

Charity no. 1178152

Maternal Mental Health Alliance

Report and unaudited Financial Statements 2023-24

Maternal Mental Health Alliance

Report of the Trustees

For the year ended 30 September 2024

Charity number	1178152
Registered office and operational address	International House 12 Constance Street London E16 2DQ
Trustees	<p>The trustees are who served during the year and up to the date of this report were as follows:</p> <p>Sarah Arnold Iulia Avramescu (Treasurer) Sakina Ballard Luciana Berger (Chair) Kate Billingham (Vice-Chair) Dr Clare Dolman Dr Henry Fay Christel Hawkins (until September 2024) Ian Jones Yasmin Mulji Lisa Williams</p>
Chief Executive Officer	<p>Laura Seebohm (until May 2024) Justin Irwin (from May 2024)</p>
Royal patron	Her Royal Highness the Princess of Wales
Bankers	<p>CAF Bank Ltd 25 Kings Hill Avenue West Malling Kent ME19 4JQ</p>
Independent examiner	<p>Godfrey Wilson Limited Chartered accountants and statutory auditors 5th Floor Mariner House 62 Prince Street Bristol BS1 4QD</p>

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For the year ended 30 September 2024

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the Constitution and the Statement of Recommended Practice - Accounting and Reporting by Charities (effective from January 2019).

The trustees are pleased to present their annual report together with the financial statements of the charity for the year ended 30 September 2024.

Foreword by Luciana Berger, Chair of the Maternal Mental Health Alliance

The past year has been one of significant progress and impact for the Maternal Mental Health Alliance (MMHA).

As we approached a pivotal election year, our consistent and targeted campaigning efforts ensured that perinatal mental health remained high on the political agenda. These efforts led to the first-ever UK Maternal Mental Health Advocacy Day, bringing together lived experience voices, healthcare professionals, and campaigners to call for urgent action. We were also able to hold a roundtable in the House of Lords on perinatal mental health in the workplace.

Our new approach to partnerships and our ongoing campaigns with our 130 UK wide member organisations have significantly boosted public awareness of perinatal mental health throughout this period, whilst generating crucial funds. We also launched a new website, providing accessible information for families, healthcare professionals and policymakers alike.

At the heart of our work is a deep commitment to listening to lived experience. This year, we amplified diverse maternal voices through groundbreaking projects including the Amplifying Maternal Voices Toolkit and young mums' mental health research. These initiatives are not only driving systemic change but also strengthen the MMHA's role as a leading advocate for maternal mental health.

Post-year end we were delighted to be informed that a significant bid to the UK Fund of the National Lottery's Community Fund had been successful. This project will form the next phase of our programme to tackle maternal mental health inequities across the UK, and the 5-year funding allows us to look forward to delivering even more effectively against our mission.

As Chair, it has been a privilege to continue to work alongside such a passionate and productive team and a diverse range of dedicated members, partners and other stakeholders. Together, we are building a future where compassionate, inclusive, and well-resourced care is a reality for all women, birthing people, babies and families, irrespective of background or geographical location.

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Objectives and activities for the public benefit

The trustees confirm that in compiling this report they have had due regard to guidance on public benefit issued by the Charity Commission in compliance with the duty set out in section 17(5) of the Charities Act 2011.

The MMHA is a UK-wide charity and network of more than 130 organisations, dedicated to ensuring women and birthing people, babies, and families impacted by perinatal mental health (PMH) problems have access to high-quality, compassionate care and support. We bring the perinatal mental health community together and make change happen by combining the power of real-life experience with clinical and professional expertise.

Our purpose

The MMHA exists to ensure every family in the UK gets the perinatal mental health care and support they need, before, during and after pregnancy. This includes:

- specialist PMH care within a supportive perinatal pathway; and
- good-quality PMH care within universal and primary care services, supported by specialist staff within each service.

The need

At least 1 in 5 women will develop a perinatal mental illness – more than 130,000 women in the UK each year. If untreated, PMH problems can have a devastating impact on the women affected and their families. In the UK, perinatal mental illness too often goes unrecognised, undiagnosed, and untreated.

The outcomes we expect from MMHA activities are:

1. Women, babies, and families across the UK have access to specialist PMH care within a supportive pathway that complies with NICE and SIGN guidelines;
2. PMH investment is prioritised by the Government, with money pledged and spent on specialist PMH services in all nations;
3. The voices of diverse experts by experience are heard by local and national decision-makers and help influence the development of PMH policies, services, and practices across the UK; and
4. Women and families in all four nations of the UK have access to high-quality compassionate PMH care that meets their individual needs within universal and primary care services.

