAANZ) and The University of Northampton.
- **Website and Online Community:** The AiMH UK website underwent further improvements to enhance accessibility and promote membership. Our online community on Mighty Networks continues to be a valuable hub for news, articles, CPD programme support, and peer connection.
- **New Resources and Communications:** We developed new materials for members, including IMH CPD Soundbites, and issued regular Clinical Updates and Newsletters highlighting national IMH events and resources.
- **Collaborations:** Work began with the University of Oxford to re-develop the Parents in Mind online course.
- **Advocacy and Influence:** AiMH UK continued its active role in the 1001 Days Movement Steering Group, advocating for greater national investment and prioritisation of support for babies and toddlers across the UK.
- **Events:** In 2024, AiMH UK scheduled 11 events, attended by over 1,200 practitioners across the UK. These included Lunchtime Skills Box Sessions focused on practical skills to enhance parent-infant relationships and National Networking Events that encouraged sharing of best practice.
- **Conferences:**
 - > Speaking Up for Babies (June 2024), held to mark Infant Mental Health Awareness Week.
 - > Creating Emotionally Safe and Responsive Parent-Baby Relationships (November 2024, National Conference), which attracted strong attendance and featured expert speakers from across disciplines.
 - > Collaborative events with IMHAANZ (Infant Mental Health Association Aotearoa New Zealand), MADBB and the Anna Freud Centre.
- **Policy and National Engagement:** With the AiMH UK Competency Framework cited in the Government's Family Hubs and Start for Life guidance (August 2022), we continued outreach to Family Hub areas to promote access to our IMH CPD Programme. However, budget limitations in many areas remained a barrier to participation.
- **Governance:** AiMH UK continued to strengthen representation on its Executive Committee, expanding geographical and professional diversity, with Northern Ireland representation added in 2023.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

Financial review

Summary

The financial year 2024 presented several challenges for AiMH UK. Anticipated external funding streams—including charitable grants and sponsorships—did not materialise during the year. As a result, total income was largely generated through membership fees, events, and collaborative activities. While these income sources continued to demonstrate strong engagement from our community, they were not sufficient to meet the full range of administrative and operational costs and led to an overall deficit for the trading year.

In the absence of the additional external funding that had been expected, the charity had to draw on its reserves to ensure the uninterrupted delivery of its core activities and services. This approach enabled AiMH UK to honour its commitments, and continue supporting the infant mental health workforce throughout the year.

Future Plans

The Trustees remain committed to advancing awareness, education, and best practice in infant mental health. Our core mission is to support the mental wellbeing and healthy development of infants, considering cultural, regional, and environmental factors. Central to this mission is the generation and dissemination of knowledge that strengthens practice across the workforce.

Although 2024 was financially challenging, several strategic measures have been implemented to support the organisation's resilience. These include refined cost management, reductions to staff hours and salaries, and improvements in operational efficiency. While these adjustments were necessary, they have inevitably placed limitations on the capacity of staff and, in turn, on the breadth of work AiMH UK strives to deliver. Efforts to explore external funding, sponsorship, and charitable support will continue; however, securing such funding remains difficult in the current economic climate.

Despite these challenges, the steps taken position the charity for improved financial performance, and a return to surplus is projected for 2025.

Looking ahead, we aim to strengthen and grow our membership base, with a particular focus on developing partnerships with teams, services, and organisations, and on increasing engagement from early years professionals. We will continue to connect organisations across the UK and encourage their participation in the AiMH UK IMH CPD Programme. Expanding outreach to universities and colleges offering child development and early years training will also remain a priority, ensuring that students can access AiMH UK membership, benefit from the IMH CPD Programme, and begin building IMH portfolios as part of their studies.

Our ongoing projects include the development of a comprehensive IMH Directory on our website, which will feature:

- IMH training providers
- Educational courses in IMH and early child development
- An Infant Mental Health Recognition Register for practitioners

AiMH UK has established the UK's only IMH Standards through the Infant Mental Health Competency Framework (IMHCF), enabling practitioners to map their skills against recognised national standards. Referenced in the Family Hubs & Start for Life Programme Guidance (2022), this framework remains a vital resource for the IMH workforce. We will continue to invest in supporting practitioners as they assess their skills, develop IMH portfolios, and work toward registration on the IMH Recognition Register. As part of this commitment, we will develop further guidance materials, including videos and other resources, to assist practitioners throughout the process.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

Going concern

At the date of approving this report, the Trustees have not identified any uncertainties that would cast doubt on the charity's ability to continue as a going concern. Strategic cost-management measures implemented in 2024, alongside planned income-generating activities for 2025, support the Trustees' conclusion that AiMH UK remains financially stable and is projected to return to surplus in 2025.

The deficit incurred in 2024 relates solely to unrestricted funds. The deficit arose due to the absence of expected external funding and sponsorship during a challenging economic period. The Trustees have taken steps to address this position, including strengthened cost controls, restructuring of staffing hours, and a renewed focus on increasing membership, partnerships, and external income opportunities. These measures are expected to restore the unrestricted fund to surplus during the next financial year.

Structure, governance and management

Governing document

The charity is guided by its governing document, a memorandum and articles of association dated 23 June 2017, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Organisational structure

The company was registered as a charity on 17 August 2017. Now based in the Cotswolds, the current structure consists of:

- Board of trustees - 7 trustees and 1 Honorary Advisor
- The Operating Team - Comprising of the President, the Clinical Director, The Director of CPD & Education, The Chief Operations Officer and the Membership & Admin Assistant.
- Executive board - Consists of 10 members meeting quarterly to represent the voice of the professional and to coordinate the hub events and communities of practise.

AiMH UK employs a full time Chief Operations Officer – this was reduced to part-time to reduce costs, two part time (one day a week) Directors – the Clinical and CPD leads and an admin assistant part time.

Trustees

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Professor J Barlow

M Miele

R Balbernie

S Pritchard

(Resigned 1 January 2024)

R Spencer

H Simmons

(Appointed 1 May 2024)

S S Sturrock

(Appointed 6 September 2024)

E Gandy

(Appointed 22 November 2024)

Professor J Barlow is President and Chair of the charity.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) *FOR THE YEAR ENDED 31 DECEMBER 2024*

The trustees' report was approved by the Board of Trustees.

Professor J Barlow
Trustee

22 December 2025

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

I report to the trustees on my examination of the financial statements of Association for Infant Mental Health (U.K.) (the charity) for the year ended 31 December 2024.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

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

Independent examiner's statement - matter of concern identified

I have completed my examination. I have identified a matter of concern as detailed below.

Attention is drawn to note 1.2 of the financial statements, which indicates that the charity's ability to continue as a going concern is dependent on securing future funding. This condition indicates the existence of some uncertainty that may cast doubt on the charity's ability to continue as a going concern.

I confirm that apart from the matters of concern set out above, no 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 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I confirm that there are no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Stuart Christy FCA
Azets Audit Services Limited
Epsilon House
The Square
Gloucester Business Park
Gloucester
GL3 4AD

23 December 2025

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:							
Donations and legacies	2	41,470	-	41,470	74,072	7,500	81,572
Charitable activities	3	15,293	-	15,293	18,316	-	18,316
Investments	4	158	-	158	66	-	66
Total income		<u>56,921</u>	<u>-</u>	<u>56,921</u>	<u>92,454</u>	<u>7,500</u>	<u>99,954</u>
Expenditure on:							
Raising funds	5	3,555	-	3,555	1,305	-	1,305
Charitable activities	6	84,175	6,798	90,973	81,549	8,649	90,198
Total expenditure		<u>87,730</u>	<u>6,798</u>	<u>94,528</u>	<u>82,854</u>	<u>8,649</u>	<u>91,503</u>
Net income/(expenditure)		<u>(30,809)</u>	<u>(6,798)</u>	<u>(37,607)</u>	<u>9,600</u>	<u>(1,149)</u>	<u>8,451</u>
Transfers between funds		-	-	-	10,271	(10,271)	-
Net movement in funds	8	<u>(30,809)</u>	<u>(6,798)</u>	<u>(37,607)</u>	<u>19,871</u>	<u>(11,420)</u>	<u>8,451</u>
Reconciliation of funds:							
Fund balances at 1 January 2024		<u>6,497</u>	<u>6,798</u>	<u>13,295</u>	<u>(13,374)</u>	<u>18,218</u>	<u>4,844</u>
Fund balances at 31 December 2024		<u>(24,312)</u>	<u>-</u>	<u>(24,312)</u>	<u>6,497</u>	<u>6,798</u>	<u>13,295</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

BALANCE SHEET

AS AT 31 DECEMBER 2024

	Notes	2024		2023	
		£	£	£	£
Fixed assets					
Tangible assets	12		1,014		1,351
Current assets					
Debtors	13	914		22,041	
Cash at bank and in hand		8,644		9,692	
		<u>9,558</u>		<u>31,733</u>	
Creditors: amounts falling due within one year	14	<u>(34,884)</u>		<u>(19,789)</u>	
Net current (liabilities)/assets			<u>(25,326)</u>		<u>11,944</u>
Total assets less current liabilities			<u>(24,312)</u>		<u>13,295</u>
The funds of the charity					
Restricted income funds	15		-		6,798
Unrestricted funds	16		<u>(24,312)</u>		<u>6,497</u>
			<u>(24,312)</u>		<u>13,295</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2024.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the trustees on 22 December 2025

Professor J Barlow
Trustee

Company registration number 03219779 (England and Wales)

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

Charity information

Association for Infant Mental Health (U.K.) is a private company limited by guarantee incorporated in England and Wales. The registered office is Chipping Campden Business Hub, The Cambrook, High Street, Chipping Campden, Gloucestershire, GL55 6AT, United Kingdom.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have not identified any uncertainties that would cast doubt on the charity's ability to continue as a going concern. Strategic cost-management measures implemented in 2024, alongside planned income-generating activities for 2025, support the trustees' conclusion that AiMH UK remains financially stable and is projected to return to surplus in 2025. The trustees therefore have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

1.4 Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% reducing balance
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The costs of short-term employee benefits are recognised as a liability and an expense, unless those costs are required to be recognised as part of the cost of fixed assets.

