



OXFORDSHIRE BREASTFEEDING SUPPORT

Annual Report 2022/23



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Administrative Information

Registered Name

Oxfordshire Breastfeeding Support

Registered Address

2 Wytham Street,
Oxford
OX1 4SU

Email: team@oxbreastfeedingsupport.org

Registered charity no. 1176948

Trustees

Louise Ellis ACA - Treasurer
Laura Prentice - Deputy Chair
Dr Ashvina Segaran - Secretary and Safeguarding
Dr Juliet Rayment - Strategy
Hannah Marshall - Fundraising
Zoe Townsend - Team Liaison
Dr Rain Irshad - Equality Diversity and Inclusion
Khatsha Ali - External Communications
Anna Hodges (resigned April 2022)
Danielle Beaumont-Orr (resigned May 2022)
Sev Gunes-Lasnet (resigned August 2022)
Dr Ilana Levene (resigned November 2022)

Non-clinical Staff

Karin Chandler – Charity Director (joined December 2022)
Hannah Torrence – Clinical Director (joined April 2023)
Catriana McKie - Systems and Safeguarding Lead
Hannah Dingwall-Jones - Administration

Clinical Facilitators

Lisa Mansour (also EDI Lead)
Charlotte Gilman
Julie Gallegos
Cathy Berry
Ruth Viella

Non-clinical Contractors (management and administration)

Jayne Joyce (Project Lead; resigned April 2022)
Kawther Alfasi (Operations Lead, and Interim Project Lead April 2022 – November 2022; resigned November 2022)

Introduction from the Board of Trustees

This year marked significant changes at OBS, in both the staff and trustee team. Kawther Alfasi served as the Interim Project Lead from March to December 2022 and played a vital role in securing more grant funding for the charity. Her efforts left a lasting legacy.

Subsequently, we welcomed Karin Chandler as our first-ever Director in December 2022. Karin brings a range of experience in public sector and charity management, alongside prior roles as a breastfeeding counsellor and doula.

This year we also welcomed Laura Prentice, Ashvina Segaran, Hannah Marshall and Zoe Townsend as trustees and bid farewell to four others, Anna Hodges, Danielle Beaumont-Orr, Sev Gunes-Lasnet, and Ilana Levene. Ilana was our out-going Chair of Trustees and has been involved in OBS and Baby Cafe before it, for the last seven years and we thank her for all her valuable contributions over this period. Needless to say these are big losses, but the change has brought new ideas and energy to the charity which we look forward to developing in 2023/2024.

We have been working hard towards the creation of new systems and structures which will help provide stability to OBS. We have started to work towards employing staff, rather than solely relying on contractor relationships, and are focussing on new avenues for funding and fundraising to prepare for the end of our National Lottery Community Fund grant, which ends in March 2024. Over the next year we are also planning a transition to a social, drop in model of delivery at our in-person sessions. We're eagerly looking forward to witnessing how it all unfolds over time!



Juliet Rayment, on behalf of the Board of Trustees

Aims and Objectives

At OBS we believe that breastfeeding, and breastmilk, are deeply important. Our mission is to increase breastfeeding, provision of breastmilk and responsive feeding for babies in Oxfordshire by:

- Educating and empowering Oxfordshire families to define and achieve their feeding goals.
- Taking a lead role in developing an integrated network of breastfeeding support throughout Oxfordshire, so that all parents can access skilled, timely, local breastfeeding help.

Achievements and Performance

OBS in 2022

- 809 first visits, 828 return visits
 - 900 in-person visits
 - 506 online consultations
 - 147 Zoom group attendances
 - 79 families seen at antenatal sessions
 - 50% of first visitors from outside Oxford city (classed as OX1, OX2, OX3 and OX4)

*"If you do live near Oxfordshire and want any help or support with breastfeeding, relactating, inducing lactation or anything similar at any stage of your journey, Oxfordshire Breastfeeding Support (group) and its page Oxfordshire Breastfeeding Support offer a wealth of information, trained lactation specialists, and literally thousands of supportive mothers who have collectively tried every combination of pumping, breastfeeding, bottle feeding combination and formula feeding, the staff *WON'T* make you feel guilty for bottle feeding or weaning or anything of the sort (I combination fed my firstborn breast and formula - as do hundreds of thousands of women, they were massively supportive) - they will give you the unbiased information and support you need to make decisions YOU want to make."*

Bex, Service User

In-person Sessions

In-person weekly support sessions in Barton, Donnington, Didcot and Kidlington, continued to be well-attended throughout 2022/23. We are pleased to continue our partnership at Barton Neighbourhood Centre and with Donnington Doorstep Family Centre.

Our partnership with Didcot Baby Monday ended and we entered into a new partnership with Didcot Community Partnership (DCP), changing our venue to the Soha housing building near Didcot train station.

In Kidlington we work in partnership with Kidlington Community Hub (KCH) to provide co-ordinated support for families. KCH say of the partnership with OBS:

"The KCH provides a variety of family-focused support groups for the local community, and as a part of our programme we have had the privilege to work closely with OBS. Over the past year our partnership has enabled us to frequently signpost between the two charities, reaching more families and increasing our capacity to support those in need. Not only have we been able to work together effectively but we have also developed a good relationship with the local Health Visiting team, who have worked alongside us at sessions to deliver a more comprehensive level of support. Overall we are seeing less isolation, more positive breastfeeding outcomes, and improved maternal mental health."

Our Donnington session has been piloting a collaboration with the Enhanced Health Visiting (EHV) Service. This has enabled swift OBS referrals for reasons such as faltering growth, tongue-tie, severe mental health issues and safeguarding concerns, and return EHV referrals for additional feeding and social support. Following a post-Covid risk assessment we started to turn Donnington into a more social space for families - putting out baby mats and toys, bringing in additional volunteers to facilitate social interaction between families, and encouraging service users who no longer need extensive feeding support to return the following week(s) without having to book in again. This cautious return to a social space informed our plans to return to a social drop-in model for in-person sessions which we expect to realise in the 2023/24 year.

Our in-person sessions have also generated new fundraising income. In November tablets and card readers were delivered to each facilitator to take to in-person sessions to collect donations. Each tablet is named for a local breastfeeding support legend: Chloe Fisher, Sally Inch and Julie Osbourne. At the first outing at the Kidlington session £25 was immediately donated and volunteer Rachel Rea reported that "the parents were loving the machine at the Kidlington session yesterday!"



"I just wanted to say a huge thank you to the OBS team. I visited a Didcot session back when my little one was a few weeks old as I was having awful problems feeding, was in horrendous pain and at a real low point. I saw a lady called Lisa who couldn't have been more supportive. She made me feel so at ease, showed me such patience and kindness and, in the end, just let me have a big cry while she shared some really supportive words of advice. She was also the person who identified that my son was tongue tied and that this was the cause of the feeding problems I'd been having. If I hadn't gone to the session, I think I'd have given up trying to feed and I can't thank her and the general support from the OBS teams enough. I feel very grateful that such things are available to people as I certainly hadn't anticipated how difficult and emotive breastfeeding could be. Thank you!"

Anonymous Service User



Virtual 1:1 Consultations

We continued to offer virtual zoom sessions for 1:1 support and for parent's unable to attend an in-person session. In May we launched the use of Cliniko, a telehealth platform for virtual 1:1 consultations. The aim is to improve accessibility for families and streamline services. Initial feedback from families and facilitators is positive. The number of attendees at virtual 1:1 consultations has decreased from the 2021 high as in-person attendance grows.

"The online 1:1 session I had on day 3 with my newborn was invaluable. I was being provided with expert advice and reassurance at my convenience, in my own home. The social interaction of groups is so important but the online 1:1s can offer so much in reaching the very vulnerable in the early stages of motherhood and recovery."

Cordie, Service User

OBS Zoom Group

Our monthly zoom group has continued to run offering two parallel learning and discussion groups on "hot topics" related to breastfeeding, such as normal infant sleep, returning to work and starting complementary foods. Each session is co-led by a Facilitator and a Volunteer.

In September a leaflet titled [How to help your baby's sleep \(age 6 months or older\)](#) written by volunteer health visitor Vanessa and edited/formatted by OBS was distributed to attendees of our online OBS Zoom group and added to the [Resources for Parents](#) section of our website.

How to help your baby's sleep (age 6 months or older)



by Vanessa Campion
Health Visitor and OBS Volunteer

Establishing good sleep hygiene

Sleep hygiene is about establishing daily routines and practices that can make sleep more likely to occur. The bedroom environment is also an important part of sleep hygiene.

WHY IS THIS A GOOD IDEA?