Whilst the primary target of our activities is to benefit women, birthing people, and families impacted by PMH problems, the above outcomes also serve to foster greater efficiency and effectiveness in health and social care services, benefit the economy, and lead to greater health equality overall.

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How the MMHA is trying to achieve change

1. Campaign, lobby, and influence to make the case for high-quality PMH care;
2. Convene as an alliance to amplify the collective influence, voice and resources of members and others committed to the provision of high-quality PMH care;
3. Ensure decisions made about PMH care are informed by the voices of experts by experience;
4. Reduce stigma around and raise awareness of PMH problems to ensure that women and birthing people feel able to ask for help, and that there is parity of care for women's mental and physical health during pregnancy and postnatally; and
5. Run our organisation efficiently and effectively, maximising our impact, and securing and making best use of our funds.

Overview of MMHA's achievements and performance

It has been another productive and influential year for the MMHA. Highlights include:

- **October 2023**
 - Hosted a roundtable at RCOG on domestic abuse and PMH.
 - Launched new young mums research at an event with CYPMHC.
 - Met with Shadow Secretary of State for Health Wes Streeting and Shadow Minister for Women and Mental Health Abena Oppong-Asare.
- **November 2023**
 - Co-hosted a parliamentary event in Scotland with PIMHS.
 - Hosted a parliamentary policy roundtable in the House of Commons for Abena Oppong-Asare MP.
- **February 2024**
 - Joined Theo Clarke MP's Birth Trauma Inquiry board.
- **March 2024**
 - Launched the Amplifying Maternal Voices Toolkit.
- **April 2024**
 - Delivered a sold-out webinar (500 tickets) showcasing new research from King's College London into suicide prevention during and after pregnancy.
- **May 2024**
 - Hosted a roundtable in the House of Lords on perinatal mental health in the workplace.
 - Ran first-ever UK Maternal Mental Health Advocacy Day.
 - Launched new campaign for mandatory mental health checks with Grazia.
- **July 2024**
 - Announced Dr Krystal Wilkinson as MMHA's first ambassador.
 - Worked with ~50 members to produce letter to new ministers regarding investment in perinatal mental health.
- **August 2024**
 - Launched new report on substance use, child removal and maternal mental health.

Our activities 2023-24

Excellent services

General election and manifesto influencing

Ahead of the general election, the MMHA campaigned to ensure perinatal mental health (PMH) featured in the main political party manifestos. The Alliance crafted clear policy messages highlighting the urgency of improving PMH care and outlining specific actions needed.

The MMHA held a cross-party roundtable in the Scottish Parliament, chaired by Conservative MSP Tess White. This event provided a valuable platform to raise awareness of PMH's critical importance in political manifestos across the UK.

A productive meeting with Wes Streeting (Shadow Health Secretary) and Abena Oppong-Asare (Shadow Minister for Mental Health and Women) led to further discussions on MMHA's policy recommendations. To strengthen this engagement, the MMHA hosted a roundtable with Abena in November, bringing together members, lived experience champions, and representatives to demonstrate the sector's passion and expertise.

These pre-election efforts helped solidify our relationship with the incoming Labour government, paving the way for continued dialogue with key ministers on improving PMH care across the UK.

Specialist Services

We work to influence policy, improve transparency, and advocate for equitable access to PMH support for families across each nation of the UK.

England

The MMHA actively engaged with policymakers and advisory groups to advocate for improved PMH services and support across England:

- **Engaging with the Shadow Mental Health Minister:** We met with representatives from Abena Oppong-Asare MP's team to discuss addressing health inequities in PMH. These conversations led to the Shadow Mental Health Minister publicly supporting Maternal Mental Health Awareness Week on social media.
- **Contributing to national strategies and taskforces:** The MMHA continued its role on the National Suicide Prevention Strategy Advisory Group, as well as the Maternity Disparities Taskforce. Regular meetings with policy teams at NHS England and the Department of Health and Social Care (DHSC), including those working on Start for Life, enabled the MMHA to consistently highlight the needs of parents experiencing PMH challenges.

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- **Mapping Maternal Mental Health Services:** In partnership with the British Psychological Society (BPS), the MMHA undertook a comprehensive project to map Maternal Mental Health Services in England for the first time. The project aimed to build a clear picture of service provision, highlight gaps, and identify funding disparities across the country, with a report due in October 2024.

Northern Ireland

In Northern Ireland, the MMHA celebrated a significant milestone as specialist perinatal mental health teams became operational in all health board areas. This progress was the result of consistent advocacy and collaboration. The Alliance also maintained close engagement with key stakeholders, including Professor Siobhan O'Neill, the Mental Health Champion for NI, to ensure sustained investment in specialist PMH services and the development of a much-needed Mother and Baby Unit (MBU).