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	864	-	864	21,787	-	21,787
Grants	-	-	-	-	7,500	7,500
Membership fees	40,606	-	40,606	52,285	-	52,285
	<u>41,470</u>	<u>-</u>	<u>41,470</u>	<u>74,072</u>	<u>7,500</u>	<u>81,572</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

3 Income from charitable activities

	Income from charitable activities 2024 £	Income from charitable activities 2023 £
Conference fees	15,293	18,316
	<u>15,293</u>	<u>18,316</u>
Analysis by fund		
Unrestricted funds	15,293	18,316
	<u>15,293</u>	<u>18,316</u>

4 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Other income	158	66
	<u>158</u>	<u>66</u>

5 Raising funds

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
<u>Fundraising and publicity</u>		
Seeking donations, grants and legacies	-	593
Other fundraising costs	3,555	712
	<u>3,555</u>	<u>1,305</u>
Fundraising and publicity	3,555	1,305
	<u>3,555</u>	<u>1,305</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

6 Expenditure on charitable activities

	Charitable expenditure 2024 £	Charitable expenditure 2023 £
Direct costs		
Staff costs	48,685	43,955
Depreciation and impairment	338	451
Other charitable expenditure	41,950	45,792
	<u>90,973</u>	<u>90,198</u>
Analysis by fund		
Unrestricted funds	84,175	81,549
Restricted funds	6,798	8,649
	<u>90,973</u>	<u>90,198</u>

7 Governance costs

Governance costs comprise of independent examination and accountancy fees of £2,106 (2023 - £1,770), of which £1,164 (2023 - £1,134) relates to fees payable for the preparation of the charity's statutory financial statements.

8 Net movement in funds	2024 £	2023 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	942	636
Depreciation of owned tangible fixed assets	338	451
	<u>942</u>	<u>636</u>

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

10 Employees

The average monthly number of employees during the year was:

2024 Number	2023 Number
1	1
<u>1</u>	<u>1</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

10 Employees	(Continued)	
Employment costs	2024	2023
	£	£
Wages and salaries	43,974	40,950
Social security costs	3,392	1,776
Other pension costs	1,319	1,229
	<u>48,685</u>	<u>43,955</u>

There were no employees whose annual remuneration was more than £60,000.

11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

12 Tangible fixed assets

	Fixtures and fittings
	£
Cost	
At 1 January 2024	5,461
At 31 December 2024	<u>5,461</u>
Depreciation and impairment	
At 1 January 2024	4,109
Depreciation charged in the year	338
At 31 December 2024	<u>4,447</u>
Carrying amount	
At 31 December 2024	<u>1,014</u>
At 31 December 2023	<u>1,351</u>

13 Debtors

	2024	2023
	£	£
Amounts falling due within one year:		
Trade debtors	46	20,941
Prepayments and accrued income	868	1,100
	<u>914</u>	<u>22,041</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

14 Creditors: amounts falling due within one year

	2024 £	2023 £
Other taxation and social security	24,915	12,999
Trade creditors	3,547	983
Other creditors	4,316	4,038
Accruals and deferred income	2,106	1,769
	<u>34,884</u>	<u>19,789</u>

15 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2024 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2024 £
CNWL Partnership Project	6,798	-	(6,798)	-	-
	<u>6,798</u>	<u>-</u>	<u>(6,798)</u>	<u>-</u>	<u>-</u>
Previous year:	At 1 January 2023 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2023 £
AIM Foundation	652	-	(652)	-	-
AIM High Award	100	-	(100)	-	-
CNWL Partnership Project	17,466	7,500	(7,897)	(10,271)	6,798
	<u>18,218</u>	<u>7,500</u>	<u>(8,649)</u>	<u>(10,271)</u>	<u>6,798</u>

16 Unrestricted funds

	At 1 January 2024 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2024 £
General funds	6,497	56,921	(87,730)	-	(24,312)
	<u>6,497</u>	<u>56,921</u>	<u>(87,730)</u>	<u>-</u>	<u>(24,312)</u>
Previous year:	At 1 January 2023 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2023 £
General funds	(13,374)	92,454	(82,854)	10,271	6,497
	<u>(13,374)</u>	<u>92,454</u>	<u>(82,854)</u>	<u>10,271</u>	<u>6,497</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

17 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 December 2024:			
Tangible assets	1,014	-	1,014
Current assets/(liabilities)	(25,326)	-	(25,326)
	<u>(24,312)</u>	<u>-</u>	<u>(24,312)</u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 December 2023:			
Tangible assets	-	1,351	1,351
Current assets/(liabilities)	6,497	5,447	11,944
	<u>6,497</u>	<u>6,798</u>	<u>13,295</u>

18 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

ASSOCIATION FOR INFANT MENTAL HEALTH (UK)

England & Wales - Charity number 1174298

Accounts

Charity registration number 1174298

Company registration number 03219779 (England and Wales)

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Professor J Barlow M Miele R Balbernie R Spencer H Simmons S S Sturrock	(Appointed 1 May 2024) (Appointed 6 September 2024)
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Charity number	1174298
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Company number	03219779
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Registered office	Chipping Campden Business Hub The Cambrook High Street Chipping Campden Gloucestershire United Kingdom GL55 6AT
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ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

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ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

Purposes and aims

AiMH UK's purposes are as set out in the objects contained in the company's Articles of Association:

'To advance education and research for the public benefit in the field of infant mental health and the emotional development of health of infants and young children, by: educating healthcare professionals, practitioners, policymakers and the general public, through strategic discussion, workshops, conferences and a website and publishing the useful results of such research'.

AiMH UK is an interdisciplinary, not-for-profit organisation that promotes education, research and study of the effects of mental, emotional and social development during infancy.

AiMH UK is an affiliate of the World Association for Infant Mental Health (WAIMH).

The organisation is underpinned by evidence concerning the impact of the early nurturing environment on the infants later capacity for emotional regulation and their rapidly developing brain, and thereby for the future wellbeing of society.

Our values are underpinned by those of professional organisations involved in the delivery of care to families during the perinatal period and are aimed at promoting wellbeing at all times and the avoidance of harm.

AiMH UK seeks to provide evidence-based educational resources, to academic, scientific, clinical and service-led communities. It aims to promote and support research and practice in the field, as well as provide evidence-based publications. The organisation is underpinned by an acknowledgement of the impact of the early nurturing environment on the infant's later capacity for emotional regulation and their rapidly developing neurological system, and thereby on the long-term well-being of the child and wider society.

We aim to provide the means by which practitioners working with parents and their babies across the perinatal period can become accredited infant mental health practitioners.

Our vision is for a society in which there is recognition at all levels (e.g. policy and practice) of the factors that support the socio-emotional development of babies both pre and post birth, and in which all practitioners working with parents during the perinatal period are provided with evidence-based training, and access to continuing professional development that enables them to continue to update their skills.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

The focus of our work

Our focus and core activities of our work are:

- Provide a voice for practitioners at a national level
- Improve IMH practice through accreditation of infant mental health practitioners through the AiMH UK IMH CPD Programme
- Develop and deliver evidence-based resources to promote knowledge and skills relating to infant mental health
- Offer support to the community of infant mental health practitioners through the development of communities of practice (hubs)
- To promote and establish new projects and events. These include an Annual AiMH UK National Conference, The IMHAW Conference and a range of workshops, Lunchtime Skills Box Sessions and IMH Hub events. A spring workshop and National networking events were introduced in 2023 (all online).

AiMH UK increased individual membership by 34% thereby supporting more practitioners in the field of infant mental health across the UK. During 2023 we continued our partnership memberships with The Infant Mental Health Association of Aotearoa New Zealand (IMHAANZ) and The University of Northampton. During 2023 we approached a number of other family hubs to join AiMH UK and access the IMH CPD programme with the Birmingham Start for Life Family Hub Team for 54 practitioners joining at the end of 2023.

During 2023 we created and improved several resources for our membership:

- The AiMH UK Website continues to be updated and improved for ease of access and to promote membership of AiMH UK.
- The online members area on Mighty Networks has proved a worthwhile investment and continues to source articles, the latest news in IMH for our members and spaces for the community to connect across the UK. A new IMH CPD programme space was created to support practitioners working through the programme.
- The updated AiMH UK IMH CPD Programme with the new online learning Moodle site evolved further on 2023 allowing practitioners to build their IMH Portfolios and gain entry onto the AiMH UK Infant Mental Health Recognition Register (IMHRR)
- Developing new resources and events for the membership of AiMH UK.
- Continuation of the Aim Foundation Bursary Scheme.
- Quarterly copies of the IJBPE, which will be available on the website for members to download. An archive of past issues is also available on our new membership platform.
- Regular Clinical Updates were emailed to our membership.
- Regular newsletters were emailed to all members including updates on IMH events and resources across the country.
- AiMH UK are part of the 1001 Days Movement steering group and continue to lobby and support policy makers to identify the critical importance of the earliest years of life and concerns that more support and prioritised action is required to support babies and toddlers across the UK.

In 2023 AiMH UK scheduled 11 events with over 1000 people attending. We continued with the 'The AiMH UK Lunchtime Skills Box Sessions' focusing on sharing practical skills for enhancing parent-infant relationships with a focus on skills that can be immediately transferred to practice and introduced National Networking events for best practice to allow our network to discuss relevant topics to their work in IMH and have the opportunity to chat in breakout rooms.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

In June, we held a conference titled Bonding Before Birth to support Infant Mental Health Awareness Week, which turned out to be our most successful event of 2023 in terms of both attendance and revenue. Our National Conference in November, themed Supporting Moments That Matter: Nurturing Parent-Baby Relationships, provided practitioners with valuable insights to deepen their work with infants and their families. This event featured presentations from experts across various fields within infant mental health.

