



Annual report

Frome Birth Talk charity no. 1175641

Annual report and accounts 01/03/2020 to 28/2/2021

Governing document

Frome Birth Talk (FBT) is a charitable incorporated organisation (CIO) established on 8th November 2017.

The charity is governed by its CIO constitution.

Aims, objectives and activities

Frome Birth Talk exists to support birthing parents of all ages and circumstances to make the transition to parenthood confidently and positively, raising awareness of and combating the stigma associated with anxiety, low mood and mental ill health in the perinatal period. We do this by providing free professional counselling, gentle exercise led by skilled practitioners and a welcoming, judgement-free space to facilitate friendships and support networks.

The Board of Trustees present their annual report and accounts for the year ended 28th February 2021. The objective of the charity is for the public benefit by the relief of sickness and the preservation of health of pregnant women and new mothers in Frome and the surrounding area by the provision of a free counselling service and wellbeing events and activities.

Appointment and training of trustees

The voting members of the charity are the board of trustees and their number must be not fewer than three and not more than twelve. The number of four-year consecutive terms of office that a trustee may currently serve cannot exceed three, thereby limiting continuous membership to twelve years. After a gap of one year a trustee who has served three terms is eligible to request to re-join the board.

The board seeks to meet the needs of Frome Birth Talk by recruiting and retaining trustees with relevant skills and expertise. The trustees who served from 01/03/2020 to 28/2/2021 are:

- Suzy: a local mother with a third sector background, bid-writing knowledge, volunteer recruitment and retention and community fundraising experience. Suzy leads on our community fundraising and organisation of our member feedback sessions and 'away days'.
- Jane: a local mother and sales manager with experience of running businesses and associated bookkeeping. Jane is FBT's treasurer.
- Lucy: a local mother who works for a larger counselling organisation in a communications role and has extensive admin and event management experience. Lucy coordinates the counselling service and served as chair throughout the year.
- Karen: an experienced midwife, who brings clinical knowledge to the team and recently completed a Masters by Research at the University of Southampton on the Continuity of Carer model being implemented across the UK following the government's 'Better Births' report in 2016. Karen is our safeguarding lead.
- Fiona is a local mother, doula and birth worker, shiatsu practitioner and facilitator of groups for pregnant and postnatal women over many years. Fiona manages our website and social media.

We also enjoy the support of regular volunteers Emilie, who runs our postnatal yoga class, and retired midwives Sarah and Jackie, who help to run our weekly group. The work of our volunteers has been severely hampered by the impact of the COVID-19 pandemic, however.

Governance and organisational management

The board of trustees met five times during the year ending 28th February 2021.

FBT is not currently an organisational member of the British Association of Counselling and Psychotherapy (BACP) but chooses to follow its Ethical Framework for Counselling and Psychotherapy guidelines, in line with our self-employed counsellors' practice and that of the Bath College of Psychotherapy and Counselling (BACP), for whom we are an agency for trainee counsellors on placement.

Public benefit

The board of trustees confirm they have had regard to the Charity Commission's guidance on public benefit and have complied with their duty under section 4 of the Charities Act 2011 when reviewing the charity's aims and objectives; and in implementing current and planning future activities.

The Charities Act 2011 sets out 13 different aims which are recognised as charitable purposes, and Frome Birth Talk fits within the aim of the relief of sickness and preservation of health. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and continue to be committed to providing all our services free of charge, although donations are welcomed.



Financial sustainability

FBT has been sustained largely by grant funding from the National Lottery Communities Fund during this financial period. This grant covers our core costs and will last for another four years. Nevertheless, we have been active in fundraising to provide FBT with unrestricted income through raffles and sponsored challenges. In addition, we have been supported by a number of local businesses, who have donated products and services to us. We continue to implement our endorsement policy to vet, approve and manage support from private business and do not endorse any product or service over another.

Safeguarding

All counsellors and trainee counsellors have enhanced DBS checks, renewable every three years and organised and paid for by the charity. Safeguarding training has been provided for counsellors and trustees and will be repeated at least every three years. We have a safeguarding children and vulnerable adults policy which will be reviewed and ratified annually, along with named safeguarding officers. Our safeguarding procedure is backed up by a 'due diligence' process where any concerns not necessitating a full escalation are

discussed with the safeguarding lead, recorded and stored in a password-protected folder.