What goes on during the day - as well as at bedtime - can help encourage your baby's developing sleeping patterns.

Sometimes it is all that is needed if a parent feels their child's sleep is more disrupted than normal.



As we transition back to a social drop-in in-person model for breastfeeding support we have begun conversations about the continuation of the online group and the purpose it serves. In early 2023 we took the decision to discontinue the monthly group.

Antenatal Breastfeeding Education Sessions

We have continued to offer monthly antenatal education sessions on Zoom. Attendance figures are higher than pre-pandemic levels: sessions take place in the daytime, and we frequently see people attending from their workplaces, including partners and other supporters. We also offer bespoke antenatal consultations for mothers for service users with previous feeding trauma and/or risk factors for complex feeding problems. Antenatal service users are invited to join our private Facebook group, and are also welcome to attend our in-person sessions to chat with facilitators, volunteers and other families.

In January 2023 we refreshed and renewed our teaching resources for the antenatal education session ensuring they fully represent current practice and offer the best guidance to pregnant women and their families.

"It was also useful to get to know the people delivering the session so that when I had to come back for support immediately after having the baby I felt much more confident to speak to the facilitators even though I was stressed and exhausted."

Anonymous Service User

Facebook

Our private, closely-moderated Facebook group is a supportive, friendly environment in which mothers can seek feeding support, from other parents, OBS peer supporters and our specialist facilitator team. We are continuing to experiment with its format, channelling it as an avenue for social connectedness between families as well as for providing evidence-based information.

"The Facebook group bolstered my mental health as a sometimes pretty scared first time mum. Just being able to scroll through other peoples' posts and replies made me aware, at anytime of day or night, that I was not alone. Once I'd plucked up the courage to post, the solidarity I found from facilitators, volunteers and other group members gave me so much strength, validating my decision to feed responsively and always reminding me that my adored, sleep-resisting baby is 'normal' and that I'm not doing things totally wrong!"

Jozie Shirreen, Facebook Service User

Other social media platforms have helped us to stay engaged with our service users and supporters.

- Regular social media posting on Facebook and Twitter.
- Increased presence on Instagram and LinkedIn
- Sharing video clips of 'what to expect' at our sessions
- Emails to our list



OBS Volunteers

We have continued to encourage growth in the skillsets of our existing volunteers, and to successfully train new volunteer peer supporters via the ABM Peer Supporter course. In 2022/23 we fully revised our volunteering policy and recruitment policy bringing greater clarity for this vital role for OBS. Volunteers are integral to our work at every level: they are a friendly, welcoming face at our sessions, providing support and reassurance, and normalising infant behaviour.

Given the importance of volunteers to OBS we have begun exploring the possibility of bringing training back 'in-house' as was the case pre-pandemic. This would bring benefits of providing bespoke training designed to meet the OBS service while also ensuring consistency of knowledge and approach. Discussions and preparations for this will continue throughout 2023/24.

We are incredibly proud of our OBS volunteers and thrilled that two of our long-standing, committed volunteers received external recognition. In May 2022 Sam Shiell won the OCVA (Oxfordshire Community & Voluntary Action) volunteer of the year award. Sam collected her award at a ceremony on 1st of June attended by Sam and OBS Interim Project Lead Kawther Alfasi.

We were also delighted to welcome our second FNP mother to join us as a volunteer this year.



Supporting Students, Health Professionals and Research

We have continued to offer observations for students and healthcare professionals at our in-person sessions, enabling them to increase their breastfeeding knowledge and competences. We also offered observations of our online Zoom groups, antenatal sessions and online 1:1 consultations.

2022 Observations	
observers registered	123
one-to-ones	10
Antenatal	2
Group	3
Didcot	1
Barton	14
Kidlington	9
Donnington	12
Total in-person	36
Total observations	51
Number who did 1 observation	32
Number who did 2 observations	3
Number who did 3 observations	2
Number who did 4 observations	2
Unique observers	39
Return observers (=>2)	7
Sessions booked but DNA	5

In October Facilitator Charlotte Gilmour, attended the 'System Changers Lunch' organised by the Oxford Hub, seeking to understand the needs and concerns of the Blackbird Leys community, and how they can best be served. Important insights gleaned into the process of embedding services into communities instead of top-down imposition. This work will help drive our ambitions to widen the availability of OBS support throughout Oxfordshire.

Collaborations and Partnerships

We have continued to participate in the Countywide Breastfeeding Strategy Group, which revised the Oxfordshire guidelines on faltering growth. Sharing best practices is critical to continuous improvement, both of our own services and those with which we collaborate.

In September we continued our partnership work with Motherkind Cafe with a session on breastfeeding grief and trauma, led by Facilitator Lisa Mansour.



"The breastfeeding grief and trauma Motherkind session we ran in September felt like important work. There were 8 attendees including a pregnant mother. Most came with complex feelings about breastfeeding/m and lactation, all left feeling heard and a little lighter. We talked about what went (or might go) wrong, what might have helped, shared information about how lactation works and listened without judgement to everyone's feelings about their own experiences. We were able to offer follow up online 1:1 support to those who could benefit and made recommendations for other services for some.

Although it can be tough to talk about feelings of loss and perceived failure to breastfeed it is a very important part of what we do at OBS: to meet mothers and other parents where they are, really listen and help them understand that they did not fail, but rather that they were failed by a chronic lack of appropriate infant feeding support in our society.

We hope to offer this session again soon."

Lisa, OBS Facilitator

Other collaborations for the development of breastfeeding support skills and family support have included:

- meeting with OX4 Early Years Alliance attended by Lisa Mansour and Kawther Alfasi
- OCF webinar on cost of living crisis in Oxford attended by Charlotte Gilmour
- Discussions with Good Food Oxfordshire about participating in a focus group on Healthy Start Vouchers.
- Bicester New Mums network event
- Signal sessions/focus groups at Donnington Doorstep. This was a fantastic opportunity to speak to current OX4 service users informally in the context of understanding their needs and the needs of local families in the area.



Widening Access and Family Nurse Partnership

Our work with Family Nurse Partnership (FNP) continues to evolve and expand offering joint virtual antenatal conversations and flexible postnatal feeding support to teenage mothers via text, WhatsApp, and virtual consultations.

"OBS has made me more confident about feeding my baby"

FNP Client

Our Black Breastfeeding Week campaign in August focused on amplifying voices and raising awareness of health inequalities for Black and Black-mixed women and birthing people.

We also published an inspiring case study by service user Lucy Dixon, who spoke about the complex way in which her African background shaped her attitudes towards motherhood and breastfeeding.



OBS
OXFORDSHIRE
BREASTFEEDING
SUPPORT

The constant attachment which breastfeeding, co-sleeping and sling-wearing necessitates removed almost all possibility of 'freedom', and I found the fear and acute panic which I viewed motherhood with start to melt away.

Lucy and Otis

Read her full story

  #BBW22

We continue to focus on issues of accessibility and privacy for sessions and practical measures have included rearranging furniture and purchasing an additional screen at Kidlington

Fundraising

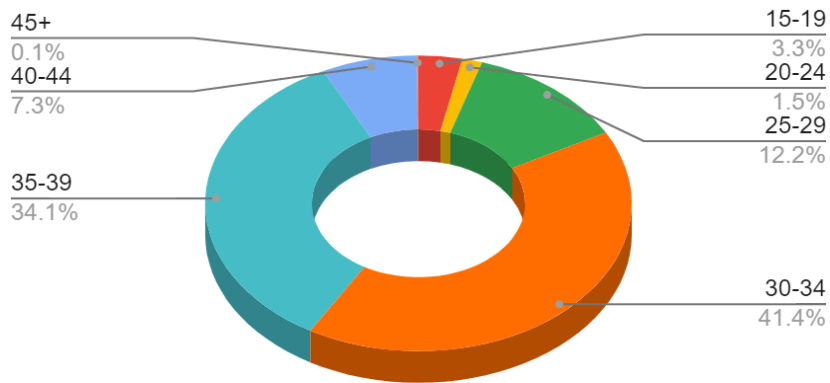
In December we launched our first Big Give fundraising campaign and successfully raised £5,095 from the OBS community. The event climaxed with a Winter Party in December at Donnington Doorstep, bringing together staff, volunteers, service users, trustees, health care professionals and other supporters.