Despite these successes, challenges remain. The return of the NI Executive brought long-standing supporter of PMH services Robin Swann back as Health Minister. However, his departure following the election heightened the urgency for action. The MMHA continues to advocate for a clear deadline for the MBU business plan and confirmation of funding.

Scotland

Following the publication of our specialist services report, the MMHA met with Minister Maree Todd to discuss the findings and advocate for improved support. Despite a freeze on Scottish Government funding for mental health, the MMHA's efforts, particularly through a parliamentary roundtable in November, led to increased engagement, including regular discussions with the PMH Programme Board.

With Parent and Infant Mental Health Scotland (PIMHS) ceasing as a constituted charity this year, Aberlour children's charity stepped in to host the MMHA Coordinator role. This allowed the MMHA to continue with key priorities, including re-establishing links with statutory and voluntary services, engaging with member organisations, and advocating for long-term, ringfenced PMH funding and equitable access to services.

Wales

The MMHA has been instrumental in advancing perinatal mental health (PMH) priorities in Wales. During this year we partnered with Home-Start Cymru and welcomed a new Everyone's Business Coordinator for Wales. Collaborating with NSPCC and the PMH Network, we produced a recommendations paper, developed through joint workshops with key stakeholders, to influence the Welsh Government's next mental health strategy.

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Universal Services

A key focus for the MMHA this year was improving PMH care within universal services, ensuring mental health is given as much attention and investment as physical health. As part of the advisory group for NHS England's "What Matters" maternity project, we supported the participation of parents with lived experience, grounding discussions in real-world insights. This project, run by the Healthcare Quality Improvement Partnership, provided a platform to advocate for mental health as a priority in maternity care.

We collaborated closely with the Royal College of Midwives (RCM), building on their PMH roadmap to strengthen advocacy for integrating mental health into maternity services. Key activities included discussing the economic and human case for embedding psychological therapies into maternity teams, supported by the findings of a scientific paper published by the London School of Economics (LSE). This evidence-based approach has underpinned strategic conversations with NHS England, the British Psychological Society (BPS), RCM, and the Royal College of Obstetricians and Gynaecologists (RCOG).

In addition, our role on NHS England's Stakeholder Council for the Maternity and Neonatal Programme allowed us to influence national discussions. Through presentations at events such as the specialist midwives forum and Improving Maternity Services Conference, we have amplified our call for better integration of mental health support in universal services, ensuring women experiencing PMH difficulties receive timely, effective care.

Raising awareness of maternal mental health

Maternal Mental Health Awareness Week

Advocacy Day

On Wednesday 1 May, we launched the first-ever UK Maternal Mental Health Advocacy Day, coinciding with World Maternal Mental Health Day. This initiative aimed to raise awareness of the mental health needs of new and expectant mothers in the UK, especially with a general election approaching.

The MMHA encouraged the public, healthcare professionals, and member organisations to educate parliamentarians about maternal mental health and urge them to commit to improving care using template letters. Despite mental health issues being the most common complication during pregnancy and the postnatal period (affecting 1 in 5 women and birthing people), investment in mental health services remained disproportionately low compared to physical conditions like gestational diabetes or pre-eclampsia.

The MMHA called on MPs to ensure that mental health check-ins became as standard as taking blood pressure, promoting sensitive discussions at every antenatal and postnatal appointment. Supporters were invited to engage by contacting their MPs and spreading awareness on social media using #MMHAdvocacyDay.

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The campaign gained significant visibility through partnerships with *Grazia* and their parenting platform *'The Juggle'*. Influencer support from high-profile mums secured by the publication helped the MMHA reach over 1 million Instagram accounts, growing our following and boosting awareness of the charity's work. Together, these efforts amplified the call for maternal mental health to be a priority in UK healthcare policy.

MMHA website

The new MMHA website launched in December 2023, designed as a comprehensive perinatal mental health hub for families, healthcare professionals, journalists, MPs, and commissioners. The site offers a streamlined, user-friendly experience, making essential information on maternal mental health easier to access and understand.

Healthcare professionals can find best practice guidelines, policy updates, and training resources to enhance perinatal mental health care. Families and loved ones can explore dedicated sections offering practical advice, support services, and personal stories, helping them feel less alone and more informed. Journalists can access press releases, media resources, and expert commentary to support accurate reporting on maternal mental health issues. MPs and commissioners can find policy briefings, evidence-based reports, and campaign updates to inform decision-making and advocacy efforts.

By bringing these audiences together in one central hub, the MMHA website supports a collaborative approach to improving perinatal mental health care and raising awareness, ensuring that everyone affected has the right support when they need it most.

