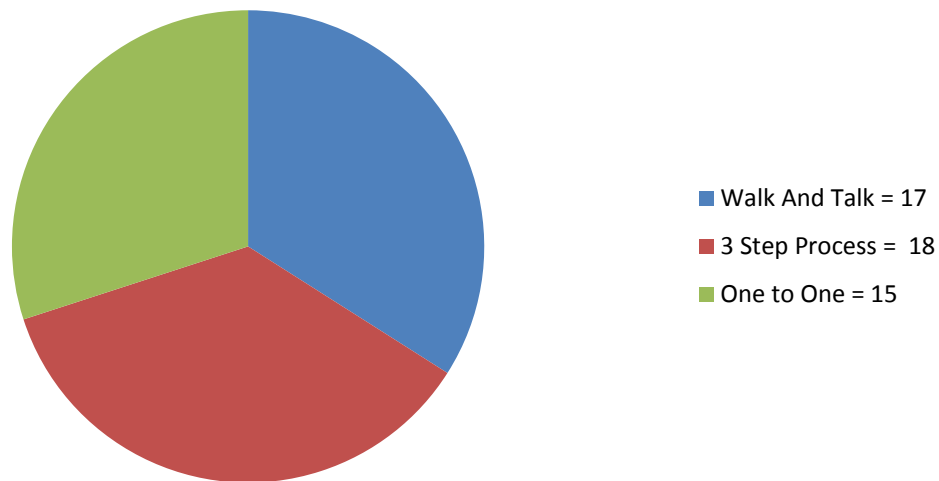


## Chairs Report 2022 - 2023

The last year has seen great progress for Positive Birthing and Beyond, supporting a total of 50 families across Birmingham and Solihull. Our new project has supported 18 people who have experienced challenging or traumatic births, using the Three Step Rewind technique. We have also supported 15 families through one-to-one support in pregnancy and the postnatal period including planning for birth and supporting the transition to parenthood. Walk and Talk, a continuing successful project, has supported a further 17 individuals.

### Project Support Figures - Birmingham & Solihull



I would like to thank the board of trustees and project facilitators for their continued commitment to the work of charity. Your hard work ensures the much needed support for families in Birmingham and Solihull can continue.

This year has seen some changes to the board of trustees. Our chair of trustees since the start of Positive Birthing and Beyond, Rachel, has now taken on the position of treasurer. I would like to thank Rachel for her hard work and commitment in guiding the charity for 5 years and for her continued support in this new role. I would also like to take the opportunity to officially welcome our newest trustee, Sarah. We have said Goodbye this year to one of our founding trustees Precious, and we wish her all the best in her new adventures.

The board would also like to give thanks to:

- The funding bodies, without your continued support our charity would not be able to continue provide this essential support.
- Service users, without you we wouldn't be the charity that we are. Thank you for engaging with us, the feedback you have given and for sharing our services with family and friends.



- Professionals, who share our services with families and refer them for support, recognising the essential support we can provide and ensuring engagement with our activities so they can continue. It has been a privilege to work with you.
- Finally, to all of the Volunteers who continue to provide time, commitment and passion to Positive Birthing and Beyond. Our charity relies on the essential support you provide and we are so grateful for the positive impact you have brought to our families.

My first year in the role of chair of trustees has been a privilege; I feel very grateful to be able to work with the board of trustees and our project facilitators, to support families across Solihull and Birmingham. I look forward to the year ahead to see the growth of Positive Birthing and Beyond, as we start new projects and continue with our successes of the last 12 months.

Beatrice Bennett – Chair.

#### Financial Statement – 2022-2023

We would like to say a massive thank you to the National Lottery Communities fund. We have been able to offer such great support to families because of this grant, we have carried some of this work over due to a slight underspend within these 12 months. We are also building our unrestricted money that we can use for unexpected costs that might arise, but also we can use this to facilitate adhoc support work for families in Birmingham and Solihull.

Thank you to those that raised money to support us as a small local charity.

We are looking now to 2023 to making us more sustainable and looking for a larger grant.

Rachael Grant – Treasurer.

## Support offered – 2022 – 2023



The support that we have offered can be broken down further to state that we have been listening to families and breaking down barriers of isolation. Being able to have no restrictions on support is a pleasure for us to be able to provide to families, because parenting in 24/7, our experienced facilitators offer non biased support that is balanced in a way that places the power with the parent. Every parent that we have met this year, it has been a privilege to be a part of their journey and onwards we will go. We are looking to make things more sustainable as we move forward and hope to be able to deliver our support more consistently going forward.

The difference that we have also seen in the trauma support of the 3 step process has been incredible. Due to our monitoring system that we have we have been able to evaluate the difference this service has made to parents across Birmingham and Solihull.