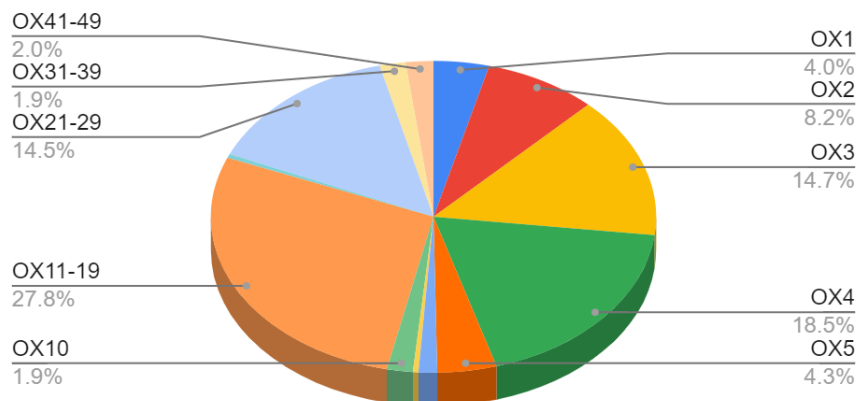
About our Service Users

Service User Profile 2022

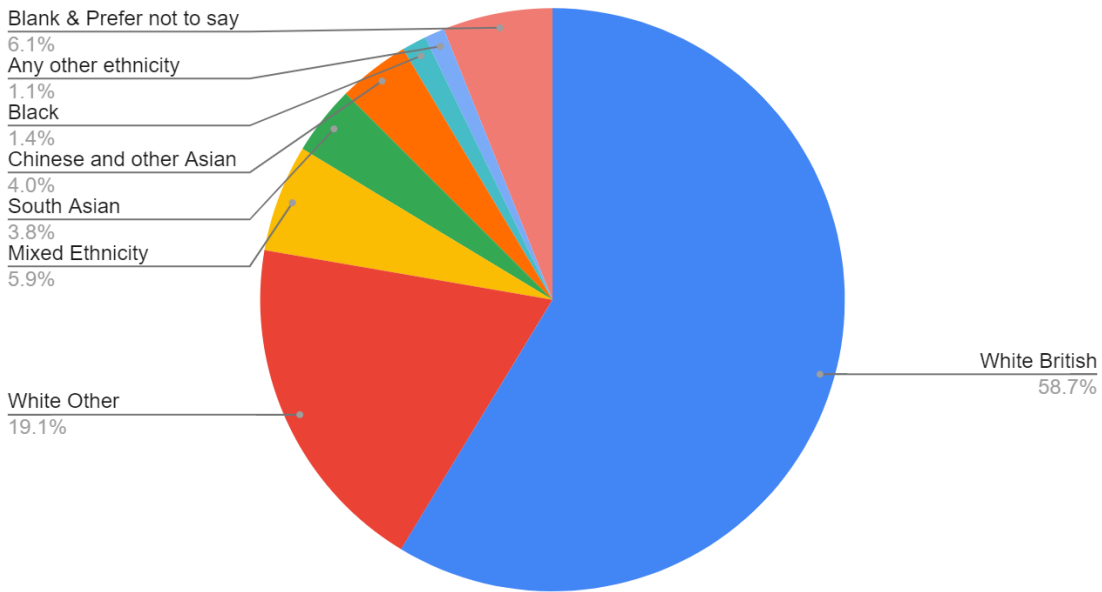
Mother's age at first visit 2022



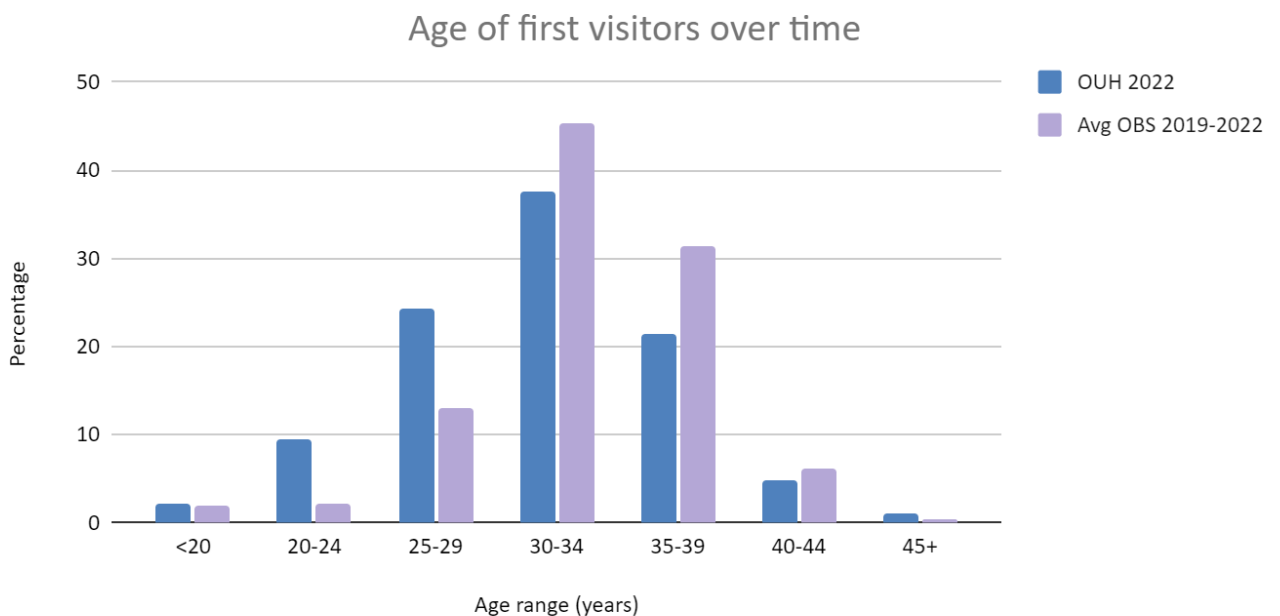
Postcodes 2022 first visitors



Ethnicity of OBS users 2022



Age of first visitors to OBS over time (2019 - 2022) compared against the average for the local NHS hospital trust in 2022. Below shows how we stack up against the local community over the last few years. The development of the FNP programmes continues to engage younger mothers with OBS.



Financial Report

This year saw OBS once again with a small deficit in funding as the organisation navigated its way out of funding targeted at meeting the needs of the pandemic and back to a more stable grant and donation income position.

Our Lottery grant entered the fourth year of funding and reduced to £21k (2021/22 £29k), and this was used primarily to fund Didcot and online sessions. The planned expenditure on a new location, Banbury, continued to be reallocated to providing ongoing 1:1 virtual and group support as we transitioned our way out of the pandemic response. It is envisaged that during 23/24 new drop in sessions will open with a corresponding drop in 1:1 online support, which will become targeted towards vulnerable families.

In the next financial year the element of our income provided by the Lottery grant will reduce further, with this funding source due to end on 31st March 2024. We are looking to build other sources of grant funding to supplement the significant level of donor income that we are fortunate to receive.

[Find the full 2022/23 accounts here.](#)

During 2022/23 a deficit of £1,474 was recorded (2021/22 deficit £642) with income and expenditure incurred being very similar for the prior year. We had budgeted for a higher deficit, but expenditure was lower than expected as the full employment model was delayed due to negotiations over contract terms. By the end of 2024, all work for OBS will be undertaken by employees of the organisation rather than being contracted to self employed freelancers.

Income for the year was £77,851 (2021/22 £74,429).

Included in this figure is £21k of Lottery grant funding and £37k of donation income. The donation income was unrestricted and we were able to use this funding to meet the running costs of our core face to face sessions and to contribute towards the management overheads of running the organisation.

Expenses during the year were £79,325 (2021/22 £75,071).

The costs of running the organisation remained broadly comparable from the prior year, with some increases in project management costs and fees and expenses. These arose from the change in using employees in the project management and

administration roles as opposed to freelance contractors. In 2023/24 all session facilitators are expected to become employees.

[A reserves policy](#) has been agreed by the Trustees and is reviewed annually to ensure that the appropriate levels of reserves are maintained and OBS is able to continue to fund its activities without unnecessary disruption.

Donors

Unrestricted income has been generously donated by:

- Two anonymous, long standing, individual donors
- Matched payroll giving scheme
- Regular giving by supporters through LocalGiving , Paypal and at in-person sessions

Restricted donations have been received from:

- Lottery funding: £21,000
- Local Giving Magic Little Grants £500
- Doris Field Charitable Trust £500
- OCF Cost of Living Grant £2,370
- OCF Contain Grant £8,438

and all our other generous donors and supporters



Louise Ellis, ACA, OBS Treasurer

Risk Management

The major risk to OBS, as with many other small charities, is financial. The ending of our current National Lottery funding in March 2024 provides a particular challenge. To address this, we recruited a trustee with experience in charity fundraising in 2022 and a Director.