Partnerships

Tommee Tippee

Our two-year partnership with Tommee Tippee continued to shine a light on perinatal mental health and reach more families with education, tools, spaces, and support during this significant period in their lives. This partnership was a first for the MMHA, and we continue to work closely with Tommee Tippee to see how they can help the Alliance maximise its reach, as well as increase our financial stability.

Aveeno Baby X Superdrug

Aveeno Baby partnered with the MMHA to raise awareness and encourage parents to talk more about their mental health during and after pregnancy. As part of the campaign, Aveeno Baby donated 20p from every purchase of Aveeno Baby and Aveeno Kids products at 100s of Superdrug stores across the UK and online for a period, raising nearly £9,000 to support the MMHA's core work.

Other corporate partnerships

During this year's Maternal Mental Health Awareness Week, we received valuable support from Mamma Bamboo and Child's Farm. Both brands helped amplify our messages through dedicated podcasts and social media campaigns, sharing vital statistics and signposting to support for parents affected by perinatal mental health challenges.

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This growing corporate engagement highlights an increasing appetite to address perinatal mental health. It reinforces the potential for developing long-term partnerships as a key pillar of our awareness-raising and fundraising strategies, ensuring more parents can access the care and support they need.

Listening to women and families

MMHA Lived Experience Champions

The voice of lived experience has been integral to the MMHA's work since day one and this year we have continued that dedication to ensuring experts by experience inform all aspects of our work. Over the last year we have had a deliberate focus on expanding the network to include underrepresented voices, particularly young mums.

This year, Champions have been involved in:

- The Amplifying Maternal Voices (AMV) project
- Aveeno Baby campaign focus groups
- Maternal Mental Health Awareness Week content
- Roundtable events in the House of Commons and House of Lords
- Workforce training
- Media opportunities, including a televised pre-election debate about healthcare in the UK.

Listening Pilot Project: substance use, child removal, and maternal mental health

In August 2024, the MMHA launched our Listening Project report in collaboration with the charity REFORM: ['Listening to the stories of women who have experienced child removal due to drug and alcohol use'](#). This report amplifies the voices of three women who faced drug and/or alcohol addiction during pregnancy and early motherhood, shedding light on their experiences of child removal and advocating for systemic change.

This groundbreaking report highlights the courage, empathy, and persistence of the women who shared their stories, advocating for their voices to remain central in future research and policymaking. The MMHA hopes these findings will act as a catalyst for investment in this under-researched area and drive meaningful change in policy and practice to better support women facing addiction and multiple adversity.

Domestic abuse and perinatal mental health

The MMHA began working with social enterprise IRISi to explore an early intervention project addressing the impact of domestic violence and abuse (DVA) on women's mental health during the perinatal period. IRISi, with a proven track record of integrating domestic abuse training and specialist support into primary care, sexual health, and health visiting teams, aims to equip healthcare professionals to better recognise and respond to gender-based violence.

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In October 2023, the MMHA and IRISi hosted a roundtable with clinical experts, academics, DVA specialists, and commissioners to propose piloting the IRISi programme in perinatal mental health settings in London. The partnership aims to share learning, promote best practices, and influence policy through the MMHA's networks, with the long-term goal of expanding the programme to other locations across the UK.

Reaching all women: equity, diversity, and inclusion

Amplifying Maternal Voices (AMV) Project

[The Amplifying Maternal Voices \(AMV\) project](#), funded and supported by the Mental Health Foundation, was the MMHA's flagship equity, diversity, and inclusion initiative for the year, aimed at ensuring maternal voices from underrepresented and marginalised communities are heard and their needs acted upon.

The project culminated in the launch of [the AMV Toolkit](#) at a well-attended online learning event in March 2024. Contributions from MMHA Lived Experience Champions, grassroots organisations, and stakeholders from Birmingham and Croydon ensured the Toolkit was grounded in authentic experiences and best practice examples.

Dissemination efforts included a comprehensive communications pack, targeted emails to stakeholders, and a social media campaign featuring new films showcasing real life stories from all four nations of the UK.

"This resource is going to be extraordinary for us. We've been seen, our voices are not being erased..." Amanda Smith, CEO, Maternity Engagement Action

Post-launch, the Toolkit has been promoted at key events, including the Perinatal Loneliness Conference and the Institute of Health Visiting Conference in September 2024.

An ongoing social media campaign continues to extend the AMV project's visibility, and an upcoming initiative will invite local affiliates to work closely with the Toolkit to drive change in their local areas. The printing of workbooks and additional evaluation funding secured for 2024–25 will help maintain the project's impact and legacy.