Location:

Due to the COVID-19 pandemic we were not able to hold our activities in Frome Community Hospital as usual for most of this year. Counselling has been taking place online via Zoom, over the phone or at Frome Therapy Rooms. We were also able to host some groups at Christchurch Parish Hall.

Background

Frome Birth Talk was formed in early 2017 in response to the loss of funding for an existing counselling service operating in Frome Community Hospital. Although the service was open to any users of the hospital, uptake had always been overwhelmingly from users of Frome Birth Centre. Three local women started to fundraise for a new service specifically for pregnant and postnatal women. This was successful, but the increase in profile led to a huge increase in referrals and it was clear that we needed to add grant funding to our community fundraising activities.

Our funders

Frome Birth Talk has been well supported by local and national funders, as well as community fundraising. In April 2020 we were delighted to receive the first instalment of a grant from the National Lottery Community Fund, which will cover our core costs for five years. This funding has helped us keep our services running throughout the pandemic at a time when our capacity for community fundraising was severely hampered. Nevertheless, we have continued to grow and by the end of this period were providing 13 professional counselling sessions per week. All our activities are geared towards one goal: to promote emotional wellbeing in women during pregnancy and the first year of motherhood, a time when at least one in five women experience anxiety, depression and low mood and a small but significant percentage become seriously unwell. Early intervention during this period has huge potential for good – helping women make a positive and confident transition at this unique and intense stage of life can have far-reaching benefits, not least a strong bond with their baby.

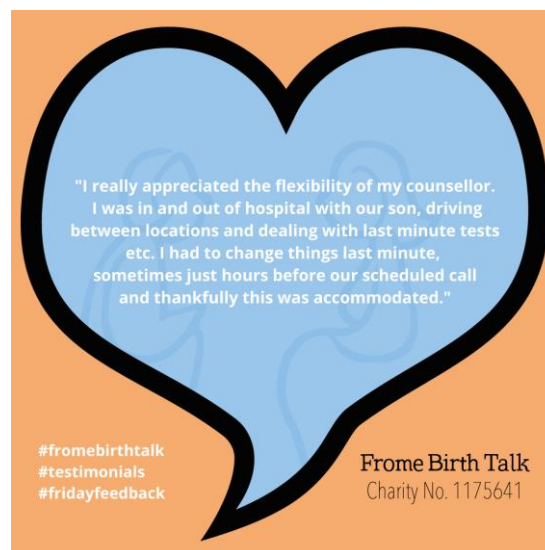
How we know we make a difference

We constantly monitor the effectiveness of all our services, requesting feedback from counselling clients and class attendees via an online questionnaire. The responses we get provide us with vital information about the aspects of our services that work and any gaps in provision, as well as serving to raise awareness and uptake.

In order to further measure the impact of our counselling service, we use a clinically validated evaluation tool, Clinical Outcomes in Routine Evaluation (CORE).

*The CORE System is for managers and practitioners working in psychological therapy services and is in use by a wide range of professions and sectors. It provides a framework for responding to the increasing demand in health and other sectors to provide evidence of service quality and effectiveness. It is freely available under **copyright** and supported by over a hundred **academic publications**.*

The tool uses 34 statements and respondents grade each statement from 0 to 4 depending on how accurately they feel it describes their feelings in the preceding week. The statements are designed to measure functioning, problem, wellbeing and risk. Not only does this provide us with useful data about percentage improvements in client wellbeing to go alongside narrative feedback, it also helps us practise safely and can help our counsellors recognise where there is a risk of harm and the need to involve other health professionals.



Providing opportunities

We have two counsellors in training working for FBT and plan to recruit a third. Counselling students have to complete initial training before seeing clients, then accrue clinical hours for full professional registration. By using trainee counsellors, we more than double the number of sessions we can offer to women, for the cost of professional supervision (provided in-house by our qualified counsellors) and mileage/travel costs.

What next?

As for many small charities, the COVID-19 pandemic has had a significant impact on our charity. We (a group of volunteers with demanding jobs and children) have had to adapt quickly to ever-changing circumstances as well as coping with additional pressures such as lockdowns and home-schooling. For this reason, we did not recruit our first employee, a director, as we intended to this year. Recruitment took place in the spring, however, and we are confident that having a paid person in this role will allow us to consolidate the work we have done, as well as develop new projects to support our community. Depending on the progress of the pandemic, we are keen to create another drop-in group that is accessible to parents with toddlers and return to the Community Hospital for counselling and groups.