With the AiMH UK competency framework being cited in the August 22 Government launch of Family Hubs, one of the five Parent-Infant Relationship priorities for Start for Life (SfL) areas is to 'produce a workforce training and development plan in infant-parent relationships' we continued to reach out to the Family Hubs to access out AiMH UK IMH CPD programme.

- All family facing professionals are upskilled using the *AiMH UK Competency Framework and mean that:
- During the SfL programme a majority of families with babies 0-2 years are supported by a trained professional (both across universal and specialist services), (Best practice)
- In the longer term ensures all families are supported by trained professionals. (Best practice)

AiMH UK continues to broaden its representation on the Executive Committee both geographically and from across different professions and sectors to ensure that we provide a nationally representative 'voice'.

During 2023, we were thrilled to welcome Northern Ireland into our network, expanding our reach to 11 hubs across the UK. Despite the demanding workloads and limited time available to our hub leads, who volunteer their efforts, they continue to face challenges in creating opportunities within their local areas. To support them, we introduced online National Networking Events, designed to foster connections among practitioners and facilitate discussions on key topics in infant mental health.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

Financial review

Summary

In 2023, the Aim Foundation grant concluded, and we received the final £7.5k payment from our service contract with the Central Northwest London Foundation Trust to support CNWL staff in achieving IMHRR registration. To offset the income gap from the Aim grant and the operational deficit in 2022, we reviewed and adjusted our pricing structure and membership packages at AiMH UK. While mindful of price increases, we enhanced membership benefits, including continued access to complimentary Skills Box Sessions, free National Networking Events, and IMH CPD workshops for members. We also introduced tiered packages for teams and organisations, featuring the new AiMH UK IMH CPD programme. Throughout 2023, we saw significant growth in full individual memberships and organisational memberships, notably including the Birmingham Start for Life team. However, income from student and early years memberships remained low, an area we aim to improve in 2024. Although we achieved an operational profit in 2023, financial challenges persist, and securing grants to support our work in infant mental health has become increasingly difficult. We remain optimistic that more Family Hubs across the UK will engage with our membership and participate in the AiMH UK IMH CPD program.

The Future

The Trustees are committed to advancing awareness and education in infant mental health, with a core mission to support the mental wellbeing and healthy development of infants while considering cultural, regional, and environmental factors. Our goals include generating and sharing knowledge and best practices in infant mental health.

In the coming year, we plan to grow our membership, focusing on partnerships with teams and organisations and increasing engagement from early years professionals. We aim to connect with Family Hub leads across the UK to encourage their participation in the AiMH UK IMH CPD program. We will also expand outreach to universities and colleges offering child development courses and training for early years professionals, promoting AiMH UK membership so students can access the IMH CPD Programme and develop IMH portfolios as part of their studies.

Our ongoing projects include developing a comprehensive IMH Directory on our website, which will feature:

- IMH training providers,
- Educational courses in IMH and early child development, and
- An Infant Mental Health Recognition Register for practitioners.

AiMH UK has established the nation's only IMH Standards, the IMH Competency Framework (IMHCF), allowing practitioners to align their skills with recognized standards. Cited in the Family Hubs & Start for Life (SfL) Programme Guidance 2022, this framework is a critical resource, and we will continue to invest in supporting practitioners as they map their skills, build IMH portfolios, and achieve registration in the IMH Recognition Register. As part of this we will be developing videos and resources to support practitioners working through the process.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

Structure, governance and management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006. The charity is guided by its governing document, a memorandum and articles of association dated 23 June 2017, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Organisational structure

The company was registered as a charity on 17 August 2017. Now based in the Cotswolds, the current structure consists of:

- Board of trustees - 7 trustees and 2 Honorary Advisors
- The Management team - Comprising of the President, the Clinical Director, The Director of CPD & Education and the Chief Operations Officer.
- Executive board - Consists of 10 members meeting quarterly to represent the voice of the professional and to coordinate the hub events and communities of practise.

AiMH UK employs a full time Chief Operations Officer, two part time (one day a week) Directors – the Clinical and CPD leads and an admin assistant part time.

Trustees

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Professor J Barlow	
C Garcia	(Resigned 19 December 2023)
M Miele	
R Balbernie	
S Abse	(Resigned 24 November 2023)
S Pritchard	(Resigned 1 January 2024)
R Spencer	
H Simmons	(Appointed 1 May 2024)
S S Sturrock	(Appointed 6 September 2024)

Professor J Barlow is President and Chair of the charity.

The trustees' report was approved by the Board of Trustees.

Professor J Barlow

Trustee

Dated: 29 November 2024

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

I report to the trustees on my examination of the financial statements of Association for Infant Mental Health (U.K.) (the charity) for the year ended 31 December 2023.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

Stuart Christy FCA

Azets

Epsilon House
The Square
Gloucester Business Park
Gloucester
GL3 4AD

Dated: 29 November 2024

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income from:							
Donations and legacies	2	74,072	7,500	81,572	26,492	39,500	65,992
Charitable activities	3	18,316	-	18,316	12,964	-	12,964
Investments	4	66	-	66	30	-	30
Total income		<u>92,454</u>	<u>7,500</u>	<u>99,954</u>	<u>39,486</u>	<u>39,500</u>	<u>78,986</u>
Expenditure on:							
Raising funds	5	1,305	-	1,305	1,239	-	1,239
Charitable activities	6	81,549	8,649	90,198	56,842	33,039	89,881
Total expenditure		<u>82,854</u>	<u>8,649</u>	<u>91,503</u>	<u>58,081</u>	<u>33,039</u>	<u>91,120</u>
Net incoming/(outgoing) resources before transfers							
		9,600	(1,149)	8,451	(18,595)	6,461	(12,134)
Gross transfers between funds		10,271	(10,271)	-	11,050	(11,050)	-
Net income/(expenditure) for the year/							
Net movement in funds		19,871	(11,420)	8,451	(7,545)	(4,589)	(12,134)
Fund balances at 1 January 2023		(13,374)	18,218	4,844	(5,829)	22,807	16,978
Fund balances at 31 December 2023		<u>6,497</u>	<u>6,798</u>	<u>13,295</u>	<u>(13,374)</u>	<u>18,218</u>	<u>4,844</u>

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

BALANCE SHEET

AS AT 31 DECEMBER 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	10		1,351		1,802
Current assets					
Debtors	11	22,041		2,563	
Cash at bank and in hand		9,692		16,012	
		<u>31,733</u>		<u>18,575</u>	
Creditors: amounts falling due within one year	12	<u>(19,789)</u>		<u>(15,533)</u>	
Net current assets			11,944		3,042
Total assets less current liabilities			<u>13,295</u>		<u>4,844</u>
Income funds					
Restricted funds	13		6,798		18,218
Unrestricted funds			6,497		(13,374)
			<u>13,295</u>		<u>4,844</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2023.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 29 November 2024

Professor J Barlow
Trustee

Company registration number 03219779

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

Charity information

Association for Infant Mental Health (U.K.) is a private company limited by guarantee incorporated in England and Wales. The registered office is Chipping Campden Business Hub, The Cambrook, High Street, Chipping Campden, Gloucestershire, GL55 6AT, United Kingdom.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Charitable funds

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

1.3 Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

1.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

1.5 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% reducing balance
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.6 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations and gifts	21,787	-	21,787	2,420	-	2,420
Grants	-	7,500	7,500	-	39,500	39,500
Memberships	52,285	-	52,285	24,072	-	24,072
	<u>74,072</u>	<u>7,500</u>	<u>81,572</u>	<u>26,492</u>	<u>39,500</u>	<u>65,992</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

3 Charitable activities

	Income from charitable activities 2023 £	Income from charitable activities 2022 £
Conference fees	18,316	12,964

4 Investments

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Deposit account interest	66	30

5 Raising funds

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
<u>Fundraising and publicity</u>		
Seeking donations, grants and legacies	593	824
Other fundraising costs	712	415
	<hr/>	<hr/>
Fundraising and publicity	1,305	1,239
	<hr/>	<hr/>
	1,305	1,239
	<hr/>	<hr/>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

6 Charitable activities

	Charitable expenditure 2023 £	Charitable expenditure 2022 £
Depreciation and impairment	451	601
Other charitable expenditure	45,792	42,129
Wages and salaries	42,726	45,853
Staff pension costs	1,229	1,298
	<u>90,198</u>	<u>89,881</u>
	<u>90,198</u>	<u>89,881</u>
Analysis by fund		
Unrestricted funds	81,549	56,842
Restricted funds	8,649	33,039
	<u>90,198</u>	<u>89,881</u>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

The average monthly number of employees during the year was:

2023 Number	2022 Number
1	1

There were no employees whose annual remuneration was more than £60,000.