The AMV project not only addresses gaps in representation but has also established a model for amplifying diverse maternal voices at a local level, aligning with the MMHA's vision of equitable PMH care for all.

Young motherhood and mental health

Young mums have been identified as being at particularly high risk of experiencing perinatal mental illness, with postnatal depression up to twice as prevalent in teenage mothers compared to those over 20. In recent years, MBRRACE-UK has highlighted an increase in teenage maternal suicide.

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The MMHA partnered with the Children and Young People's Mental Health Coalition to launch *The Maternal Mental Health Experiences of Young Mums* report. This collaboration aimed to highlight the unique mental health challenges faced by young mothers and propose ways to improve PMH care through more inclusive support systems.

The report combined a comprehensive literature review with personal stories from young mums affected by maternal mental health issues. Its launch took place in October 2023 at an online event attended by 250+ participants and received widespread support from key stakeholders, including the NSPCC, the Institute of Health Visiting, and The King's Fund.

This initiative marked an important step toward ensuring young mothers' mental health needs are better understood and addressed through compassionate, inclusive, and well-resourced care.

The MMHA is now seeking funding to expand this work through partnership projects. Meanwhile, contributions to the Creating Connections project, led by the Mental Health Foundation, focus on raising awareness of barriers for young mums and facilitating peer-led solutions to loneliness through dedicated resources for healthcare professionals and VCSE organisations.

Black maternal mental health

During Black Maternal Mental Health Awareness Week (October 2023), the MMHA supported communications and attended events that spotlighted community-led solutions and systemic barriers. The MMHA's presence was acknowledged as an important signal of support by The Motherhood Group, the organisers of the awareness week.

The MMHA will be part of a new project led by The Motherhood Group, and with the Centre for Mental Health, to better understand the maternal mental health needs of Black mothers. Research and advocacy outputs in the first year will inform the MMHA's contributions in the project's second phase, ensuring the voices of Black mothers are prioritised in developing future interventions.

Advocacy and campaigns

The MMHA contributed to the MBRRACE report on maternal deaths and morbidity (2019–2021), emphasising the disproportionate impact of inequalities and systemic discrimination on maternal mental health and maternal suicide. We were also invited to speak at the report's launch, further highlighting our leadership role in addressing these critical issues.

The AMV Toolkit's nomination for a Third Sector Award and MMHA's continued collaboration with grassroots organisations demonstrate our commitment to addressing inequalities in maternal mental health.

These efforts reflect MMHA's unwavering dedication to reaching all women, amplifying marginalised voices, and driving equity, diversity, and inclusion in maternal mental health care.

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MMHA members

We continue to grow an increasingly engaged and diverse membership and ended the year with a record number of members.

Alongside regular members' meetings, this year we hosted several shorter Listen and Learn sessions with members, focussing on Black maternal mental health, neurodiversity and PMH (co-produced and led by MMHA Lived Experience Champions Laura and Sapna), and keeping PMH on the political agenda.

The MMHA team contribute to several other networks and alliances, such as the Pregnancy & Baby Charities Network, Agenda Alliance, Children and Young People's Mental Health Coalition, and 1001 Days.

Current members as of 30 September 2024

- | | |
|---|---|
| 1. Aberlour | 32. Centre for Research on Families and Relationships |
| 2. Acacia Family Support | 33. Centred Soul |
| 3. Action Mental Health | 34. Changing Lives |
| 4. Action on Postpartum Psychosis | 35. Children and Young People's Mental Health Coalition |
| 5. Action Trauma | 36. City Pregnancy Counselling & Psychotherapy |
| 6. Active Partnerships | 37. Community Practitioners' and Health Visitors' Association |
| 7. Active Pregnancy Foundation | 38. Crossreach Counselling |
| 8. Anna Freud | 39. DadPad |
| 9. Approachable Parenting | 40. Dance Mama |
| 10. Association for Infant Mental Health (UK) | 41. Dandelion Military Families |
| 11. Association for Postnatal Illness | 42. Doula UK |
| 12. AWARE | 43. Ectopic Pregnancy Trust |
| 13. Baby Sleep Information Source | 44. Family Action |
| 14. Barnardo's | 45. Family Nurse Partnership |
| 15. Become | 46. Fatherhood Institute |
| 16. Beelotus | 47. Fertility Network UK |
| 17. Before Becoming a Parent | 48. For Baby's Sake Trust |
| 18. Best Beginnings | 49. Foundations |
| 19. Bipolar Scotland | 50. Gingerbread |
| 20. Bipolar UK | 51. GPs Championing Perinatal Care (GPCPC) |
| 21. Birth Companions | 52. Home-Start Cymru |
| 22. Birthlight | 53. Home-Start UK |
| 23. Birthrights | 54. Inspire - Northern Ireland Association for Mental Health |
| 24. Blaze Trails | 55. Institute of Health Visiting |
| 25. Bliss | 56. Jakes Charity National Maternity Support Foundation |
| 26. Brazelton Centre | 57. Kinship |
| 27. British Association for Counselling and Psychotherapy | 58. Lifeboat Perinatal Mental Health |
| 28. British Medical Association | 59. Local Government Association |
| 29. British Psychological Society | |
| 30. British Society Psychosomatic Obstetrics, Gynaecology & Andrology | |
| 31. Centre for Mental Health | |