Receipts and payments

For the period
from

03/01/2020

Section A Receipts and payments

Unrestricted
funds

Restricted
funds

National
Lottery
Community
Fund - RC
South West
Region

to the nearest
£

to the nearest £

A1 Receipts

GRANTS	288	24,000
ANON FAMILY TRUST GRANT - UNRESTRICTED		
DONATIONS	1,346	
FUND RAISING EVENTS	105	
Sub total (Gross income for AR)	1,739	24,000

A2 Asset and investment sales, (see table).

		-
	-	-
Sub total	-	-

Total receipts **1,739**

24,000

A3 Payments

COUNSELLOR FEES		9,648
COST OF FUNDRAISING	40	
COST OF BREATHING & RELAXATION CLASSES		
ROOM RENTAL		300
STUDENT SUPERVISION		840
STUDENT TRAVEL COSTS		104
PRINTING	19	
COMPUTER PURCHASE		743
SUBSCRIPTIONS		240
COST OF DEVELOPMENT & PLANNING		91
TRAINING		225
COST OF POSTNATAL GROUP		
DBS CHECKS		60
STORAGE		196
INSURANCE		317

FBT MOBILE PHONE COST		66
EQUIPMENT - YOGA MATS AND BLANKETS		
	59	12,830

A4 Asset and investment purchases, (see table)

	-	-
	-	-
Sub total	-	-

Total payments 59 12,830

Net of receipts/(payments) 1,680 11,170

A5 Transfers between funds - -

A6 Cash funds last year end 1,730

Cash funds this year end 3,410 11,170

Section B Statement of assets and liabilities at the

Categories

Details

B1 Cash funds

Unrestricted
National Lottery
Friends of Frome Community Hospital
Somerset Community Foundation
Magic Little Grant
Awards for All

Total cash funds

(agree balances with receipts and payments account(s))

B2 Other monetary assets

Details

Details

B3 Investment assets

B4 Assets retained for the charity’s own use

Details

NETITUDE HP PRO BOOK

B5 Liabilities

Details

Signed by one or two trustees on behalf of all the trustees

Signature

1175641

nts accounts

To

Restricted funds

to the nearest £

500

—

50072842014627623626

728	276	420	408

-	-	-	-
-	-	-	-
-	-	-	-

728	276	420	408
-----	-----	-----	-----

- 728	- 276	80	- 408
-	-	-	-
4,028	295	3	834
3,300	19	83	426

end of the period

Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
3,410		-
	11,171	-
	3,300	
	19	
	83	
	425	
-	-	-
3,410	14,998	-
OK	OK	OK

Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
-	-	-
-	-	-
-	-	-
-	-	-
-	-	-
-	-	-

Fund to which
asset belongs

Cost (optional)

Current value
(optional)

	-	-
	-	-
	-	-
	-	-
	-	-

Fund to which asset belongs	Cost (optional)	Current value (optional)
NATIONAL LOTTERY	743	-
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-

Fund to which liability relates	Amount due (optional)	When due (optional)
	-	
	-	
	-	
	-	

Print Name

CC16a



**Endowment
funds**

**Total
funds**

Last year

to the nearest £

**to the
nearest £**

**to the
nearest £**

-

24,788
-
1,346
105
-
-
26,239

8,000
750
190
1,832
0
0
10,771

-
-
-

-
-
-

-
-
-

-

26,239

10,771

-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-

10,376
40
566
300
1,076
380
45
743
240
91
225
-
60
196
317

8,281
549
-
-
383
1,205
104
-
-
45
-
29
-
-
317

-
-

66
-
14,721

90
302
11,303

-
-
-

-
-
-

-
-
-

-

14,721

11,303

-
-
-
-

11,518
-
6,890
18,408

-532
0
7421
6,889

--

Date of
approval

Independent examiner's report to the trustees of Frome Birth Talk

I report to the trustees on my examination of the accounts of Frome Birth Talk (the Trust) for the year ended 28 February 2021.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

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

Independent examiner's statement

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

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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

Signed: B Goddard

Name: Beverley Goddard

Relevant professional qualification or membership of professional bodies (if any):
Fellow of the Association of Chartered Certified Accountants

Address: 25 Leaze Road, Frome, BA11 3EY

Date: 20 December 2021