As highlighted in the last annual report the capacity of our volunteers remains a risk to OBS, particularly as demand for the service grows. We have strengthened our volunteering policy, code of conduct and volunteer recruitment processes in an effort to mitigate some of this risk. There has been a significant turnover of trustees within the last year which also highlights the risk of lack of volunteering capacity. Our trustees are predominantly women with young children who also work professionally and it can be difficult to manage competing demands on time. Before the end of 2023 we plan to recruit for three additional trustees to help manage workloads and provide further continuity.

Safeguarding risks remain uppermost in our minds and we have updated and reviewed our safeguarding policy and procedures. These have been further strengthened by the appointment of our new Designated Safeguarding Lead, Catriana McKie and Safeguarding Trustee Dr Ashvina Segaran.

Looking Towards 2023/24

We look forward with enthusiasm to the upcoming year and the planned return to a drop-in social model to our in-person sessions. We will also finalise the move of our facilitators from contractors to employees recognising fully the vital and irreplaceable role they play in OBS.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

Oxfordshire Breastfeeding Support

On accounts for the year
ended

31st March 2023

Charity no
(if any)

1176948

Set out on pages

1 to 34

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st March 2023

Responsibilities and
basis of report

As the charity's trustees, 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 which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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:

Date:

24/9/23

Name:

Colin David Pargeter

Relevant professional
qualification(s) or body
(if any):

ICAEW

Address:

10 Blewitt Court, Littlemore,
Oxford. OX44PB

Oxfordshire Breastfeeding Support		Charity No (if any)	1176948
Annual accounts for the period			
Period start date	01.04.2022	To	Period end date 31.03.2023

Section A Statement of financial activities

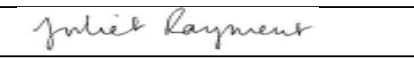

Recommended categories by activity	Guidance Notes	Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Prior year funds
		£ F01	£ F02	£ F03	£ F04	£ F05
Incoming resources (Note 3)						
Income and endowments from:						
Donations and legacies	S01	42,332	32,808	-	75,140	71,036
Charitable activities	S02	635	-	-	635	1,195
Other trading activities	S03	2,038	-	-	2,038	2,198
Investments	S04	38	-	-	38	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
Total	S07	45,043	32,808	-	77,851	74,429
Resources expended (Note 6)						
Expenditure on:						
Raising funds	S08	2,993	-	-	2,993	3,200
Charitable activities	S09	38,092	29,970	-	68,062	65,789
Separate material item of expense	S10	-	-	-	-	-
Other	S11	5,732	2,538	-	8,270	6,082
Total	S12	46,817	32,508	-	79,325	75,071
Net income/(expenditure) before investment gains/(losses)	S13	- 1,774	300	-	- 1,474	- 642
Net gains/(losses) on investments	S14	-	-	-	-	-
Net income/(expenditure)	S15	- 1,774	300	-	- 1,474	- 642
Extraordinary items	S16	-	-	-	-	-
Transfers between funds	S17	-	-	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
Net movement in funds	S20	- 1,774	300	-	- 1,474	- 642
Reconciliation of funds:						
Total funds brought forward	S21	45,025	1,041	-	46,066	46,708
Total funds carried forward	S22	43,251	1,341	-	44,592	46,066

Section B

Balance sheet

		Guidance Notes	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets							
Intangible assets	(Note 15)	B01	-	-	-	-	-
Tangible assets	(Note 14)	B02	-	-	-	-	-
Heritage assets	(Note 16)	B03	-	-	-	-	-
Investments	(Note 17)	B04	-	-	-	-	-
Total fixed assets		B05	-	-	-	-	-
Current assets							
Stocks	(Note 18)	B06	-	-	-	-	-
Debtors	(Note 19)	B07	863	-	-	863	1,235
Investments	(Note 17.4)	B08	-	-	-	-	-
Cash at bank and in hand	(Note 24)	B09	50,466	6,781	-	57,247	62,410
Total current assets		B10	51,329	6,781	-	58,110	63,645
Creditors: amounts falling due within one year	(Note 20)	B11	8,077	5,440	-	13,517	17,579
Net current assets/(liabilities)		B12	43,252	1,341	-	44,593	46,066
Total assets less current liabilities		B13	43,252	1,341	-	44,593	46,066
Creditors: amounts falling due after one year	(Note 20)	B14	-	-	-	-	-
Provisions for liabilities		B15	-	-	-	-	-
Total net assets or liabilities		B16	43,252	1,341	-	44,593	46,066
Funds of the Charity							
Endowment funds	(Note 27)	B17	-	-	-	-	-
Restricted income funds	(Note 27)	B18	-	1,341	-	1,341	1,041
Unrestricted funds		B19	43,251	-	-	43,251	45,025
Revaluation reserve		B20	-	-	-	-	-
Total funds		B21	43,251	1,341	-	44,592	46,066

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

Signature	Print Name	Date of approval dd/mm/yyyy
	Juliet Rayment	17/7/2023
	Louise Ellis	17/7/2023

Note 1 Basis of preparation

This section should be completed by all charities.

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

- and with*

ü

 the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014
- and with*

ü

 the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)
- and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.*

ü

* -Tick as appropriate

1.2 Going concern

If there are material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern, please provide the following details or state "Not applicable", if appropriate:

An explanation as to those factors that support the conclusion that the charity is a going concern;

The charity is holding around 7 months of expenditure in reserves, which is line with the stated reserves policy, and has grant funding and donations agreed until 23/24 so the Trustess consider the charity to be a going concern

Disclosure of any uncertainties that make the going concern assumption doubtful;

Not applicable

Where accounts are not prepared on a going concern basis, please disclose this fact together with the basis on which the trustees prepared the accounts and the reason why the charity is not regarded as a going concern.

Not applicable

1.3 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note { }.

Yes*

ü

No*

ü

* -Tick as appropriate

Please disclose:

(i) the nature of the change in accounting policy;

(ii) the reasons why applying the new accounting policy provides more reliable and more relevant information; and

<i>(iii) the amount of the adjustment for each line affected in the current period, each prior period presented and the aggregate amount of the adjustment relating to periods before those presented, 3.44 FRS 102 SORP.</i>	
--	--

1.4 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period (3.46 FRS 102 SORP).

Yes*	<input checked="" type="checkbox"/>	* - Tick as appropriate
No*	<input type="checkbox"/>	

Please disclose:

<i>(i) the nature of any changes;</i>	
<i>(ii) the effect of the change on income and expense or assets and liabilities for the current period; and</i>	
<i>(iii) where practicable, the effect of the change in one or more future periods.</i>	

1.5 Material prior year errors

No material prior year error have been identified in the reporting period (3.47 FRS 102 SORP).

Yes*	<input checked="" type="checkbox"/>	* - Tick as appropriate
No*	<input type="checkbox"/>	

Please disclose:

<i>(i) the nature of the prior period error;</i>	
<i>(ii) for each prior period presented in the accounts, the amount of the correction for each account line item affected; and</i>	
<i>(iii) the amount of the correction at the beginning of the earliest prior period presented in the accounts.</i>	

Note 2

Accounting policies

Please complete this note when first reporting under FRS2102. Section 35 of FRS102, requires 3 reconciliations to be presented, if all are applicable.

2.1 RECONCILIATION WITH PREVIOUS GENERALLY ACCEPTED ACCOUNTING PRACTICE

Please provide a description of the nature of each change in accounting policy

Not applicable , no changes to accounting policies

Reconciliation of funds per previous GAAP to funds determined under FRS 102

	Start of period	End of period
	£	£
Fund balances as previously stated		
<i>Adjustments:</i>		
Fund balance as restated		

Reconciliation of net income/(net expenditure) per previous GAAP to net income/(net expenditure) under FRS 102

	End of period
	£
Net income/(expenditure) as previously stated	
<i>Adjustments:</i>	
Previous period net income/(expenditure) as restated	

Note 2 Accounting policies

2.2 INCOME

This standard list of accounting policies has been applied by the charity except for those ticked "No" or "N/a". Where a different or additional policy has been adopted then this is detailed in the box below.