9 Taxation

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.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

10 Tangible fixed assets

	Fixtures and fittings £
Cost	
At 1 January 2023	5,461
At 31 December 2023	5,461
Depreciation and impairment	
At 1 January 2023	3,659
Depreciation charged in the year	451
At 31 December 2023	4,110
Carrying amount	
At 31 December 2023	1,351
At 31 December 2022	1,802

11 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Trade debtors	20,941	1,212
Other debtors	-	240
Prepayments and accrued income	1,100	1,111
	<u>22,041</u>	<u>2,563</u>

12 Creditors: amounts falling due within one year

	2023 £	2022 £
Other taxation and social security	12,999	10,476
Trade creditors	983	670
Other creditors	4,038	762
Accruals and deferred income	1,769	3,625
	<u>19,789</u>	<u>15,533</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds				Movement in funds				
	Balance at 1 January 2022	Incoming resources	Resources expended	Transfers	Balance at 1 January 2023	Incoming resources	Resources expended	Transfers	Balance at 31 December 2023
	£	£	£	£	£	£	£	£	£
AIM Foundation	-	25,000	(23,298)	(1,050)	652	-	(652)	-	-
AIM High Award	100	-	-	-	100	-	(100)	-	-
CNWL Partnership Project	22,707	14,500	(9,741)	(10,000)	17,466	7,500	(7,897)	(10,271)	6,798
	<u>22,807</u>	<u>39,500</u>	<u>(33,039)</u>	<u>(11,050)</u>	<u>18,218</u>	<u>7,500</u>	<u>(8,649)</u>	<u>(10,271)</u>	<u>6,798</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

14 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 31 December 2023 are represented by:						
Tangible assets	-	1,351	1,351	-	1,802	1,802
Current assets/(liabilities)	6,497	5,447	11,944	(13,374)	16,416	3,042
	<u>6,497</u>	<u>6,798</u>	<u>13,295</u>	<u>(13,374)</u>	<u>18,218</u>	<u>4,844</u>

15 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

ASSOCIATION FOR INFANT MENTAL HEALTH (UK)

England & Wales - Charity number 1174298

Accounts

Charity registration number 1174298

Company registration number 03219779 (England and Wales)

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Professor J Barlow C Garcia M Miele R Balbernie S Abse S Pritchard R Spencer	 (Appointed 1 January 2022) (Appointed 28 January 2022) (Appointed 28 January 2022)
Charity number	1174298	
Company number	03219779	
Registered office	Chipping Campden Business Hub The Cambrook High Street Chipping Campden Gloucestershire United Kingdom GL55 6AT	

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

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ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

Purposes and aims

AiMH UK's purposes are as set out in the objects contained in the company's Articles of Association:

'To advance education and research for the public benefit in the field of infant mental health and the emotional development of health of infants and young children, by: educating healthcare professionals, practitioners, policymakers and the general public, through strategic discussion, workshops, conferences and a website and publishing the useful results of such research'

AiMH UK is an interdisciplinary, not-for-profit organisation that promotes education, research and study of the effects of mental, emotional and social development during infancy.

AiMH UK is an affiliate of the World Association for Infant Mental Health (WAIMH).

The organisation is underpinned by evidence concerning the impact of the early nurturing environment on the infants later capacity for emotional regulation and their rapidly developing brain, and thereby for the future wellbeing of society.

Our values are underpinned by those of professional organisations involved in the delivery of care to families during the perinatal period and are aimed at promoting wellbeing at all times and the avoidance of harm.

AiMH UK seeks to provide evidence-based educational resources, to academic, scientific, clinical and service-led communities. It aims to promote and support research and practice in the field, as well as provide evidence-based publications. The organisation is underpinned by an acknowledgement of the impact of the early nurturing environment on the infant's later capacity for emotional regulation and their rapidly developing neurological system, and thereby on the long- term well-being of the child and wider society.

We aim to provide the means by which practitioners working with parents and their babies across the perinatal period can become accredited infant mental health practitioners.

Our vision is for a society in which there is recognition at all levels (e.g. policy and practice) of the factors that support the socio-emotional development of babies both pre and post birth, and in which all practitioners working with parents during the perinatal period are provided with evidence-based training, and access to continuing professional development that enables them to continue to update their skills.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

The focus of our work

Our focus and core activities of our work are:

- Provide a voice for practitioners at a national level
- Improve IMH practice through accreditation of infant mental health practitioners through the AiMH UK IMH CPD Programme
- Develop and deliver evidence-based resources to promote knowledge and skills relating to infant mental health
- Offer support to the community of infant mental health practitioners through the development of communities of practice (hubs)
- To promote and establish new projects and events. These include an Annual AiMH UK National Conference, The IMHAW Conference and a range of workshops, Lunchtime Skills Box Sessions and IMH Hub events.

AiMH UK increased the size of their membership in 2022, from 490 to 659 - a growth rate of around 34% thereby supporting more practitioners in the field of infant mental health across the UK. During 2022 we were approached by a number of organisations to establish partnership memberships and established collaborations with Home-Start UK, The Infant Mental Health Association of Aotearoa New Zealand (IMHAANZ) and The University of Northampton.

In June 2022 we hosted the AIMH NI Conference ' Stronger from the Start'. From this collaboration we are looking to set-up a partnership membership with AiMH NI (Northern Ireland) in March 2023.

During 2022 we created and improved a number of resources for our membership:

- The AiMH UK Website was updated and improved for ease of access and to promote membership of AiMH UK.
- A New Members area on Mighty Networks was created. This is an online platform that can be used on a laptop, tablet or mobile phone with a dedicated App. It allows members to access a wealth of specialist resources for infant mental health and keep updated with the latest news in IMH. This platform also allows members to join their local hub and chat to fellow practitioners.
- Streamlining and improving the IMH Competency Framework to become the AiMH UK IMH CPD Programme
- A New Moodle site for the AiMH UK IMH CPD Programme
- Developing new resources and events for the membership of AiMH UK
- Continuation of the Aim Foundation Bursary Scheme
- Quarterly copies of the IJBPE, which will be available on the website for members to download. An archive of past issues is also available on our new membership platform.
- Regular Clinical Updates were emailed to our membership
- Regular newsletters were emailed to all members including updates on IMH events and resources across the country
- AiMH UK are part of the 1001 Days Movement steering group and continue to lobby and support policy makers to identify the critical importance of the earliest years of life and concerns that more support and prioritised action is required to support babies and toddlers across the UK.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

In 2022 AiMH UK scheduled 15 events with over 1600 people attending. We created a new set of events; 'The AiMH UK Lunchtime Skills Box Sessions' focusing on sharing practical skills for enhancing parent-infant relationships with a focus on skills that can be immediately transferred to practice. Free to members, these have proved popular, and we are increasing the number of these events in 2023.

We ran a conference to support Infant Mental Health Awareness Week in June – 'Recognising & Responding to Trauma in Infants' and our National Conference in November focused on 'Transforming Parent-Infant Relationships which supported practitioners to enhance their work with infants and their parents, with talks by professionals across the spectrum of Infant mental health specialties.

We were excited to learn that the AiMH UK competency framework was cited in the August 22 Government launch of Family Hubs, one of the five Parent-Infant Relationship priorities for Start for Life (SfL) areas is to 'produce a workforce training and development plan in infant-parent relationships'. This plan will ensure that:

- All family facing professionals are upskilled using the *AiMH UK Competency Framework and mean that:
 - During the SfL programme a majority of families with babies 0-2 years are supported by a trained professional (both across universal and specialist services), (Best practice)
 - In the longer term ensures all families are supported by trained professionals. (Best practice)

Following feedback from the Pilot Project a review was taken of the project. It was agreed that to move this programme forward, further investment was required to streamline the full AiMH UK IHM Competency Framework (IMHCF) which consisted of 7 Domains, featuring 63 competencies and involving 3 levels of expertise.

The pilot project indicated that the framework needed to be a more user-friendly and provide a place for every practitioner including students and early years workers through to regulated practitioners who deliver specialist services, to map their skills and practice, and create their IMH CPD Portfolio.

Subsequently each level of expertise has been reviewed and a working Portfolio document created, reducing the number of competencies within each level:

Level 1 Portfolio – 4 Domains with 12 competencies

Level 2 Portfolio – 5 Domains with 31 competencies

Level 3 Portfolio – 6 Domains with 33 competencies

AiMH UK continues to broaden its representation on the Executive Committee both geographically and from across different professions and sectors to ensure that we provide a nationally representative 'voice'.

There are now 10 AiMH UK Hubs across the UK including Scotland & Wales. Developing new hubs has been a slow process. We rely on the hub leads voluntarily giving their time and a number of hub leads stepped down in 2022 due to their personal work loads or retirement. We will look to see how we can support Hubs further in 2023.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

Financial review

Summary

In 2022 the Aim Foundation continued to support AiMH UK and awarded the charity £25K. The service contract with Central Northwest London Foundation Trust with income of £14K continued to facilitate the CNWL staff working towards IMHRR registration. The charity operationally ran at a loss due to the AiMH UK website requiring further investment as the previous upgraded site did not meet the needs of the organisation. This involved re-branding, streamlining the administrative background processes and creating a members area on Mighty Networks to work successfully for the organisation and the membership of AiMH UK. Income was slightly down compared to 2021 with higher personnel salaries and fees with a full salaried year for The Head of Finance & Admin including the extra costs of NI and pension contributions. The increase in this area was required to facilitate the work streams of AiMH UK and moving the charity forward in delivering its business strategy. We will be looking to further develop our business strategy for long-term sustainability, particularly though the cost of living crisis that has impacted the charities funding streams. Please see the Future Statement below for the steps we are taking to eliminate the deficit in 2023 including reviewing our pricing policy for membership and events, building on our AiMH UK IMH CPD Programme, researching opportunities for grant funding and approaching key stake holders and organisations working in IMH.

The Future

The Trustees will continue to work together to increase awareness and education in infant mental health. Our central aim is to promote the mental wellbeing and healthy development of infants, taking into account cultural, regional, and environmental variations, and to generate and disseminate scientific knowledge.

Over the next 12 months we plan to continue to expand our membership and will be reviewing our membership packages for individuals and organisations / centres and our pricing policy to come in line with inflation and sustain higher overhead cost and expedite any future operating losses.

In addition to promoting the registration of as many IMH practitioners as possible across the UK, we will continue plan to proactively approach a range of national organisations to encourage them to take up group membership for their practitioners. We will be furthering our collaboration with AiMH NI in the early part of 2023.

We will be expanding our reach to Universities and Colleges who run courses in Child Development and train Early Years workers, to pay for membership of AiMH UK and to enable their students to access the AiMH UK IMH CPD Programme and develop their IMH portfolio as part of their training programme;

To develop an IMH Directory on the website to include pages for:

- IMH Training Providers,
- Educational Courses in IMH and Early Child Development and
- The Infant Mental Health Recognition Register for practitioners.

