

Annual Report

2023 - 2024



positive birthing
& beyond cio

Positive Birthing and Beyond CIO

Charity Number 1174431

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Chairs Report – 2023-2024

This last year has been another great year for Positive Birthing and Beyond, supporting families across Birmingham and Solihull. Thanks to ongoing funding, we have been able to continue to fulfil our aim of offering families support with feeding, birth choices and mental wellbeing.

At the start of 2024, we started a new project supporting families living in poverty, following receiving a feeding grant, to be able to provide emergency formula milk for families in need. Our birth trauma project has continued, with a further 5 people who have experienced challenging or traumatic births, supported through the Three Step Process Technique. We have also provided 5 families with one-to-one support in pregnancy and the postnatal period including planning for birth and supporting the transition to parenthood. Walk and Talk, an ongoing successful project, has supported a further 10 adults and 13 children with a great opportunity to get outside, exercise and meet other families.

We have been able to secure further funding to continue our work, including a £5000 donation from the Postcode Lottery, to continue and further enhance our one-to-one support packages, and a grant from Think Active to support women and girls, with improving their physical and mental wellbeing. The board of trustees would like to make a special thanks to both the Postcode Lottery and Think Active for giving us the opportunity to start new projects and support more families.

I would like to thank the board of trustees and project facilitators, for another year of continued commitment to the work of charity. Your hard work ensures the provision of much needed support for families in Birmingham and Solihull can continue. A special thank you also to Katy, whose hard work, passion and commitment, continues to drive the charity forward and ensure families receive the support they deserve.

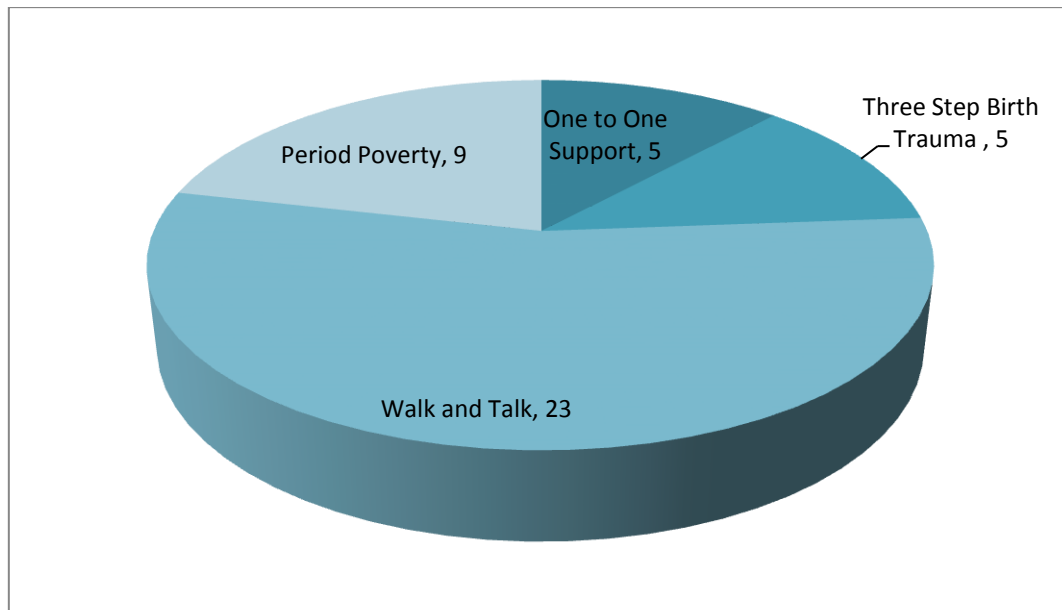
The board would also like to give thanks to:

- All our funding bodies, without your continued support our charity would not be able to 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 second year in the role of chair of trustees has been a privilege; I continue to be 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, to welcoming new trustees, our new funding proposal for more sustainable project delivery and we can continue to build on our supportive community for all those who need it.

Beatrice Bennett – Chair of Trustees

2023-2024 – Figures of Support



What families have said about our support?

Personally I've struggled for years with my mental health and the walk n talk was just a breath of fresh air where I didn't feel judged in any way. P LOVED the social element of it (so I know it was of benefit to her too). I got to socialise with people going through the same struggles at the same time as me. It felt like a reset to my week (aswell as a bit of consistency) where I felt obligated to show up but knowing that it would be beneficial to my mental health. Naomi was amazing at listening, and never felt judgmental. She always gave good advice and was honestly a joy to be around. I've recommended the walk to a few other moms that have had babies & will continue to recommend going forward too. It's such underrated service that u provide xx N and P.