Recognition of income	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> the charity becomes entitled to the resources; it is more likely than not that the trustees will receive the resources; and the monetary value can be measured with sufficient reliability.
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.
Grants and donations	Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).
Legacies	In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP). Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.
Government grants	The charity has received government grants in the reporting period
Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.
Contractual income and performance related grants	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so. The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution. Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'. Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable. Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.
Donated services and facilities	Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.
Support costs	The charity has incurred expenditure on support costs.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.
Income from membership subscriptions	<p>Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.</p> <p>Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.</p>
Settlement of insurance claims	Insurance claims are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP) and are included as an item of other income in the SoFA.
Investment gains and losses	This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

2.3 EXPENDITURE AND LIABILITIES

Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.
Governance and support costs	<p>Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.</p> <p>Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.</p>
Grants with performance conditions	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.
Grants payable without performance conditions	Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.
Redundancy cost	The charity made no redundancy payments during the reporting period.
Deferred income	No material item of deferred income has been included in the accounts.
Creditors	The charity has creditors which are measured at settlement amounts less any trade discounts
Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date
Basic financial instruments	The charity accounts for basic financial instruments on initial recognition as per paragraph 10.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.

2.4 ASSETS

Tangible fixed assets for use by charity	<p>These are capitalised if they can be used for more than one year, and cost at least</p> <p>They are valued at cost.</p> <p>The depreciation rates and methods used are disclosed in note 9.2.</p>	
Intangible fixed assets	<p>The charity has intangible fixed assets, that is, non-monetary assets that do not have physical substance but are identifiable and are controlled by the charity through custody or legal rights. The amortisation rates and methods used are disclosed in note 9.5</p> <p>They are valued at cost.</p>	
Heritage assets	<p>The charity has heritage assets, that is, non-monetary assets with historic, artistic, scientific, technological, geophysical or environmental qualities that are held and maintained principally for their contribution to knowledge and culture. The depreciation rates and methods used as disclosed in note 9.6.1.4.</p> <p>They are valued at cost.</p>	

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Yes	No	N/a
ü	ü	ü

Investments	Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.	Yes	No	N/a
		Ü	Ü	Ü
	Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments	Yes	No	N/a
		Ü	Ü	Ü
Stocks and work in progress	Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.	Yes	No	N/a
		Ü	Ü	Ü
	Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock.	Yes	No	N/a
		Ü	Ü	Ü
	Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract.	Yes	No	N/a
		Ü	Ü	Ü
Debtors	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.	Yes	No	N/a
		Ü	Ü	Ü
Current asset investments	The charity has investments which it holds for resale or pending their sale and cash and cash equivalents with a maturity date less than one year. These include cash on deposit and cash equivalents with a maturity date of less than one year held for investment purposes rather than to meet short term cash commitments as they fall due.	Yes	No	N/a
		Ü	Ü	Ü
	They are valued at fair value except where they qualify as basic financial instruments.	Yes	No	N/a
		Ü	Ü	Ü

POLICIES ADOPTED ADDITIONAL TO OR DIFFERENT FROM THOSE ABOVE	
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Section C	Notes to the accounts	(cont)
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Note 3 Analysis of income

	Analysis	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Donations and legacies:	Donations and gifts	37,332	1,000	-	38,332	36,946
	Gift Aid		-	-	-	500
	Legacies	-	-	-	-	-
	General grants provided by government/other charities	5,000	31,808	-	36,808	33,590
	Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	-
	Donated goods, facilities and services	-	-	-	-	-
	Other	-	-	-	-	-
	Total	42,332	32,808	-	75,140	71,036
Charitable activities:		-	-	-	-	-
	Breast pump hire	635	-	-	635	1,195
	Other	-	-	-	-	-
	Total	635	-	-	635	1,195
Other trading activities:	Fundraising	2,038	-	-	2,038	1,890
	Teaching income	-	-	-	-	308
	Other	-	-	-	-	-
	Total	2,038	-	-	2,038	2,198
Income from investments:	Interest income	38	-	-	38	-
	Dividend income	-	-	-	-	-
	Rental and leasing income	-	-	-	-	-
	Other	-	-	-	-	-
	Total	38	-	-	38	-
Separate material item of income:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total	-	-	-	-	-
Other:	Conversion of endowment funds into income	-	-	-	-	-
	Gain on disposal of a tangible fixed asset held for charity's own use	-	-	-	-	-
	Gain on disposal of a programme related investment	-	-	-	-	-
	Royalties from the exploitation of intellectual property rights	-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
TOTAL INCOME		45,043	32,808	-	77,851	74,429

Other information:

All income in the prior year was unrestricted except for: (please provide description and amounts)

National Lottery grant £21,000 OCF Contain grant £8,438, Cost of Living Grant £2,370 , Doris Field Charitable Trust £500, Localgiving Magic Little Grants £500

Where any endowment fund is converted into income in the reporting period, please give the reason for the conversion.

N/A

Within the income items above the following items are material: (please disclose the nature, amount and any prior year amounts)

Anonymous donations from 2 different anonymous donors totalling £17,000

Note 4 Analysis of receipts of government grants

	Description	This year £	Last year £
Government grant 1		-	-
Government grant 2		-	-
Government grant 3		-	-
Other		-	-
	Total	-	-

Please provide details of any unfulfilled conditions and other contingencies attaching to grants that have been recognised in income.

Not applicable

Please give details of other forms of government assistance from which the charity has directly benefited.

Not applicable

Note 5 Donated goods, facilities and services

	This year £	Last year £
Seconded staff	-	-
Use of property	-	-
Other	-	-
	-	-

Please provide details of the accounting policy for the recognition and valuation of donated goods, facilities and services.

Not applicable

Please provide details of any unfulfilled conditions and other contingencies attaching to resources from donated goods and services not recognised in income.

Not applicable

Please give details of other forms of other donated goods and services not recognised in the accounts, eg contribution of unpaid volunteers.

Peer support is provided at drop in sessions by volunteers. As well as assisting in talking to families about the normal course of breastfeeding, referring to facilitators where complex issues arise, peer supporters help with ensuring appropriate session record keeping is maintained, setting up and tidying the room and making refreshments. Volunteers also organise fundraising events, help fill in grant applications, help attract donors and run the breast pump hire scheme. During the year some sessions were delivered virtually via Zoom and peer supporters attended group sessions to help with welcome and discussion; lead break out rooms on specific topics; and helped with support given on Facebook groups

Note 6

Analysis of expenditure

	Analysis	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Expenditure on raising funds:	Incurred seeking donations	833	-	-	833	1,600
	Incurred seeking legacies	-	-	-	-	-
	Incurred seeking grants	2,160	-	-	2,160	1,600
	Operating membership schemes and social lotteries	-	-	-	-	-
	Staging fundraising events	-	-	-	-	-
	Fundraising agents	-	-	-	-	-
	Operating charity shops	-	-	-	-	-
	Operating a trading company undertaking non-charitable trading activity	-	-	-	-	-
	Advertising, marketing, direct mail and publicity	-	-	-	-	-
	Start up costs incurred in generating new source of future income	-	-	-	-	-
	Database development costs	-	-	-	-	-
	Other trading activities	-	-	-	-	-
	Investment management costs:	-	-	-	-	-
	Portfolio management costs	-	-	-	-	-
	Cost of obtaining investment advice	-	-	-	-	-
	Investment administration costs	-	-	-	-	-
	Intellectual property licencing costs	-	-	-	-	-
	Rent collection, property repairs and maintenance charges	-	-	-	-	-
		-	-	-	-	-
	Total expenditure on raising funds	2,993	-	-	2,993	3,200
Expenditure on charitable activities	Facilitator session fees	21,268	17,677	-	38,945	37,263
	Facilitator project running costs	15,294	12,293	-	27,587	26,718
	Antenatal and peer support sessions	1,530	-	-	1,530	1,808
		-	-	-	-	-
	Total expenditure on charitable activities	38,092	29,970	-	68,062	65,789
Separate material item of expense		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total	-	-	-	-	-

Other

Insurance	102	156	-	258	258
Equipment	-	-	-	-	30
Administration	5,599	2,349	-	7,948	5,794
Volunteer expenses	-	-	-	-	-
Trustee expenses	31	33	-	64	-
Total other expenditure	5,732	2,538	-	8,270	6,082

TOTAL EXPENDITURE

46,817	32,508	-	79,325	75,071
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Other information:**Analysis of expenditure on charitable activities**

Activity or programme	Activities undertaken directly	Grant funding of activities	Support Costs	Total this year	Total prior year
	£	£	£	£	£
Sessions	Drop ins and online support	66702	7856	74558	69761
Training	Antenatal sessions and peer support training	1360	414	1774	2110
Other					
Total		68062	8270	76332	71871

Prior year expenditure on charitable activities can be analysed as follows:

Charitable activities last year were split between grant funding £65,789 and support costs £6,082

Within the expenditure items above the following items are material: (please disclose the nature, amount and any prior year amounts)

Material items of expenditure are facilitator direct session costs and project management costs £66,533 (2021/22 £63,981)

Note 7

Extraordinary items

Please explain the nature of each extraordinary item occurring in the period.