The walk and talk has also been successful in that parents and the children are supported with emotional support with a light exercise. This walk accesses open spaces within North Solihull and moving forward this is where we want to continue this work.

A massive thank you to all the sessional workers who have come along for the journey this year, we are grateful to you and your commitment to Positive Birthing and Beyond.

A special thank you to Terry Yarnall who is our external advisor, and our accountant Darcey & Bate Accountants Limited, for your continued support..

We continue to move onwards and upwards – Making the Change!

Positive Birthing and Beyond CIO

Registered number  
CE012067

Positive Birthing and Beyond CIO

Accounts

5 April 2023

**Positive Birthing and Beyond CIO**  
**Report and accounts**  
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## **Positive Birthing and Beyond CIO Company Information**

### **Trustees**

Sarah Curtis-Spence  
Beatrice Bennett  
Angela Rainey

### **Chair**

Beatrice Bennett

### **Treasurer**

Rachael Grant

### **Accountants**

Darcey & Bate  
3 Rushton's Yard  
Market Street  
Ashby de la Zouch  
Leicestershire  
LE65 1AL

### **Registered number**

CE012067

## **Positive Birthing and Beyond CIO Accountants' Report**

### **Accountants' report to the directors of Positive Birthing and Beyond CIO**

You consider that the company is exempt from an audit for the year ended 5 April 2023. You have acknowledged, on the balance sheet, your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the company at the end of the financial year and of its profit or loss for the financial year.

In accordance with your instructions, we have prepared the accounts which comprise the Profit and Loss Account and the Balance Sheet from the accounting records of the company and on the basis of information and explanations you have given to us.

We have not carried out an audit or any other review, and consequently we do not express any opinion on these accounts.

Darcey & Bate  
Chartered Certified Accountants

3 Rushton's Yard  
Market Street  
Ashby de la Zouch  
Leicestershire  
LE65 1AL

31 October 2023

**Positive Birthing and Beyond CIO**  
**Profit and Loss Account**  
**for the year ended 5 April 2023**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Turnover</b>	278	10,226
Staff costs	(4,713)	(1,860)
Other charges	(386)	(285)
<b>(Loss)/profit before taxation</b>	<u>(4,821)</u>	<u>8,081</u>
<b>(Loss)/profit</b>	<u><u>(4,821)</u></u>	<u><u>8,081</u></u>



**Positive Birthing and Beyond CIO****Registered number:****CE012067****Balance Sheet****as at 5 April 2023**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Current assets	<u>5,335</u>	<u>10,156</u>
Net current assets	<u>5,335</u>	<u>10,156</u>
Total assets less current liabilities	<u>5,335</u>	<u>10,156</u>
Accruals and deferred income	<u>(5,228)</u>	<u>(5,228)</u>
<b>Net assets</b>	<u><u>107</u></u>	<u><u>4,928</u></u>
<b>Capital and reserves</b>	<u><u>107</u></u>	<u><u>4,928</u></u>
	<b>Number</b>	<b>Number</b>
Average number of employees	<u><u>0</u></u>	<u><u>0</u></u>

The company is a private company limited by shares and incorporated in England. Its registered office is 254 Gregory Avenue, Birmingham, B29 5DR.

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

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

The accounts have been prepared in accordance with the micro entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Rachael Grant

Director

Approved by the board on 31 October 2023

**Positive Birthing and Beyond CIO**  
**Detailed profit and loss account items**  
**for the year ended 5 April 2023**

*This schedule does not form part of the statutory accounts*

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Sales</b>		
Sales	<u>278</u>	<u>10,226</u>
<b>Staff costs</b>		
Wages and salaries	<u>4,713</u>	<u>1,860</u>
<b>Other charges</b>		
General administrative expenses:		
Stationery and printing	-	95
Insurance	<u>136</u>	<u>136</u>
	<u>136</u>	<u>231</u>
Legal and professional costs:		
Advertising and PR	<u>250</u>	<u>54</u>
	<u>250</u>	<u>54</u>
	<u>386</u>	<u>285</u>

**Positive Birthing and Beyond CIO**  
**Detailed balance sheet items**  
**as at 5 April 2023**

*This schedule does not form part of the statutory accounts and should NOT be sent to HMRC*

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Current assets</b>		
Restricted	4,500	-
Unrestricted	835	-
Cash at bank and in hand	-	10,156
	<u>5,335</u>	<u>10,156</u>
<b>Accruals and deferred income</b>		
Accruals	<u>5,228</u>	<u>5,228</u>
<b>Capital and reserves</b>		
Profit and loss account	<u>107</u>	<u>4,928</u>
<b>Profit and loss account</b>		
Brought forward	4,928	(3,153)
(Loss)/profit	<u>(4,821)</u>	<u>8,081</u>
	<u>107</u>	<u>4,928</u>