

Annual Report

2024 - 2025



positive birthing
& beyond cio

Positive Birthing and Beyond CIO

Charity Number 1174431

07549155564

info@positivebirthingandbeyond.org.uk

Chairs Report – 2024-2025

This last year has been another great year for Positive Birthing and Beyond, supporting families across Birmingham and Solihull. Much of our work for 2024 was focused on delivery of a women and girls project, which was really successful in offering 3 various walks per week for women and girls to engage in breaking down barriers for isolation as well as keeping active.

The £5000 donation from the Postcode Lottery continued to support our delivery of support this year so we could offer some smaller scaled sessions for parents as we continued to work on our main grant proposal for The National Lottery which was awarded to us in August 2024 with a view to begin the project in January 2025. We did start the project and have been able to employ 4 local lived experience practitioners to facilitate the project. This has been very exciting time for us here.

We have networked extremely hard this last year and have been able to also build great working relationships with the Solihull family Hubs that are a massive support to our organisation and the activities we deliver.

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.

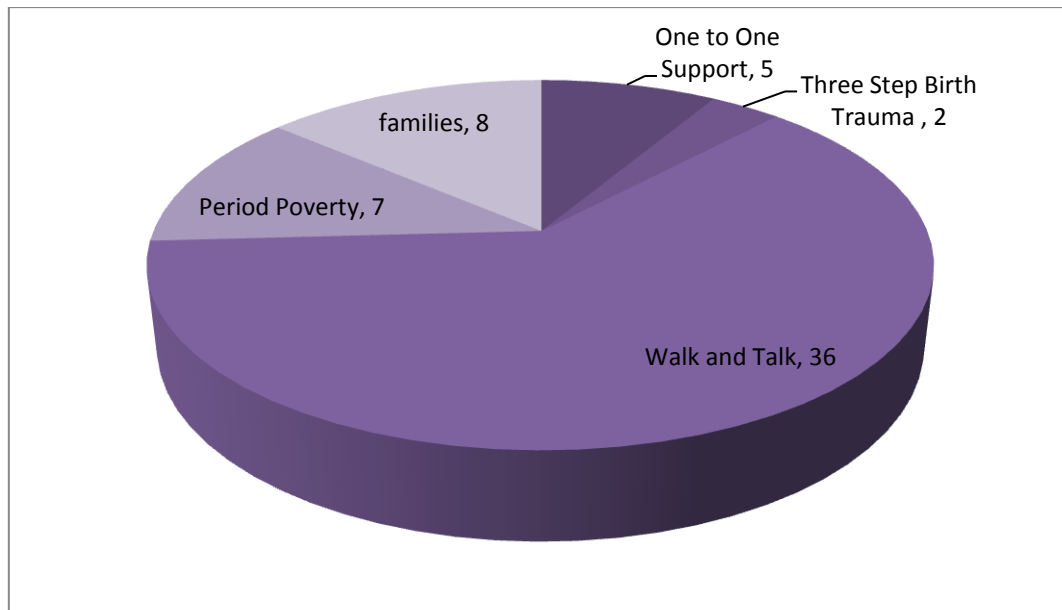
The board would also like to give thanks to:

- 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 first 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 and delivering the three year National Lottery Funded project.

Sarah Curtis-Spence – Chair of Trustees

2023-2024 – Figures of Support



Feedback from Women and Girls we support have said about our support?

Overall Experience and Benefits:

- Participants found the activity highly beneficial for managing their **mental and physical health**.
- They appreciated the **social aspects**, such as meeting new people and feeling less alone.
- The activity helped boost **confidence** in social interactions.

Ratings:

- Overall experience was rated highly: **8 and 10 out of 10**.
- Likelihood to recommend: both participants gave a **10/10**.

What They Enjoyed:

- Friendly facilitator.
 - Opportunity to **get outdoors, exercise, and socialise**—especially with other mothers.
- Enjoyed both **new and familiar company**

Suggestions for Improvement:

- One participant mentioned a **scheduling improvement** (activity moved from afternoon to morning made it more accessible).
- No other changes suggested, but a **strong desire for continued funding** and for the activity to keep running.

Future Participation:

- Both participants intend to continue taking part.

Additional Comments:

- Appreciation for the activity being **free and accessible**.
- Gratitude expressed for the positive impact on well-being.