	Description	This year £	Last year £
Extraordinary item 1	Not applicable	-	-
Extraordinary item 2		-	-
		-	-
Extraordinary item 3		-	-
Extraordinary item 4		-	-
Total extrordinary items		-	-

Section C

Notes to the accounts

Note 8

Funds received as agent

8.1 Please complete this note if the charity has agreed to administer the funds of another entity as its agent. Note: If a charity is acting as an agent, it should not recognise the income in the Statement of Financial Activities or the Balance Sheet.

Description/name of party	Related party (Yes or No)	Amount received		Amount paid out		Balance held at period end	
		This year	Last year	This year	Last year	This year	Last year
		£	£	£	£	£	£
Not applicable		-	-	-	-	-	-
		-	-	-	-	-	-
		-	-	-	-	-	-
		-	-	-	-	-	-
		-	-	-	-	-	-
Total		-	-	-	-	-	-

8.2 Where a consortia or similar arrangement exists whereby 2 or more charities co-operate to achieve economies in the purchase of goods or services, please disclose details of any balances outstanding between any participating members.

Description/name of party	Balance held at period end	
	This year	Last year
	£	£
	-	-
	-	-
	-	-
	-	-
	-	-
Total	-	-

Note 9 Support Costs

Please complete this note if the charity has analysed its expenses using activity categories and has support costs.

Support cost (examples)	Raising funds £	Drop in sessions/online support £	Peer support/Antenatal £	£	Grand total £	Basis of allocation (Describe method)
Governance	-	-		-	-	
Insurance	-	245	13	-	258	Time spent
Website and other fees	-	6,982	367	-	7,349	Time spent
	-	-		-	-	
Other	-	629	34	-	663	Time spent
Total	-	7,856	414	-	8,270	

Please provide details of the accounting policy adopted for the apportionment of costs between activities and any estimation techniques used to calculate their apportionment.

The organisation has identified its support costs and allocated them between the 2 main activities undertaken based on an estimate of time allocated per month to the different activity sessions. Governance costs at present relate to time spent by Trustees on charity management. No costs are incurred for this.

Note 10 Details of certain items of expenditure**10.1 Fees for examination of the accounts**

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner. If nothing was paid please enter '0' in the appropriate box(es).

Independent examiner's fees

Assurance services other than audit or independent examination

Tax advisory fees

Other fees (for example: financial advice, consultancy, accountancy services) paid to the independent examiner

This year £	Last year £
0	0
0	0
0	0
0	0

Note 11 Paid employees

Please complete this note if the charity has any employees.

11.1 Staff Costs

Salaries and wages

Social security costs

Pension costs (defined contribution scheme)

Other employee benefits

Total staff costs

This year £	Last year £
8,303	-
-	-
112	-
-	-
8,415	-

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

None noted

Please give details of the number of employees whose total employee benefits (excluding employer pension costs) fell within each band of £10,000 from £60,000 upwards. If there are no such transactions, please enter 'true' in the box provided.

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

TRUE

Band	Number of employees
£60,000 to £69,999	None
£70,000 to £79,999	None
£80,000 to £89,999	None
£90,000 to £99,999	None
£100,000 to £109,999	None

Please provide the total amount paid to key management personnel (includes trustees and senior management) for their services to the charity

Total amount paid to senior management for services to charity during the year was £4,600 (2021/22 £nil)

11.2 Average head count in the year

The parts of the charity in which the employees work

	This year Number	Last year Number
Fundraising	-	-
Charitable Activities	3	-
Governance	-	-
Other	-	-
Total	3	-

11.3 Ex-gratia payments to employees and others (excluding trustees)

Please complete if an ex-gratia payment is made.

Please explain the nature of the payment	<div>None</div>
Please state the legal authority or reason for making the payment	<div>n/a</div>
Please state the amount of the payment (or value of any waiver of a right to an asset)	<div>n/a</div>

11.4 Redundancy payments

Please complete if any redundancy or termination payment is made in the period.

Total amount of payment	<div>None</div>
The nature of the payment (cash, asset etc.)	<div>n/a</div>
The extent of redundancy funding at the balance sheet date	<div>n/a</div>
Please state the accounting policy for any redundancy or termination payments	<div>n/a</div>

Note 12 **Defined contribution pension scheme or defined benefit scheme accounted for as a defined contribution scheme.**

12.1 *Please complete this note if a defined contribution pension scheme is operated.*

Amount of contributions recognised in the SOFA as an expense

not applicable

Please explain the basis for allocating the liability and expense of defined contribution pension scheme between activities and between restricted and unrestricted funds.

12.2 *Please complete this section where the charity participates in a defined benefit pension plan but is unable to ascertain its share of the underlying assets and liabilities.*

Please confirm that although the scheme is accounted for as a defined contribution plan, it is a defined benefit plan.

Please provide such information as is available about the plan's surplus or deficit and the implications, if any, for the reporting charity

12.3 *Please complete this section where the charity participates in a multi-employer defined benefit pension plan that is accounted for as a defined contribution plan.*

Describe the extent to which the charity can be liable to the plan for other entities' obligations under the terms and conditions of the multi-employer plan

Note 14 Tangible fixed assets

Please complete this note if the charity has any tangible fixed assets n/a

14.1 Cost or valuation

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Total
	£	£	£	£	£
At the beginning of the year	-	-	-	-	-
Additions	-	-	-	-	-
Revaluations	-	-	-	-	-
Disposals	-	-	-	-	-
Transfers *	-	-	-	-	-
At end of the year	-	-	-	-	-

14.2 Depreciation and impairments

**Basis	SL or RB	SL or RB	SL or RB	SL or RB	SL or RB	Straight Line ("SL") or Reducing Balance ("RB")
** Rate						

At beginning of the year	-	-	-	-	-
Disposals	-	-	-	-	-
Depreciation	-	-	-	-	-
Impairment	-	-	-	-	-
Transfers*	-	-	-	-	-
At end of the year	-	-	-	-	-

14.3 Net book value

Net book value at the beginning of the year	-	-	-	-	-
Net book value at the end of the year	-	-	-	-	-

14.4 Impairment

Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.

14.5 Revaluation

If an accounting policy of revaluation is adopted, please provide:

the effective date of the revaluation	
the name of independent valuer, if applicable	
the methods applied and significant assumptions	
the carrying amount that would have been recognised had the assets been carried under the cost model.	

14.6 Other disclosures

(i) Please state the amount of borrowing costs, if any, capitalised in the construction of tangible fixed assets and the capitalisation rate used.	
(ii) Please provide the amount of contractual commitments for the acquisition of tangible fixed assets.	
(iii) Details of the existence and carrying amounts of property, plant and equipment to which the charity has restricted title or that are pledged as security for liabilities.	

* The "transfers" row is for movements between fixed asset categories.
** Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB

Note 15 Intangible assets*Please complete this note if the charity has any intangible assets n/a***15.1 Cost or valuation**

	Research & development	Patents and trademarks	Other	Total
	£	£	£	£
At beginning of the year	-	-	-	-
Additions	-	-	-	-
Disposals	-	-	-	-
Revaluations	-	-	-	-
Transfers *	-	-	-	-
At end of the year	-	-	-	-

15.2 Amortisation and impairments

**Basis	SL or RB	SL or RB	SL or RB	SL or RB	Straight Line ("SL") or Reducing Balance ("RB")
** Rate					

At beginning of the year	-	-	-	-
Disposals	-	-	-	-
Amortisation	-	-	-	-
Impairment	-	-	-	-
Transfers*	-	-	-	-
At end of year	-	-	-	-

15.3 Net book value

Nat book value at the beginning of the year	-	-	-	-
Net book value at the end of the year	-	-	-	-

15.4 Accounting policy

Please disclose the accounting policy for intangible fixed assets including:

Reasons for choosing amortisation rates

Policies for the recognition of any capital development

15.5 Impairment

Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.

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15.6 Revaluation

If an accounting policy of revaluation is adopted, please provide:

the effective date of the revaluation

the name of independent valuer, if applicable

the methods applied

the carrying amount that would have been recognised had the assets been carried under the cost model.

15.7 Other disclosures

(i) If your intangible asset was acquired by way of grant, provide value on initial recognition and carrying amount of the asset.

(ii) Details of the carrying amounts of any intangible assets to which the charity has restricted title or that are pledged as security for liabilities.

(iii) Please provide the amount of contractual commitments for the acquisition of intangible assets.

(iv) State the amount of research and development expenditure recognised as expenditure in the year.

(vi) Please detail the headings in the SOFA in which a charge for amortisation of intangible assets is included.