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- | | |
|--|--|
| 60. Make Birth Better | 99. Royal College of Nursing |
| 61. Maternal OCD | 100. Royal College of Obstetricians and Gynaecologists |
| 62. Maternity Action | 101. Royal College of Occupational Therapists |
| 63. McPin Foundation | 102. Royal College of Paediatrics and Child Health |
| 64. Mellow Parenting | 103. Royal College of Psychiatrists |
| 65. Mental Health Foundation | 104. Samaritans |
| 66. Mind | 105. Sands |
| 67. Mindwise | 106. Society for Reproductive and Infant Psychology |
| 68. Mothers at Home Matter | 107. Sport in Mind |
| 69. Mothers for Mothers | 108. Support 2gether |
| 70. Mothers Matter | 109. The Birth Trauma Association |
| 71. Mummy's Star | 110. The Centre for Emotional Health |
| 72. MumsAid | 111. The Hearts and Minds Partnership |
| 73. Muslim Women's Network UK | 112. The Human Milk Foundation |
| 74. National Centre for Mental Health | 113. The International Marce Society |
| 75. National Children's Bureau | 114. The Mental Health Hub by MeYouWellbeing |
| 76. Netmums | 115. The Motherhood Group |
| 77. NSPCC | 116. The Parent Rooms |
| 78. PANDAS Foundation | 117. The Patients Association |
| 79. PAPYRUS | 118. The Pelvic Partnership |
| 80. Parent-Infant Foundation | 119. The UK Committee for UNICEF |
| 81. Parents 1st | 120. The Women's Institute |
| 82. Peeps | 121. Thelma Matilda Alves Foundation |
| 83. Perinatal Mental Health Partnership UK | 122. Think Ahead |
| 84. Person Shaped Support | 123. Tommy's |
| 85. Petals | 124. Twins Trust |
| 86. Positive about Down syndrome | 125. Unite the Union |
| 87. Postpartum Support International | 126. WAVE Trust |
| 88. Pranaia & Arthur Magoffin Foundation | 127. Wednesday's Child |
| 89. Pregnancy Sickness Support | 128. Wellbeing of Women |
| 90. PTSD UK | 129. Women's Resource and Development Agency |
| 91. Quarriers | 130. Working Families |
| 92. Refuge | 131. Young Mums Support Network |
| 93. Refugee Women Connect | 132. YoungMinds |
| 94. Relate | |
| 95. Relate NI | |
| 96. Rethink Mental Illness | |
| 97. Royal College of General Practitioners | |
| 98. Royal College of Midwives | |

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Organisational development

Our Chief Executive Laura Seebohm moved onto a new role in May 2024, being replaced by Justin Irwin who had previously been our interim CEO in 2021-22. During the year we were able to recruit a marketing and partnerships director post, working at achieving the dual aims of reducing stigma and securing funds.

The MMHA team continues to work remotely while maintaining a desk space at the Royal College of Obstetricians and Gynaecologists' office in London, a location known for women's health expertise and excellence. This has helped strengthen relationships with communications professionals, senior leaders, and other stakeholders, both within and beyond our membership, while also connecting us to broader initiatives within the women's health sector.

Fundraising and Income Generation

With a challenging fundraising environment coinciding with our 5-year National Lottery Community Fund grant coming to an end in September 2024, we have expanded our income generation activities into individual giving and corporate partnerships, whilst continuing to seize opportunities for funding from trusts and foundations, including where we can work in partnership with our members and other stakeholders. This shift in approach is vital to the future financial stability of the MMHA and has seen some early successes – although we expect to have a better understanding of its effectiveness over the next 12 months.

The MMHA is extremely grateful to the range of organisations and individuals who have supported our organisation throughout the past year. Without their support our efforts to work towards ensuring that every family in the UK gets the PMH care and support they need could not be successful.