AiMH UK has developed the only National set of IMH Standards, the IMH Competency Framework (IMHFC), against which trainee and trained practitioners can map their practice. (cited in the Family Hubs & Start for Life (SfL) Programme Guidance 2022); we will continue to invest and support practitioners working towards mapping their skills and creating their IMH portfolio and secure entry to the IMH Recognition Register.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

Structure, governance and management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The charity is guided by its governing document, a memorandum and articles of association dated 23 June 2017, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Organisational structure

The company was registered as a charity on 17 August 2017. Now based in the Cotswolds, the current structure consists of:

- Board of trustees - 7 trustees and 2 Honorary Advisors
- The Management team -Comprising of the President, the Clinical Director, The Director of CPD & Education and the Head of Admin and Finance. The management team meet weekly.
- Executive board - Consists of 18 members meeting quarterly to represent the voice of the professional and to coordinate the hub events and communities of practise

AiMH UK employs a full time Head of Admin and Finance, two part time (one day a week) Directors – the Clinical and CPD leads and an admin assistant part time.

Trustees

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Professor J Barlow

S Rance

(Resigned 28 January 2022)

C Garcia

M Miele

R Balbernie

S Abse

(Appointed 1 January 2022)

S Pritchard

(Appointed 28 January 2022)

R Spencer

(Appointed 28 January 2022)

Professor J Barlow is President and Chair of the charity.

The trustees' report was approved by the Board of Trustees.

Professor J Barlow

Trustee

Dated: 31 October 2023

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

I report to the trustees on my examination of the financial statements of Association for Infant Mental Health (U.K.) (the charity) for the year ended 31 December 2022.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

Stuart Christy FCA

Azets

Almswood House
93 High Street
Evesham
Worcestershire
WR11 4DU

Dated: 31 October 2023

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Income from:							
Donations and legacies	2	26,492	39,500	65,992	26,558	48,500	75,058
Charitable activities	3	12,964	-	12,964	6,575	-	6,575
Investments	4	30	-	30	3	-	3
Total income		<u>39,486</u>	<u>39,500</u>	<u>78,986</u>	<u>33,136</u>	<u>48,500</u>	<u>81,636</u>
Expenditure on:							
Raising funds	5	1,239	-	1,239	2,921	200	3,121
Charitable activities	6	56,842	33,039	89,881	37,274	44,463	81,737
Total expenditure		<u>58,081</u>	<u>33,039</u>	<u>91,120</u>	<u>40,195</u>	<u>44,663</u>	<u>84,858</u>
Net (outgoing)/incoming resources before transfers		(18,595)	6,461	(12,134)	(7,059)	3,837	(3,222)
Gross transfers between funds		11,050	(11,050)	-	12,620	(12,620)	-
Net expenditure for the year/ Net movement in funds		<u>(7,545)</u>	<u>(4,589)</u>	<u>(12,134)</u>	<u>5,561</u>	<u>(8,783)</u>	<u>(3,222)</u>
Fund balances at 1 January 2022		<u>(5,829)</u>	<u>22,807</u>	<u>16,978</u>	<u>(11,390)</u>	<u>31,590</u>	<u>20,200</u>
Fund balances at 31 December 2022		<u><u>(13,374)</u></u>	<u><u>18,218</u></u>	<u><u>4,844</u></u>	<u><u>(5,829)</u></u>	<u><u>22,807</u></u>	<u><u>16,978</u></u>

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

BALANCE SHEET

AS AT 31 DECEMBER 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	10		1,802		755
Current assets					
Debtors	11	2,563		1,724	
Cash at bank and in hand		16,012		24,800	
		<u>18,575</u>		<u>26,524</u>	
Creditors: amounts falling due within one year	12	<u>(15,533)</u>		<u>(10,301)</u>	
Net current assets			3,042		16,223
Total assets less current liabilities			<u>4,844</u>		<u>16,978</u>
Income funds					
Restricted funds	13		18,218		22,807
Unrestricted funds			<u>(13,374)</u>		<u>(5,829)</u>
			<u>4,844</u>		<u>16,978</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2022.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 31 October 2023

Professor J Barlow
Trustee

Company registration number 03219779

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

Charity information

Association for Infant Mental Health (U.K.) is a private company limited by guarantee incorporated in England and Wales. The registered office is Chipping Campden Business Hub, The Cambrook, High Street, Chipping Campden, Gloucestershire, GL55 6AT, United Kingdom.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Charitable funds

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

1.3 Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

1.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

(Continued)

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

1.5 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% reducing balance
-----------------------	----------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.6 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Donations and gifts	2,420	-	2,420	400	-	400
Grants	-	39,500	39,500	-	48,500	48,500
Memberships	24,072	-	24,072	26,158	-	26,158
	<u>26,492</u>	<u>39,500</u>	<u>65,992</u>	<u>26,558</u>	<u>48,500</u>	<u>75,058</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

3 Charitable activities

	Income from charitable activities 2022 £	Income from charitable activities 2021 £
Conference fees	12,964	6,575

4 Investments

	Unrestricted funds 2022 £	Unrestricted funds 2021 £
Deposit account interest	30	3

5 Raising funds

	Unrestricted funds 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
<u>Fundraising and publicity</u>				
Seeking donations, grants and legacies	824	1,252	200	1,452
Other fundraising costs	415	1,669	-	1,669
	<u>1,239</u>	<u>2,921</u>	<u>200</u>	<u>3,121</u>
	<u>1,239</u>	<u>2,921</u>	<u>200</u>	<u>3,121</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

6 Charitable activities

	Charitable expenditure 2022 £	Charitable expenditure 2021 £
Depreciation and impairment	601	251
Other charitable expenditure	42,129	53,810
Wages and salaries	45,853	27,580
Staff pension costs	1,298	96
	<u>89,881</u>	<u>81,737</u>
	<u>89,881</u>	<u>81,737</u>
	<u>89,881</u>	<u>81,737</u>
Analysis by fund		
Unrestricted funds	56,842	37,274
Restricted funds	33,039	44,463
	<u>89,881</u>	<u>81,737</u>
	<u>89,881</u>	<u>81,737</u>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

The average monthly number of employees during the year was:

2022 Number	2021 Number
1	1
<u>1</u>	<u>1</u>

There were no employees whose annual remuneration was more than £60,000.

9 Taxation

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.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

10 Tangible fixed assets

	Fixtures and fittings £
Cost	
At 1 January 2022	3,812
Additions	1,649
	<hr/>
At 31 December 2022	5,461
	<hr/>
Depreciation and impairment	
At 1 January 2022	3,058
Depreciation charged in the year	601
	<hr/>
At 31 December 2022	3,659
	<hr/>
Carrying amount	
At 31 December 2022	1,802
	<hr/> <hr/>
At 31 December 2021	755
	<hr/> <hr/>

11 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Trade debtors	1,212	1,032
Other debtors	240	500
Prepayments and accrued income	1,111	192
	<hr/>	<hr/>
	2,563	1,724
	<hr/> <hr/>	<hr/> <hr/>

12 Creditors: amounts falling due within one year

	2022 £	2021 £
Other taxation and social security	10,476	6,218
Trade creditors	670	2,511
Other creditors	762	-
Accruals and deferred income	3,625	1,572
	<hr/>	<hr/>
	15,533	10,301
	<hr/> <hr/>	<hr/> <hr/>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds				Balance at 31 December 2022 £
	Balance at 1 January 2021 £	Incoming resources £	Resources expended £	Balance at 1 January 2022 £	Incoming resources £	Resources expended £	Transfers £	
AIM Foundation	12,377	12,380	(24,757)	-	25,000	(23,298)	(1,050)	652
AIM High Award	100	-	-	100	-	-	-	100
CNWL Partnership Project	19,113	23,500	(19,876)	22,707	14,500	(9,741)	(10,000)	17,466
	<u>31,590</u>	<u>35,880</u>	<u>(44,633)</u>	<u>22,807</u>	<u>39,500</u>	<u>(33,039)</u>	<u>(11,050)</u>	<u>18,218</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

14 Analysis of net assets between funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 31 December 2022 are represented by:						
Tangible assets	-	1,802	1,802	-	755	755
Current assets/(liabilities)	(13,374)	16,416	3,042	(5,829)	22,052	16,223
	<u>(13,374)</u>	<u>18,218</u>	<u>4,844</u>	<u>(5,829)</u>	<u>22,807</u>	<u>16,978</u>

15 Related party transactions

Transactions with related parties

During the year the charity entered into the following transactions with related parties:

	Purchase of services in the year:	
	2022 £	2021 £
Business owned by close family member of trustee	-	8,725

ASSOCIATION FOR INFANT MENTAL HEALTH (UK)

England & Wales - Charity number 1174298

Accounts

Charity registration number 1174298

Company registration number 03219779 (England and Wales)

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Professor J Barlow C Garcia M Miele R Balbernie S Abse S Pritchard R Spencer	(Appointed 1 January 2022) (Appointed 28 January 2022) (Appointed 28 January 2022)
Charity number	1174298	
Company number	03219779	
Registered office	Chipping Campden Business Hub The Cambrook High Street Chipping Campden Gloucestershire United Kingdom GL55 6AT	

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

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ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

Purposes and aims

AiMH UK's purposes are as set out in the objects contained in the company's Articles of Association:

'To advance education and research for the public benefit in the field of infant mental health and the emotional development of health of infants and young children, by: educating healthcare professionals, practitioners, policymakers and the general public, through strategic discussion, workshops, conferences and a website and publishing the useful results of such research'

AiMH UK is an interdisciplinary, not-for-profit organisation that promotes education, research and study of the effects of mental, emotional and social development during infancy.

AiMH UK is an affiliate of the World Association for Infant Mental Health (WAIMH).

The organisation is underpinned by evidence concerning the impact of the early nurturing environment on the infants later capacity for emotional regulation and their rapidly developing brain, and thereby for the future wellbeing of society.

Our values are underpinned by those of professional organisations involved in the delivery of care to families during the perinatal period and are aimed at promoting wellbeing at all times and the avoidance of harm.