Financial Statement – 2024-2025

Positive Birthing and Beyond (PBB) is building from strength to strength and this year has definitely been a great stepping stone for us with securing and beginning the delivery of our three year funding project of pregnancy outreach working in the 1001 days of the parent-Infant relationship. This has been great for us here at PBB as we have now taken on employed staff on fixed term contracts.

We started the year strong with a grant from Think Active that came in just before the financial year started. This supported the delivery of our women and girls walk and talk project, this allowed us to facilitate a really interesting topic and supported the continuation of the walks.

We have been able to build some unrestricted reserves and we have a view of looking at how we might be able to start a strategy for bringing in a little income going forward to 25-26 through Eventbrite and will look at how we do this going forward. Having this surplus allows us to flexibly use the funds to meet the needs of the local communities we serve in Solihull and Birmingham.

We have navigated the realms of becoming a registered employer and we continue to look for other funding to support some of the other key work we can and wish to deliver in the future.

Thank you to all the organisations that funded us we will always be grateful for your support.

Rachael Grant – Treasurer.

Support offered – 2024-2025



The feedback from the Women and Girls walk and talk project demonstrated the need for the support to ensure people felt supported in their relationships and physical wellbeing. We will continue to build on our knowledge and skills set that will support us to continue offering our reusable period poverty wear and now are pleased that all staff are trained to issue contraception as a community partner of Umbrella.

We are privileged to have been awarded the National Lottery Project and as a result of that we have been able to offer continuity for over a 12 month period, which has meant better partnership working with health visitors and midwives. The relationship that has also been so beneficial to us is the roll out of the Solihull Family Hubs – this partnership has been invaluable to us as we embark on the journey of delivering our family support from the hub at Riverside. We have begun communicating with other hubs for 25-26.

Our project evaluations demonstrate the need for us to continue offering the support that we do as creating the opportunity for support with lay facilitators can be very empowering for communities. Our facilitators bring a wealth of knowledge that increases our offer to families.

A massive thank you to all who have connected with us in some way – we are grateful for your input.

A special thank you to

- **Terry Yarnall who is our external advisor,
- **Darcey & Bate Accountants Limited, for your continued support,
- **Solihull Family Hubs, Community Partner,
- **Stephen Curtis-Spence, Technical advisor,

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 2025

Positive Birthing and Beyond CIO
Report and accounts
Contents

	Page
Accountants' report	1
Profit and loss account	2
Balance sheet	3
Information for Director 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 2025. 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 Accountants
Chartered Certified Accountants

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

31 October 2025

Positive Birthing and Beyond CIO
Profit and Loss Account
for the year ended 5 April 2025

	2025 £	2024 £
Turnover	4,979	9,923
Cost of raw materials and consumables	(504)	-
Gross profit	<u>4,475</u>	<u>9,923</u>
Staff costs	(7,447)	(3,325)
Other charges	(548)	(115)
(Loss)/profit before taxation	<u>(3,520)</u>	<u>6,483</u>
(Loss)/profit	<u><u>(3,520)</u></u>	<u><u>6,483</u></u>

Positive Birthing and Beyond CIO**Registered number:****CE1174431****Balance Sheet****as at 5 April 2025**

	2025 £	2024 £
Current assets	3,070	6,591
Creditors: amounts falling due within one year	-	(1)
Net current assets	3,070	6,590
Total assets less current liabilities	3,070	6,590
Net assets	3,070	6,590
Capital and reserves	3,070	6,590
	Number	Number
Average number of employees	4	-

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 31 October 2025

Positive Birthing and Beyond CIO
Detailed profit and loss account items
for the year ended 5 April 2025

This schedule does not form part of the statutory accounts

	2025	2024
	£	£
Sales		
Sales	<u>4,979</u>	<u>9,923</u>
Cost of raw materials and consumables		
Purchases	<u>504</u>	<u>-</u>
Staff costs		
Wages and salaries	7,212	3,325
Employer's NI	<u>235</u>	<u>-</u>
	<u>7,447</u>	<u>3,325</u>
Other charges		
General administrative expenses:		
Telephone and internet	43	-
Subscriptions	157	-
Insurance	126	115
Software	<u>125</u>	<u>-</u>
	<u>451</u>	<u>115</u>
Legal and professional costs:		
Accountancy fees	<u>97</u>	<u>-</u>
	<u>97</u>	<u>-</u>
	<u>548</u>	<u>115</u>