(vii) For any material intangible assets, please provide a description, its carrying amount and any remaining amortisation period.

* The "transfers" row is for movements between fixed asset categories.

** Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.

Note 16 **Heritage assets** n/a

Please complete this note if the charity has heritage assets

16.1 General disclosures for all charities holding heritage assets

(i) Explain the nature and scale of heritage assets held.

(ii) Explain the policy for the acquisition, preservation, management and disposal of heritage assets.

16.2 Cost or valuation

	Heritage asset 1 £	Heritage asset 2 £	Heritage asset 3 £	Heritage asset 4 £	Total £
At beginning of the year	-	-	-	-	-
Additions	-	-	-	-	-
Disposals	-	-	-	-	-
Revaluations	-	-	-	-	-
Transfers *	-	-	-	-	-
At end of the year	-	-	-	-	-

16.3 Depreciation and impairments

**Basis						Straight Line ("SL") or Reducing Balance ("RB")
** Rate						

At beginning of the year	-	-	-	-	-
Disposals	-	-	-	-	-
Depreciation	-	-	-	-	-
Impairment	-	-	-	-	-
Transfers*	-	-	-	-	-
At end of year	-	-	-	-	-

16.4 Net book value

Nat book value at the beginning of the year	-	-	-	-	-
Net book value at the end of the year	-	-	-	-	-

16.5 Impairment

Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.

16.6 Revaluation

If an accounting policy of revaluation is adopted, please provide:

the effective date of the revaluation

the name of independent valuer, if applicable

qualifications of independent valuer

the methods applied and significant assumptions

any significant limitations on the valuation

16.7 Analysis of heritage assets by class or group distinguishing those at cost and those at valuation

	At valuation Group A £	At cost Group B £	Total £
Carrying amount at the beginning of the period	-	-	-
Additions	-	-	-
Disposals	-	-	-
Depreciation/impairment	-	-	-
Revaluation	-	-	-
Carrying amount at the end of period	-	-	-

16.8 Heritage assets (where heritage assets are not recognised on the balance sheet)

(i) Explain the reason why heritage assets have not been recognised on the balance sheet.

(ii) Describe the significance and nature of heritage assets.

(iii) Disclose information that is helpful in assessing the value of heritage assets.

(iv) Explain the reason why it is not practicable to obtain a valuation of heritage assets.

16.9 Five year summary of heritage assets transactions

	2015	2014	2013	2012	2011
	£	£	£	£	£
Purchases					
Group A	-	-	-	-	-
Group B	-	-	-	-	-
Group C	-				
Other	-				
Donations					
Group A	-	-	-	-	-
Group B	-	-	-	-	-
Group C	-	-	-	-	-
Other	-	-	-	-	-
Total additions	-	-	-	-	-
Charge for impairment					
Group A	-	-	-	-	-
Group B	-	-	-	-	-
Group C	-	-	-	-	-
Other	-	-	-	-	-
Total charge for impairment	-	-	-	-	-
Disposals					
Group A - carrying amount	-	-	-	-	-
Group B - carrying amount	-	-	-	-	-
Group C	-	-	-	-	-
Other	-	-	-	-	-
Total disposals	-	-	-	-	-

Note 17	Investment assets	n/a
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Please complete this note if the charity has any investment assets.

17.1 Fixed assets investments (please provide for each class of investment)

	Cash & cash equivalents	Listed investments	Investment properties	Social investments	Other	Total
Carrying (fair) value at beginning of period	-	-	-	-	-	-
Add: additions to investments during period*	-	-	-	-	-	-
Less: disposals at carrying value	-	-	-	-	-	-
Less: impairments	-	-	-	-	-	-
Add: Reversal of impairments	-	-	-	-	-	-
Add/(deduct): transfer in/(out) in the period	-	-	-	-	-	-
Add/(deduct): net gain/(loss) on revaluation	-	-	-	-	-	-
Carrying (fair) value at end of year	-	-	-	-	-	-

*Please specify additions resulting from acquisitions through business combinations, if any.

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Please note that Fair Value in this context is the amount for which an asset could be exchanged between knowledgeable and willing parties in an arm's length transaction. For traded securities, the fair value is the value of the security quoted on the London Stock Exchange Daily Official List or equivalent. For other assets where there is no market price on a traded market, it is the trustees' or valuers' best estimate of fair value.

17.2 Please provide a breakdown of investments shown above agreeing with the balance sheet row B04 differentiating between those held at fair value and those held at cost less impairment.

Analysis of investments

	Fair value at year end	Cost less impairment
	£	£
Cash or cash equivalents	-	-
Listed investments	-	-
Investment properties	-	-
Social investments	-	-
Other investments	-	-
Total	-	-
Grand total (Fair value at year end+Cost less impairment)		

17.3 If your charity holds investment properties, please complete the following note:

(i) Explain the methods and significant assumptions in determining the fair value of investment property held by the charity	
(ii) Name or independent valuer, if applicable, and relevant qualifications	
(iii) Provide details of any restrictions on the ability to realise investment property or on the remittance of income or disposal proceeds	

(iv) Explain any contractual obligations for the purchase, construction or development of investment property or for repairs, maintenance or enhancements

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17.4 Please provide a breakdown of current asset investments, if applicable, agreeing with the balance sheet.

Analysis of current asset investments

This year	Last year
£	£
-	-
-	-
-	-
-	-
-	-
-	-

Cash or cash equivalents

Listed investments

Investment properties

Social investments

Other investments

Total

17.5 Guarantees

Please provide details and amount of any guarantee made to or on behalf of a third party

--

Name of the entity or entities benefitting from those guarantees

--

Please explain how the guarantee furthers the charity's aims

--

17.6 Concessionary loans

Amount of concessionary loans made (Multiple loans made may be disclosed in aggregate provided that such aggregation does not obscure significant information).

Description	This year £	Last year £
Total		

Amount of concessionary loans received (Multiple loans received may be disclosed in aggregate provided that such aggregation does not obscure significant information).

Description	This year £	Last year £
Total		

Terms and conditions eg interest rate, security provided

--

Value of any concessionary loans which have been committed but not taken up at the reporting date

--

Amounts payable within 1 year

--

Amounts payable after more than 1 year

--

Amounts receivable within 1 year

--

Amounts receivable after more than 1 year

--

17.7 Additional information

Please provide information about the significance of investments to the charity's financial position or performance eg. terms and conditions of loans or the use of hedging to manage financial risk.

For all investments measured at fair value, the basis for determining the value, including any assumptions applied when using a valuation technique.

Where a charity has provided financial assets as a form of security, the carrying amount of the financial asset pledged as security and the terms and conditions relating to its pledge.

Note 18

Stocks

n/a

Please complete this note if the charity holds any stock items

18.1 Please state the carrying amount of stock and work in progress analysed between activities.

	Stock		Donated goods		Work in progress
	For distribution	For resale	For distribution	For resale	
	£	£	£	£	
Charitable activities:					
<i>Opening</i>	-	-	-	-	-
<i>Added in period</i>	-	-	-	-	-
<i>Expensed in period</i>	-	-	-	-	-
<i>Impaired</i>	-	-	-	-	-
<i>Closing</i>	-	-	-	-	-
Other trading activities:					
<i>Opening</i>	-	-	-	-	-
<i>Added in period</i>	-	-	-	-	-
<i>Expensed in period</i>	-	-	-	-	-
<i>Impaired</i>	-	-	-	-	-
<i>Closing</i>	-	-	-	-	-
Other:					
<i>Opening</i>	-	-	-	-	-
<i>Added in period</i>	-	-	-	-	-
<i>Expensed in period</i>	-	-	-	-	-
<i>Impaired</i>	-	-	-	-	-
<i>Closing</i>	-	-	-	-	-
Total this year	-	-	-	-	-
Total previous year	-	-	-	-	-

18.2 Please specify the carrying amount of any stocks pledged as security for liabilities

--

Note 19 **Debtors and prepayments**
Please complete this note if the charity has any debtors or prepayments.

19.1 Analysis of debtors

Trade debtors
Prepayments and accrued income
Other debtors

Total

This year	Last year
£	£
-	-
702.0	735.0
161.0	500.0
863.0	1,235.0

Please complete 19.2 where a material debtor is recoverable more than a year after the reporting date.

19.2 Analysis of debtors recoverable in more than 1 year (included in debtors above)

Trade debtors
Prepayments and accrued income
Other debtors

This year	Last year
£	£
-	-
-	-
-	-
-	-
Total	-

Note 20 Creditors and accruals

Please complete this note if the charity has any creditors or accruals.