AiMH UK seeks to provide evidence-based educational resources, to academic, scientific, clinical and service-led communities. It aims to promote and support research and practice in the field, as well as provide evidence-based publications. The organisation is underpinned by an acknowledgement of the impact of the early nurturing environment on the infant's later capacity for emotional regulation and their rapidly developing neurological system, and thereby on the long-term well-being of the child and wider society.

We aim to provide the means by which practitioners working with parents and their babies across the perinatal period can become accredited infant mental health practitioners.

Our vision is for a society in which there is recognition at all levels (e.g. policy and practice) of the factors that support the socio-emotional development of babies both pre and post birth, and in which all practitioners working with parents during the perinatal period are provided with evidence-based training, and access to continuing professional development that enables them to continue to update their skills.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2021

The focus of our work

Our focus and core activities of our work are:

- Provide a voice for practitioners at a national level
- Improve IMH practice through accreditation of infant mental health practitioners
- Develop and deliver evidence-based resources to promote knowledge and skills relating to infant mental health
- Offer support to the community of infant mental health practitioners through the development of communities of practice
- To promote and establish new projects and events. These include an Annual AiMH UK National Conference and a range of workshops and IMH Hub events.

AiMH UK increased their size of membership in 2021, rising from 311 to 490 - a growth rate of around 57% thereby supporting more practitioners in the field of infant mental health across the UK.

With the increase in membership, we have been able to support and produce more resources for practitioners in infant mental health including the following:

- Quarterly copies of the IJBPE, which will be available on the website for members to download. An archive of past issues will also be made available in the coming months
- Launch of Best Practice Guide 9 (BPG9) 'Enhancing parental reflective functioning across the perinatal period: What Works?'
- Ten Robin Balbernie Clinical Updates were emailed to our membership
- Regular newsletters were emailed to all members including updates on IMH events and resources across the country
- An infographic and carousel of '25 things every baby would want you to know' were created to celebrate our 25th anniversary and launched at our National Conference
- We developed 2 animated videos for marketing and information purposes on AiMH UK and the IMH CPD System
- Fifteen new documents were created to support practitioners to build their IMH portfolio on the IMH CPD System
- Our national conference in November focused on the use of culturally informed and inclusive practice.
- AiMH UK are part of the 1001 Days Movement steering group and during 2021 this group sent several letters to MPs and policy makers to identify the critical importance of the earliest years of life and concerns that more support and prioritised action is required to support babies and toddlers, particularly as we recover from the pandemic

The charity organised significantly more events than in 2020. Online eventing provided us with the opportunity to run more events easily and at less cost. The calendar for the year included 14 events with over 1000 practitioners attending. All events were accredited with CPD hours and certificates provided to the attendees.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2021

The 2021 National conference was lower on numbers compared with 2020 but the event was an overwhelming success in terms of the feedback and generated wonderful comments such as: 'What a wonderful and deeply moving conference it was. The presentations were stunning in their honesty and impact. It felt like a very warm, inclusive community coming together to think about babies and families'

All attendees were sent a USB with the presentations and resources from AiMH UK as part of AiMH UK celebrating its 25th year.

We continued to develop regional AiMH UK Infant Mental Health Hubs throughout the UK, to enable practitioners to develop learning, engage in networking within their areas and to share news/events/information with each other. Scotland, London & Home Counties, Bristol & South-west regional IMH Hubs have ran successful events throughout the year despite the disruption of COVID-19. The East of England Hub was launched, and hubs in Devon, Cornwall and Warwick/Coventry were hoping to be launched. Hub leads meetings have been held bi-monthly, and the policies and procedures have been created to support the hubs in their work and the delivery of events.

A new Clinical Director was appointed to support the development and creation of new events and to increase the hubs across the UK along with an admin assistant to support the Director of Education and CPD.

AiMH UK continued to improve the IMH CPD System and the IMHRR. As part of piloting the AiMH UK IMH CPD System and IMHRR, 184 practitioners registered on the IMH CPD system with 169 working towards registration and building their IMH portfolios during 2021. AiMH UK have continued to work closely with training providers during 2021 to enable them to achieve the IMHRR Quality Assurance Mark. In recognition of the support the AIM Foundation has given our charity we launched The AIM Foundation CPD Award programme in 2021. Ten practitioners from across the UK were invited to take up the Bursary Award and will all be working towards Level 2 of the AIMH UK Competency Framework and creating their IMH Portfolio to be reviewed and submitted to the Infant Mental Health Recognition Register.

AiMH UK continues to broaden its representation on the Executive Committee both geographically and from across different professions and sectors to ensure that we provide a nationally representative 'voice'.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2021

Financial review

Summary

In 2021 the Aim Foundation continued to support AiMH UK and awarded the charity £25K. The service contract with Central Northwest London Foundation Trust with income of £23.5K continued to facilitate the 100 members of staff working towards IMHRR registration. The membership income increased, however our income from events was lower than expected. The charity operationally ran at a small loss due to the excessive costs of the website provider and the need to improve and widen our team internally to support the work of AiMH UK.

The Future

The Trustees will continue to work together to increase awareness and education in infant mental health. Our central aim is to promote the mental wellbeing and healthy development of infants, taking into account cultural, regional, and environmental variations, and to generate and disseminate scientific knowledge.

Over the next 12 months we plan to continue to expand our membership, and in particular encourage more 'early years workers' on lower salaries. In order to achieve this, we plan to introduce a new membership pricing structure. AiMH UK will be offering two membership price bands at £35 and £55 to start in May 2022.

In addition to promoting the registration of as many IMH practitioners as possible across the UK, we plan to proactively approach a range of national organisations to encourage them to take up group membership for their practitioners. This will involve us in working with more NHS Trusts (i.e., in addition to London (CNWL) who can commit to financing key members of their specialist teams to gain registration and support them in the mentoring process.

We also plan to further expand our team of individuals working with the CPD/Education Lead, to both mentor practitioners and oversee the registration process (i.e., assessing the IMH portfolios submitted for registration).

We will continue to progress the development of the IMHRR Quality Assurance Process for training providers, in which they map their training against the Competency Framework. We also plan to finalise the National Database of IMH training providers over the course of the next year.

We will continue to progress CPD accreditation against the IMHRR for all AiMH UK learning events and those organised by teaching and learning providers/royal colleges/professional bodies e.g., conferences/seminars/workshops (that have met the IMHRR Quality Assurance Process).

Following on from 2021 our calendar of events will continue to increase with localised networking events, Hub events and National events. This year we are excited to be launching lunchtime 'Skills Box' sessions free to our members. These will take place 3 or 4 times a year, and we will be inviting Infant Mental Health practitioners to share practical skills for enhancing parent infant relationships, which can be immediately transferred to their work with parents and infants.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2021

Structure, governance and management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The charity is guided by its governing document, a memorandum and articles of association dated 23 June 2017, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Organisational structure

The company was registered as a charity on 17 August 2017. Now based in the Cotswolds, the current structure consists of:

- Board of trustees - 7 trustees and 2 Honorary Advisors
- The Management team -Comprising of the President, the Clinical Director, The Director of CPD & Education and the Head of Admin and Finance. The management team meet weekly.
- Executive board - Consists of 18 members meeting quarterly to represent the voice of the professional and to coordinate the hub events and communities of practise

AiMH UK employs a full time Head of Admin and Finance, two part time (one day a week) Directors – the Clinical and CPD leads and an admin assistant part time.

Trustees

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Professor J Barlow	
S Rance	(Resigned 28 January 2022)
C Garcia	
R Pardoe	(Resigned 28 September 2021)
M Miele	
R Balbernie	
S Abse	(Appointed 1 January 2022)
S Pritchard	(Appointed 28 January 2022)
R Spencer	(Appointed 28 January 2022)

Professor J Barlow is Chair of the charity.

The trustees' report was approved by the Board of Trustees.



Trustee

Dated:^{31.10.2022}.....

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

I report to the trustees on my examination of the financial statements of Association for Infant Mental Health (U.K.) (the charity) for the year ended 31 December 2021.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

Stuart Christy FCA

Azets

Almswood House
93 High Street
Evesham
Worcestershire
WR11 4DU

Dated:

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total Unrestricted funds 2021 £	Restricted funds 2020 £	Total 2020 £
Income from:						
Donations and legacies	2	26,558	48,500	75,058	15,446	57,496
Charitable activities	3	6,575	-	6,575	18,007	18,007
Investments	4	3	-	3	18	18
Other income		-	-	-	18	18
Total income		33,136	48,500	81,636	33,489	75,539
Expenditure on:						
Raising funds	5	2,921	200	3,121	3,979	3,979
Charitable activities	6	37,274	44,463	81,737	39,933	63,306
Total expenditure		40,195	44,663	84,858	43,912	67,285
Net (outgoing)/incoming resources before transfers		(7,059)	3,837	(3,222)	(10,423)	8,254
Gross transfers between funds		12,620	(12,620)	-	-	-
Net income/(expenditure) for the year/ Net movement in funds		5,561	(8,783)	(3,222)	(10,423)	8,254
Fund balances at 1 January 2021		(11,390)	31,590	20,200	(967)	11,946
Fund balances at 31 December 2021		(5,829)	22,807	16,978	(11,390)	20,200

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

BALANCE SHEET

AS AT 31 DECEMBER 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	8		755		1,005
Current assets					
Debtors	9	1,724		1,946	
Cash at bank and in hand		24,800		20,061	
		<u>26,524</u>		<u>22,007</u>	
Creditors: amounts falling due within one year	10	<u>(10,301)</u>		<u>(2,812)</u>	
Net current assets			16,223		19,195
Total assets less current liabilities			<u>16,978</u>		<u>20,200</u>
Income funds					
Restricted funds	11		22,807		31,590
<u>Unrestricted funds</u>					
Designated funds		-		3,925	
General unrestricted funds		<u>(5,829)</u>		<u>(15,315)</u>	
			<u>(5,829)</u>		<u>(11,390)</u>
			<u>16,978</u>		<u>20,200</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2021.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 30th September 2022 Board Meeting