Plans for the future

Post-year end we were delighted to be informed that our bid to the UK Fund of the National Lottery's Community Fund had been successful. With this funding we plan to implement a model of community action, focused on Maternal Mental Health Councils, led by women with lived experience. This project will form the next phase of our programme to tackle PMH inequities across the UK and is scheduled to commence in Spring 2025.

Alongside the continuation of our core work we have a range of important projects and developments planned for 2024-25, including our report which will map Maternal Mental Health Services in England, the Creating Connections project looking at the needs of young mums, and the launch of [The Parent Gap](#), a groundbreaking workplace learning and certification pathway dedicated to PMH.

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Structure, governance, and management

The MMHA was founded in 2011 by women with lived experience, coming together with clinicians and voluntary sector organisations, with a shared determination to improve care and support for women in the perinatal period. The MMHA was registered as a charitable incorporated organisation (CIO) in April 2018, with a revised constitution adopted in September 2023.

The trustees serving during the 2023-24 financial year and since year end are as follows:

Sarah Arnold	
Iulia Avramescu	(Treasurer)
Sakina Ballard	
Luciana Berger	(Chair)
Kate Billingham	(Vice-Chair)
Dr Clare Dolman	
Dr Henry Fay	
Christel Hawkins	(until September 2024)
Ian Jones	
Yasmin Mulji	
Lisa Williams	

Trustee selection process

Trustees are appointed for a term of three years and may stand for re-appointment after that time. There is a trustee induction and training programme in place. The board consider what skills are needed from new trustees, and recruit on that basis, typically through a public recruitment process.

Meeting and sub-committees

The trustees meet formally four times a year and communicate frequently throughout.

The board of trustees has a finance and governance sub-committee, and certain decisions are delegated by the rest of the board to this sub-committee, which also meets four times a year.

Charity management

Day-to-day management of the MMHA is delegated to the CEO, and the team of eight part-time staff.

Although the MMHA has a registered address in London, staff are all home-based, ensuring office costs are minimal.

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Arrangements for setting key management personnel remuneration

Remuneration is discussed annually by the remuneration sub-committee or the full board of trustees.

Salaries of senior MMHA staff are benchmarked against similar roles in the voluntary sector, with regular reviews. The salary of the CEO is discussed annually by the board.

Financial review

These accounts show activity for the year October 2023–September 2024.

The MMHA considers itself to be in a healthy financial situation. Total income for 2023-24 was £620,732 (2022-23 £470,684) and total expenditure was £463,817 (2022-23 £539,825), details of which are set out in the attached accounts.

This year saw income from a multi-year grant from National Lottery. In addition, project funding was received from the Bernard Lewis Foundation and the Mental Health Foundation. Contract income was received from partnerships with corporates, charities and the NHS. Core funding was received from The Judith Foundation and via donations, membership fees and pro bono donations.

Restricted funds at 30 September 2024 were £95,581 (2023: £22,682). Unrestricted funds at 30 September 2024 were £276,519 (2023: £192,503). The charity has no debt or guarantee.

Risk management

Responsibility for risk management lies with trustees, with day-to-day responsibility delegated to the CEO. The risk register is regularly reviewed by the trustees and the finance and governance sub-committee. The senior leadership team typically considers risk on a regular basis. Controls are in place to minimise risks, and to manage risks that occur.

Reserves policy

The MMHA needs reserves to provide security to MMHA operations. An abrupt ceasing of MMHA operations would impact indirectly on women with maternal mental health problems and the MMHA's work to improve services.

The MMHA remains heavily reliant on grant income. The MMHA reserves policy is therefore designed to cover shortfalls in income and periods when income does not reach expected levels or to buy some time in the event of reduced income, for example a grant not coming through or being delayed.

The trustees have agreed a reserves policy of maintaining 3 to 6 months running costs. One month's running costs in the financial year 2024-2025 is forecast at around £53,000. Reserves at year end 2023-2024 are £372,100, equivalent to 7 months future running costs based on 2023-2024 expenditure, which is 117% of the target level. Trustees are comfortable with reserves exceeding the target noting the conclusion of the multi-year grant from National Lottery and the shift in approach to fundraising and income generation.

Report of the Trustees

For the year ended 30 September 2024

Statement of responsibilities of the trustees

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then consistently apply them;
- observe the methods and principles in the Charities Statement of Recommended Practice (SORP);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed/constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Approved by the board and signed on their behalf by:



Luciana Berger - (chair)

Date: 17 March 2025

Independent examiner's report

To the trustees of

Maternal Mental Health Alliance

I report to the trustees on my examination of the accounts of Maternal Mental Health Alliance (the CIO) for the period to 30 September 2024, which are set out on pages 19 to 31.