If it wasn't for the support I received from Katy around breastfeeding, I would have given up and written it off as a bad job. Katy gave me confidence to continue on my breastfeeding journey despite the many pitfalls and hurdles I encountered. Having the support I received was invaluable and I couldn't be more grateful. Thank you



Financial Statement – 2023-2024

Positive Birthing and Beyond (PBB) is building from strength to strength and this year has definitely been a great stepping stone for us.

We see the year in with the remaining spend of our Awards for All Grant from the National Lottery Communities Fund which contributed to our direct work with families across Birmingham and Solihull for 22-23.

We have also been extremely fortunate to have been awarded a Postcode Lottery Grant of £5000 towards the end of this financial year that is unrestricted spend thanks to Postcode Lottery players, this has meant that we are able to have some financial stability over sustaining the charity and flexibility as to where this spend is distributed.

PBB also received £250 grant towards the end of the financial year from Winter Formula Fund to help bridge the gap for parents in financial hardship to ensure babies that are formula fed are not compromised.

We also received 2 donations from Amazon Smile which is no longer running.

Looking to the future we are working on a more sustainable bid with the National Lottery to offer a Pregnancy Outreach service across Solihull, this is what we are financially budgeting and working on for delivery next year.

We will also be aiming to register with Gift Aid to ensure that any future donations are maximised for us.

PBB Walk and Talk will continue thanks to Think Active supporting us with our walks for North Solihull supporting women and girls – this grant came in at the end of our 23-24 financial year and will support this project being active in 24-25.

We are continuing to build our unrestricted reserves to give us flexibility to meet the needs of service users across Birmingham and Solihull.

Thank you to all the organisations that funded us – we are building slowly and strongly.

Rachael Grant – Treasurer.

Support offered – 2023-24



The support parents have needed from us have been vast but are so unique to their lives. PBB always support parents to be empowered and we help them to overcome any difficult feelings they may be experiencing in relation to their birth experiences. The peer support we offer demonstrates a need for families that want more personalised support and care. We will continue to build on our knowledge and skills set that will support us to continue offering our reusable period poverty wear and going forward to 24-25 contraception for families in partnership with Umbrella.

We are always privileged to be part of a family's journey and we envisage PBB strengthening over the years to come in terms of offering a more sustainable project.

Our project evaluations demonstrate the need for us to continue offering the support that we do. Our facilitators bring a wealth of knowledge that increases our offer to families.

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,

****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
CE1174431

Positive Birthing and Beyond CIO

Accounts

5 April 2024

Positive Birthing and Beyond CIO
Report and accounts
Contents

	Page
Accountants' report	1
Profit and loss account	2
Balance sheet	3
Information for Director's Only	4

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 2024. 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

3 November 2024

Positive Birthing and Beyond CIO
Profit and Loss Account
for the year ended 5 April 2024

	2024	2023
	£	£
Turnover	9,923	278
Staff costs	(3,325)	(4,713)
Other charges	(115)	(386)
Profit/(loss) before taxation	<u>6,483</u>	<u>(4,821)</u>
Profit/(loss)	<u>6,483</u>	<u>(4,821)</u>

Positive Birthing and Beyond CIO**Registered number:****CE1174431****Balance Sheet****as at 5 April 2024**

	2024 £	2023 £
Current assets	6,591	5,335
Creditors: amounts falling due within one year	<u>(1)</u>	<u>(5,228)</u>
Net current assets	<u>6,590</u>	<u>107</u>
Total assets less current liabilities	<u>6,590</u>	<u>107</u>
Net assets	<u>6,590</u>	<u>107</u>
 Capital and reserves	 <u>6,590</u>	 <u>107</u>
	Number	Number
Average number of employees	<u>0</u>	<u>0</u>

The company is a private company limited by shares and incorporated in England. Its registered office is 245 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 30 November 2024

Positive Birthing and Beyond CIO
Detailed profit and loss account items
for the year ended 5 April 2024

This schedule does not form part of the statutory accounts

	2024 £	2023 £
Sales		
Sales	<u>9,923</u>	<u>278</u>
Staff costs		
Wages and salaries	<u>3,325</u>	<u>4,713</u>
Other charges		
General administrative expenses:		
Insurance	<u>115</u>	<u>136</u>
	<u>115</u>	<u>136</u>
Legal and professional costs:		
Advertising and PR	<u>-</u>	<u>250</u>
	<u>-</u>	<u>250</u>
	<u>115</u>	<u>386</u>