Jane Barber

Trustee

Company registration number 03219779

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies

Charity information

Association for Infant Mental Health (U.K.) is a private company limited by guarantee incorporated in England and Wales. The registered office is Chipping Campden Business Hub, The Cambrook, High Street, Chipping Campden, Gloucestershire, GL55 6AT, United Kingdom.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Charitable funds

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

1.3 Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

1.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies

(Continued)

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

1.5 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% reducing balance
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.6 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2021	2021	2021	2020	2020	2020
	£	£	£	£	£	£
Donations and gifts	400	-	400	450	50	500
Grants	-	48,500	48,500	-	42,000	42,000
Memberships	26,158	-	26,158	14,996	-	14,996
	<u>26,558</u>	<u>48,500</u>	<u>75,058</u>	<u>15,446</u>	<u>42,050</u>	<u>57,496</u>

3 Charitable activities

	Income from charitable activities	Income from charitable activities
	2021	2020
	£	£
Conference fees	<u>6,575</u>	<u>18,007</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

4 Investments

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
Deposit account interest	3	18
	<u>3</u>	<u>18</u>

5 Raising funds

	Unrestricted funds	Restricted funds	Total	Unrestricted funds
	2021	2021	2021	2020
	£	£	£	£
<u>Fundraising and publicity</u>				
Seeking donations, grants and legacies	1,252	200	1,452	144
Other fundraising costs	1,669	-	1,669	3,835
	<u>2,921</u>	<u>200</u>	<u>3,121</u>	<u>3,979</u>
Fundraising and publicity	2,921	200	3,121	3,979
	<u>2,921</u>	<u>200</u>	<u>3,121</u>	<u>3,979</u>

6 Charitable activities

	Charitable expenditure	Charitable expenditure
	2021	2020
	£	£
Depreciation and impairment	251	175
Other charitable expenditure	53,810	63,131
Wages and salaries	27,580	-
Staff pension costs	96	-
	<u>81,737</u>	<u>63,306</u>
	<u>81,737</u>	<u>63,306</u>
Analysis by fund		
Unrestricted funds	37,274	39,933
Restricted funds	44,463	23,373
	<u>81,737</u>	<u>63,306</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Tangible fixed assets

	Fixtures and fittings £
Cost	
At 1 January 2021	3,812
At 31 December 2021	3,812
Depreciation and impairment	
At 1 January 2021	2,806
Depreciation charged in the year	251
At 31 December 2021	3,057
Carrying amount	
At 31 December 2021	755
At 31 December 2020	1,005

9 Debtors

	2021 £	2020 £
Amounts falling due within one year:		
Trade debtors	1,032	1,474
Other debtors	500	240
Prepayments and accrued income	192	232
	1,724	1,946

10 Creditors: amounts falling due within one year

	2021 £	2020 £
Other taxation and social security	6,218	-
Trade creditors	2,511	1,310
Accruals and deferred income	1,572	1,502
	10,301	2,812

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

11 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			Balance at 31 December 2021
	Balance at 1 January 2020	Incoming resources	Resources expended	Balance at 1 January 2021	Incoming resources	Resources expended	
	£	£	£	£	£	£	£
AIM Foundation	12,863	20,000	(20,486)	12,377	12,380	(24,757)	-
AIMHigh Award	50	50	-	100	-	-	100
CNWL Partnership Project	-	22,000	(2,887)	19,113	23,500	(19,876)	22,737
	<u>12,913</u>	<u>42,050</u>	<u>(23,373)</u>	<u>31,590</u>	<u>35,880</u>	<u>(44,633)</u>	<u>22,807</u>

12 Analysis of net assets between funds

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Fund balances at 31 December 2021 are represented by:						
Tangible assets	-	755	755	65	940	1,005
Current assets/ (liabilities)	(5,829)	22,052	16,223	(11,455)	30,650	19,195
	<u>(5,829)</u>	<u>22,807</u>	<u>16,978</u>	<u>(11,390)</u>	<u>31,590</u>	<u>20,200</u>

13 Related party transactions

Transactions with related parties

During the year the charity entered into the following transactions with related parties:

	Purchase of services in the year:	
	2021 £	2020 £
Business owned by close family member of trustee	8,725	16,774
	<u>8,725</u>	<u>16,774</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (UK)

England & Wales - Charity number 1174298

Accounts

Charity Registration No. 1174298

Company Registration No. 03219779 (England and Wales)

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020
PAGES FOR FILING WITH REGISTRAR

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Professor J Barlow S Rance C Garcia R Pardoe M Miele R Balbernie	 (Appointed 4 December 2020) (Appointed 27 November 2020) (Appointed 27 November 2020) (Appointed 27 November 2020)
Charity number	1174298	
Company number	03219779	
Registered office	Chipping Campden Business Hub The Cambrook High Street Chipping Campden Gloucestershire United Kingdom GL55 6AT	

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

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ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2020

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Objectives and activities

Purposes and aims

AiMH UK's purposes are as set out in the objects contained in the company's Articles of Association:

'To advance education and research for the public benefit in the field of infant mental health and the emotional development of health of infants and young children, by: educating healthcare professionals, practitioners, policymakers and the general public, through strategic discussion, workshops, conferences and a website and publishing the useful results of such research'

AiMH UK is an interdisciplinary, not-for-profit organisation that promotes education, research and study of the effects of mental, emotional and social development during infancy.

AiMH UK is an affiliate of the World Association for Infant Mental Health (WAIMH).

The organisation is underpinned by evidence concerning the impact of the early nurturing environment on the infants later capacity for emotional regulation and their rapidly developing brain, and thereby for the future wellbeing of society.

The aims of the charity are to provide evidence-based educational resources to academic, scientific, clinical and service-led communities. The charity seeks to support practitioners who work with parents and carers of infants with up-to-date information to enable them to build their skills and knowledge, thereby increasing wider understanding of the importance of infant mental health.

The focus of our work

The focus of our work is to promote and establish new projects and events. These include an Annual AiMH UK National Conference, in addition to a range of workshops and IMH Hub events, the latter being an important focus of our work as these support and educate professionals who study and/or care for infants/families. New and current projects include:

The continued development of fourteen regional AiMH UK Infant Mental Health Hubs throughout the UK, to enable practitioners to develop local communities of best practice, and to share news/events/information with each other. Scotland, London & Home Counties, Bristol & South-west regional IMH Hubs have run successful events throughout the year despite the disruption of COVID-19. These events have been provided online, which has enabled practitioners across the UK access them.

The development and launch of our new website and branding of AiMH UK. The website is now a dynamic and interactive portal for our members, enabling them to engage with the wider membership and further develop the communities of practice with forums and discussion groups. Updated resources and articles are now available on the website.

Following on from the launch of the Infant Mental Health Competencies Framework (IMHCF), Continuous Professional Development System (IMHCPDS) and AIMH (UK) Recognition Register (IMHRR) at Westminster in June 2019, AiMH UK have been working with the pilot participants to build their IMH Portfolios. However, COVID-19 has had a significant impact on the progression of many of the IMHRR pilot participants (e.g., redeployment to work in front-line COVID-related services, managing excessive workloads, and delivering services remotely), and we are continuing to work with them to try and finalise the process.

A Director of Education and CPD has been employed to further this project and support the participants.

Following on from the IMH CPD System, the IMHRR Quality Assurance Process for training providers to map their training against the Competency Framework has been set up. A number of leading trainers in the field have completed this process. AiMH UK plan to develop the National Database of IMH training providers over the course of the next two years.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

The production of our Annual Best Practice Guides highlights the most recent evidence-based material for the benefit of AiMH UK professional members. In response to the pandemic a specialised fact sheet 'COVID-19 Emotional Support for Infants and their parents' was published during 2020.

In 2020 The Infant Mental Health Awareness Week (IMHAW) was run by the Parent Infant Foundation and AiMH UK continued to support this and engaged with the re-launch of the 1001 Days Movement. This annual event helps raise a greater understanding for parents, policy makers and professionals of the importance of perinatal and infant mental health and, in the context of understanding further, why infant mental health should be looked upon as a preventative public health strategy for future generations.

In 2020 the AiMH UK National Conference was run as an online event due to the restrictions of COVID-19. This proved positive in that it attracted attendees from across the world and 315 individuals registered for the event. The annual awards were made in recognition of individuals from the UK who have made important contributions to the infant mental health community in the course of their careers. This included nominations from the fields of health, mental health, early care and education and early intervention.

AiMH UK continues to broaden its representation on the Executive Committee both geographically and from across different professions and sectors to ensure that we provide a nationally representative 'voice'.

How our activities deliver public benefit

It is estimated that up to 20% of women in the UK develop a mental health problem during pregnancy or within a year of giving birth (Bauer *et al.*, 2019), and that perinatal mental health problems cost the welfare state about £8 billion each year, with 72% of this cost being attributed to the adverse impact on the infant and long-term development of the child (Bauer *et al.*, 2019). AiMH UK activities (as described above) provide a large body of resources for practitioners working with parents and infants during the perinatal period, to help them to provide up-to-date, evidence-based care, to parent-infant dyad's experiencing these and other types of problems.

Financial review

Summary

Following on from the position of 2019, the Aim Foundation awarded AiMH UK £30K per year over the next three years, conditional on us meeting the agreed deliverables. In addition, AiMH UK have acquired our first service contract, to work in partnership with Central Northwest London Foundation Trust to facilitate 100 members of staff to work towards IMHRR registration. This partnership has secured funding over the next 4 years and provides an opportunity for AiMH UK to be involved in the implementation of the NHS Long Term Plan for perinatal mental health services. Our membership figures have increased and our national conference, despite COVID-19 realised a significant profit for AiMH UK. As a result, we will not be in deficit going forward.