20.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Accruals for grants payable	-	-	-	-
Bank loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Payments received on account for contracts or performance-related grants	-	-	-	-
Accruals and deferred income	13,517	17,579	-	-
Taxation and social security	-	-	-	-
Other creditors	-	-	-	-
Total	13,517	17,579	-	-

20.2 Deferred income

Please complete this note if the charity has deferred income.

Please explain the reasons why income is deferred.

Donation and grant income received in March 2022 with condition that expenditure would only take place to fund activities from 2022/23 onwards was released to income during the current year

Movement in deferred income account

	This year £	Last year £
Balance at the start of the reporting period	10,000	17,513
Amounts added in current period	5,440	10,000
Amounts released to income from previous periods	- 10,000	- 17,513
Balance at the end of the reporting period	5,440	10,000

Note 21 Provisions for liabilities and charges

Please complete this note if you have included in charity expenditure any provisions. A provision is made when the charity has a liability of uncertain timing or amount.

21.1 Please provide:

- a brief description of any obligations on the balance sheet and the expected amount and timing of resulting payments;
- an indication of the uncertainties about the amount or timing of those outflows; and
- the amount of any expected reimbursement, stating the amount of any asset that has been recognised for that expected reimbursement.

Not applicable

21.2 Movements in recognised provisions and funding commitment during the period

Balance at the start of the reporting period

Amounts added in current period

Amounts charged against the provision in the current period

Unused amounts reversed during the period

Balance at the end of the reporting period

This year £	Last year £
-	-
-	-
-	-
-	-
-	-

21.3 For any funding commitment that is not recognised as a liability or provision, provide details of commitment made, the time frame of that commitment, any performance-related conditions and details of how the commitment will be funded (with contracts for capital expenditure separately identified).

21.4 Where unrestricted funds have been designated to a fund commitment, please disclose the nature of any amounts designated and the likely timing of that expenditure.

Note 22 Other disclosures for debtors, creditors and other basic financial instruments

<p>22.1 Please provide information about the significance of financial instruments (eg. debtors, creditors, investments etc) to the charity's financial position or performance, for example, the terms and conditions of loans or the use of hedging to manage financial risk.</p>	<p><i>Not applicable</i></p>
<p>22.2 If the charity has provided financial assets as a form of security, the carrying amount of the financial assets pledged as security and the terms and conitions related to its pledge should be given here.</p>	

Note 23

Contingent liabilities and contingent assets

n/a

23.1

Contingent liabilities

Where the charity has contingent liabilities, please complete the following section unless the possibility of their existence is remote.

Description of item including its legal nature. Please describe any security provided in connection to the liability.	Estimate of financial effect

23.2

Contingent assets

Where the charity has contingent assets, please complete the following section when their existence is probable

Description of item	Estimate of financial effect

23.4

Other disclosures for contingent assets and/or liabilities

Please provide the following information where practicable:

Explain any uncertainties relating to the amount or timing of settlement; and the possiblty of any reimbursement	
Where it is not practical to make one or more of these disclosures, please state this fact	

Note 24 **Cash at bank and in hand**

Short term cash investments (less than 3 months maturity date)

Short term deposits

Cash at bank and on hand

Other

Total

This year £	Last year £
-	-
-	-
57,247	62,410
-	-
57,247	62,410

Note 25 **Fair value of assets and liabilities** n/a

25.1 Please provide details of the charity's exposure to credit risk (the risk of incurring a loss due to a debtor not paying what is owed) , liquidity risk (the risk of not being able to meet short term financial demands) and market risk (the risk that the value of an investment will fall due to changes in the market) arising from financial instruments to which the charity is exposed at the end of the reporting period and explain how the charity manages those risks.

25.2 Please give details of the amount of change in the fair value of basic financial instruments (debtors, creditors, investments (see section 11, FRS 102 SORP)) measured at fair value through the SoFA that is attributable to changes in credit risk.

Note 26

Events after the end of the reporting period

n/a

Please complete this note events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

Please provide details of the nature of the event

Provide an estimate of the financial effect of the event or a statement that such an estimate cannot be made

Section C	Notes to the accounts	(cont)
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Note 27 **Charity funds**

27.1 Details of material funds held and movements during the CURRENT reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.

** Key: PE - permanent endowment funds; EE - expendable endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds*

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Local Giving Magic Little Grants	R	To fund online 1:1 and group sessions	-	500	- 500	-	-	-
Lottery grant fund	R	To run extra sessions and projects as per Lottery funding bid	1,041	21,000	- 20,700	-	-	1,341
Doris Field Charitable Trust	R	To fund subscriptions	-	500	- 500	-	-	-
OCF Cost of Living Grant	R	To fund 9 months of Kidlington sessions	-	2,370	- 2,370	-	-	-
OCF Contain grant	R	To fund 6 months Donnigton sessions	-	8,438	- 8,438	-	-	-
General fund	U	unrestricted	45,025	45,043	- 46,817	-	-	43,251
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
Other funds	N/a	N/a	-	-	-	-	-	-
Total Funds			46,066	77,851	- 79,325	-	-	44,592

Note 27

Charity funds (cont)

27.2 Details of material funds held and movements during the PREVIOUS reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.

* Key: PE - permanent endowment funds; EE - expendable endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
OCF COVID on going costs	R	Ongoing COVID expense for hybrid model	-	4,590	- 4,590	-	-	-
Lottery grant fund	R	To run extra sessions and projects as per Lottery funding bid	-	29,000	- 27,959	-	-	1,041
General fund	U	unrestricted	46,708	40,839	- 42,522	-	-	45,025
			-	-	-	-	-	-
			-	-	-	-	-	-
Other funds	N/a	N/a	-	-	-	-	-	-
Total Funds			46,708	74,429	- 75,071	-	-	46,066

Note 27

Charity funds (cont)

not applicable

27.3 Transfers between funds

	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount
Between unrestricted and restricted funds		
Between endowment and restricted funds		
Between endowment and unrestricted funds		

27.4 Designated funds

Planned use	Purpose of the designation	Amount

Note 28 Transactions with trustees and related parties

If the charity has any transactions with related parties (other than the trustee expenses explained in guidance notes) details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box or "False" if there are transactions to report.

28.1 Trustee remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False)

None

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		This year				Last year
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£		£	£

Please give details of why remuneration or other employment benefits were paid.

Not applicable

Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment.

Not applicable

28.2 Trustees' expenses

If the charity has paid trustees expenses for fulfilling their duties, details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box below. If there are transactions to report, please enter "False".

No trustee expenses have been incurred (True or False)

Type of expenses reimbursed	This year	Last year
	£	£
Travel		
Subsistence		
Accommodation		
Other (please specify): Training	63	0
TOTAL	63	0

Please provide the number of trustees reimbursed for expenses or who had expenses paid by the charity

1

28.3 Transaction(s) with related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a related party has a material interest, including where funds have been held as agent for related parties. If there are no such transactions, please enter 'true' in the box provided.

There have been no related party transactions in the reporting period (True or False)

TRUE

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.

For any related party, please provide details of any guarantees given or received.

Note 29**Additional Disclosures**

The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.

Reserves policy: OBS will review the level of reserves held, both restricted and unrestricted, at each Trustee meeting. The charity relies on donations from individuals, grants and fundraising to fund the majority of its charitable activities. The nature of these income streams are that funds are not certain to be received and are not evenly spread throughout the year. As future income from donations is uncertain and would be affected by the wider economic conditions then holding reserves allows the charity time to plan the best way to reduce services or investigate other sources of funding. The charity has been awarded some long term grant funding, most notably £114k over 4 years from the National Lottery. This has meant that the charity feels more confident in holding a reduced level of reserves compared to the prior years and use this money to invest in the sessions that aren't funded by the grants. The charity operates a mixture of face to face booked breastfeeding groups alongside one to one and group online support. The Trustees believe it is reasonable to hold enough reserves to enable the organisation to transition towards a larger proportion of face to face sessions compared with online operations. The charity continues to move from a self employed contractor organisation to employing staff. The Trustees believe that it is prudent to hold enough reserves to provide a buffer for any unexpected employment costs, emergency expenses and potential redundancy costs, as well as to ensure that funds are available in a timely manner to continue to maintain our level and nature of service provision. The charity is planning on holding an increasing number of sessions a week, and in order to assist in the planning of future service levels and to enable giving notice to both service users and facilitators of any reductions in service levels because of lack of funds, the Trustees consider it reasonable to hold between 6 and 9 months of expenditure in reserve. Unrestricted reserves at the end of the year were £43k which represents about 7 months of expenditure, along with an additional £5k of deferred grant income which has been earmarked for future activities.