The Future

The Trustees will continue to work together to increase awareness and education in infant mental health. Our central aim is to promote the mental wellbeing and healthy development of infants, taking into account cultural, regional, and environmental variations, and to generate and disseminate scientific knowledge. Over the next 12 months we plan to achieve this through the further development of the IMH Continuing Professional Development System (IMHCPDS) and IMH Recognition Register (IMHRR); by continuing to run annual national conferences, and the delivery of papers at relevant national and international events; clinical workshops and by launching another two regional infant mental health Hubs across the UK.

Structure, governance and management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The charity is guided by its governing document, a memorandum and articles of association dated 23 June 2017, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2020

Organisational structure

The company was registered as a charity on 17 August 2017. The Charity has during the last year improved its structure with the Board of Trustees now consisting of 6 trustees, 2 Honorary Consultants and the management team. The Board of Trustees now meet every 8 weeks and are responsible for the strategic direction and policy of the charity. An Executive Committee comprising of 18 members meet quarterly to represent the voice of the professional and to coordinate the hub events and communities of practise. In order to facilitate the smoother running of AiMH UK we have now put in place a new infrastructure with the establishment of a management team. This has included the appointment of a Head of Finance and Admin full time and a Director of CPD and Education. In 2021 we will be looking to employ a Clinical Director to add to the team. AiMH UK now have an office based in the North Cotswolds where all our work can be undertaken.

Trustees

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Professor J Barlow

S Rance

C Garcia

(Appointed 4 December 2020)

R Pardoe

(Appointed 27 November 2020)

M Miele

(Appointed 27 November 2020)

R Balbernie

(Appointed 27 November 2020)

D Cannon

(Resigned 31 December 2020)

P Leach

(Resigned 31 December 2020)

Professor J Barlow is Chair of the charity.

The trustees' report was approved by the Board of Trustees.

Professor J Barlow

Trustee

Dated: 29 September 2021

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

I report to the trustees on my examination of the financial statements of Association for Infant Mental Health (U.K.) (the charity) for the year ended 31 December 2020.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

Stuart Christy FCA

Azets

Almswood House
93 High Street
Evesham
Worcestershire
WR11 4DU

Dated: 30 September 2021

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2020

		Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £	Unrestricted funds 2019 £	Restricted funds 2019 £	Total 2019 £
	Notes						
Income from:							
Donations and legacies	2	15,446	42,050	57,496	9,190	30,050	39,240
Charitable activities	3	18,007	-	18,007	15,331	-	15,331
Other trading activities	4	-	-	-	48	-	48
Investments	5	18	-	18	50	-	50
Other income		18	-	18	805	-	805
Total income		33,489	42,050	75,539	25,424	30,050	55,474
Expenditure on:							
Raising funds	6	3,979	-	3,979	125	-	125
Charitable activities	7	39,933	23,373	63,306	34,403	17,187	51,590
Total resources expended		43,912	23,373	67,285	34,528	17,187	51,715
Net (expenditure)/income for the year/ Net movement in funds							
		(10,423)	18,677	8,254	(9,104)	12,863	3,759
Fund balances at 1 January 2020		(967)	12,913	11,946	8,137	50	8,187
Fund balances at 31 December 2020		(11,390)	31,590	20,200	(967)	12,913	11,946

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

BALANCE SHEET

AS AT 31 DECEMBER 2020

	Notes	2020 £	£	2019 £	£
Fixed assets					
Tangible assets	9		1,005		130
Current assets					
Debtors	10	1,946		151	
Cash at bank and in hand		20,061		13,161	
		<u>22,007</u>		<u>13,312</u>	
Creditors: amounts falling due within one year	12	(2,812)		(1,496)	
Net current assets			19,195		11,816
Total assets less current liabilities			<u>20,200</u>		<u>11,946</u>
Income funds					
		-		12,863	
		-		50	
General restricted funds		31,590		-	
	13	<u>31,590</u>	31,590	<u>12,913</u>	12,913
<u>Unrestricted funds</u>					
Designated funds	14	3,925		-	
General unrestricted funds		(15,315)		(967)	
		<u>(11,390)</u>	(11,390)	<u>(967)</u>	(967)
			<u>20,200</u>		<u>11,946</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

BALANCE SHEET (CONTINUED)

AS AT 31 DECEMBER 2020

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2020.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 29 September 2021

Professor J Barlow
Trustee

Company Registration No. 03219779

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

1 Accounting policies

Charity information

Association for Infant Mental Health (U.K.) is a private company limited by guarantee incorporated in England and Wales. The registered office is Chipping Campden Business Hub, The Cambrook, High Street, Chipping Campden, Gloucestershire, GL55 6AT, United Kingdom.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Charitable funds

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

1.3 Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

1.4 Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

1 Accounting policies

(Continued)

1.5 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% reducing balance
-----------------------	----------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.6 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2020	2020	2020	2019	2019	2019
	£	£	£	£	£	£
Donations and gifts	450	50	500	544	50	594
Grants	-	42,000	42,000	-	30,000	30,000
Memberships	14,996	-	14,996	8,646	-	8,646
	<u>15,446</u>	<u>42,050</u>	<u>57,496</u>	<u>9,190</u>	<u>30,050</u>	<u>39,240</u>

3 Charitable activities

	Income from charitable activities	Income from charitable activities
	2020	2019
	£	£
Conference fees	<u>18,007</u>	<u>15,331</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

4 Other trading activities

	Total	Unrestricted funds
	2020	2019
	£	£
Trading activity income: other	-	48
	<u> </u>	<u> </u>

5 Investments

	Unrestricted funds	Unrestricted funds
	2020	2019
	£	£
Deposit account interest	18	50
	<u> </u>	<u> </u>

6 Raising funds

	Unrestricted funds	Unrestricted funds
	2020	2019
	£	£
<u>Fundraising and publicity</u>		
Seeking donations, grants and legacies	144	125
Other fundraising costs	3,835	-
	<u> </u>	<u> </u>
Fundraising and publicity	3,979	125
	<u> </u>	<u> </u>
	<u> </u>	<u> </u>
	<u> </u>	<u> </u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2020

7 Charitable activities

	Charitable expenditure 2020 £	Charitable expenditure 2019 £
Depreciation and impairment	175	69
Charitable expenditure	63,131	51,521
	<u>63,306</u>	<u>51,590</u>
	<u>63,306</u>	<u>51,590</u>
Analysis by fund		
Unrestricted funds	39,933	34,403
Restricted funds	23,373	17,187
	<u>63,306</u>	<u>51,590</u>

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Tangible fixed assets

	Fixtures and fittings £
Cost	
At 1 January 2020	2,763
Additions	1,049
	<u>3,812</u>
At 31 December 2020	<u>3,812</u>
Depreciation and impairment	
At 1 January 2020	2,631
Depreciation charged in the year	176
	<u>2,807</u>
At 31 December 2020	<u>2,807</u>
Carrying amount	
At 31 December 2020	<u>1,005</u>
At 31 December 2019	<u>130</u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2020

10 Debtors		2020	2019
Amounts falling due within one year:		£	£
Trade debtors		1,474	56
Other debtors		240	-
Prepayments and accrued income		232	95
		<u>1,946</u>	<u>151</u>
		<u><u>1,946</u></u>	<u><u>151</u></u>

11 Loans and overdrafts		2020	2019
		£	£
Bank loans and overdrafts		-	720
		<u>-</u>	<u>720</u>
		<u><u>-</u></u>	<u><u>720</u></u>
Payable within one year		-	720
		<u>-</u>	<u>720</u>
		<u><u>-</u></u>	<u><u>720</u></u>

12 Creditors: amounts falling due within one year		2020	2019
	Notes	£	£
Bank loans and overdrafts	11	-	720
Trade creditors		1,310	69
Accruals and deferred income		1,502	707
		<u>2,812</u>	<u>1,496</u>
		<u><u>2,812</u></u>	<u><u>1,496</u></u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds		Movement in funds		
	Incoming resources	Balance at 1 January 2020	Incoming resources	Resources expended	Balance at 31 December 2020
	£	£	£	£	£
AIM Foundation	-	12,863	20,000	(20,486)	12,377
AIMHigh Award	-	50	50	-	100
CNWL Partnership Project	-	-	22,000	(2,887)	19,113
	<u>-</u>	<u>12,913</u>	<u>42,050</u>	<u>(23,373)</u>	<u>31,590</u>
	<u><u>-</u></u>	<u><u>12,913</u></u>	<u><u>42,050</u></u>	<u><u>(23,373)</u></u>	<u><u>31,590</u></u>

14 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Movement in funds		Movement in funds		
	Incoming resources	Balance at 1 January 2020	Incoming resources	Resources expended	Balance at 31 December 2020
	£	£	£	£	£
CNWL Partnership Project - unrestricted	-	-	6,500	(2,575)	3,925
	<u>-</u>	<u>-</u>	<u>6,500</u>	<u>(2,575)</u>	<u>3,925</u>
	<u><u>-</u></u>	<u><u>-</u></u>	<u><u>6,500</u></u>	<u><u>(2,575)</u></u>	<u><u>3,925</u></u>

15 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2020	2020	2020	2019	2019	2019
	£	£	£	£	£	£
Fund balances at 31 December 2020 are represented by:						
Tangible assets	65	940	1,005	130	-	130
Current assets/ (liabilities)	(11,455)	30,650	19,195	(1,097)	12,913	11,816
	<u>(11,390)</u>	<u>31,590</u>	<u>20,200</u>	<u>(967)</u>	<u>12,913</u>	<u>11,946</u>
	<u><u>(11,390)</u></u>	<u><u>31,590</u></u>	<u><u>20,200</u></u>	<u><u>(967)</u></u>	<u><u>12,913</u></u>	<u><u>11,946</u></u>

ASSOCIATION FOR INFANT MENTAL HEALTH (U.K.)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2020

16 Related party transactions

Transactions with related parties

During the year the charity entered into the following transactions with related parties:

	Purchase of services in the year:	
	2020	2019
	£	£
Business owned by close family member of trustee	16,774	-
	<u>16,774</u>	<u>-</u>