Responsibilities and basis of report

As the charity trustees of the CIO 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 CIO'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

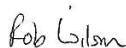
Since the CIO's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

Godfrey Wilson Limited also provides payroll services to the CIO. I confirm that as a member of the ICAEW I am subject to the FRC's Revised Ethical Standard 2016, which I have applied with respect to this engagement.

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 CIO as required by section 130 of the Act; or
- (2) the accounts do not accord with those records; or
- (3) the accounts do 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.



Date: 17 March 2025

Robert Wilson FCA

Member of the ICAEW

For and on behalf of:

Godfrey Wilson Limited

Chartered accountants and statutory auditors

5th Floor Mariner House

62 Prince Street

Bristol

BS1 4QD

Maternal Mental Health Alliance

Statement of financial activities

For the year ended 30 September 2024

		Restricted	Unrestricted	2024 Total	2023 Total
	Note	£	£	£	£
Income from:					
Donations	3	-	50,446	50,446	38,695
Charitable activities	4	500,531	68,777	569,308	431,293
Investments		-	978	978	696
Total income		<u>500,531</u>	<u>120,201</u>	<u>620,732</u>	<u>470,684</u>
Expenditure on:					
Raising funds		95,568	10,836	106,404	80,050
Charitable activities		<u>332,064</u>	<u>25,349</u>	<u>357,413</u>	<u>459,775</u>
Total expenditure	6	<u>427,632</u>	<u>36,185</u>	<u>463,817</u>	<u>539,825</u>
Net income / (expenditure) and net movement in funds	7	72,899	84,016	156,915	(69,141)
Total funds brought forward		<u>22,682</u>	<u>192,503</u>	<u>215,185</u>	<u>284,326</u>
Total funds carried forward		<u><u>95,581</u></u>	<u><u>276,519</u></u>	<u><u>372,100</u></u>	<u><u>215,185</u></u>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in note 14 to the accounts.

Maternal Mental Health Alliance

Balance sheet

As at 30 September 2024

	Note	2024 £	2023 £
Current assets			
Debtors	10	17,428	37,474
Cash at bank and in hand		<u>381,792</u>	<u>236,276</u>
		399,220	273,750
Liabilities			
Creditors: amounts falling due within 1 year	11	<u>27,120</u>	<u>58,565</u>
Net current assets and net assets	13	<u>372,100</u>	<u>215,185</u>
Funds	14		
Restricted funds		95,581	22,682
Unrestricted funds			
General funds		<u>276,519</u>	<u>192,503</u>
Total charity funds		<u>372,100</u>	<u>215,185</u>

Approved by the trustees on 17 March 2025 and signed on their behalf by



Luciana Berger - Chair

Maternal Mental Health Alliance

Statement of cash flows

For the year ended 30 September 2024

	2024 £	2023 £
Cash used in operating activities:		
Net movement in funds	156,915	(69,141)
Adjustments for:		
Decrease / (increase) in debtors	20,046	(35,626)
Increase / (decrease) in creditors	(31,445)	(25,289)
Interest from investments	(978)	(696)
Net cash provided by operating activities	144,538	(130,752)
Cash flows from investing activities:		
Interest from investments	978	696
Increase in cash and cash equivalents in the year	145,516	(130,056)
Cash and cash equivalents at the beginning of the year	236,276	366,332
Cash and cash equivalents at the end of the year	381,792	236,276

The charity has not provided an analysis of changes in net debt as it does not have any long term financing arrangements.

Maternal Mental Health Alliance

Notes to the financial statements

For the year ended 30 September 2024

1. Accounting policies

a) Basis of preparation

Maternal Mental Health Alliance is a charitable incorporated organisation registered in England and Wales. The registered office address is International House, 12 Constance Street, London, E16 2DQ.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Maternal Mental Health Alliance meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves. There are no material uncertainties about the charity's ability to continue as a going concern.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of provision of services is deferred until criteria for income recognition are met.

d) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item, is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Maternal Mental Health Alliance

Notes to the financial statements

For the year ended 30 September 2024

1. Accounting policies (continued)

e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity: this is normally upon notification of the interest paid or payable by the bank.

f) Funds accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) Allocation of support and governance costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Governance costs are the costs associated with the governance arrangements of the charity, including the costs of complying with constitutional and statutory requirements and any costs associated with the strategic management of the charity's activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities on the basis of staff costs as follows:

	2023	2022
Raising funds	26.5%	21.6%
Charitable activities	73.5%	78.4%

i) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

j) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

k) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Maternal Mental Health Alliance

Notes to the financial statements

For the year ended 30 September 2024

1. Accounting policies (continued)

l) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

m) Pension costs

The charity operates a defined contribution pension scheme for its employees. There are no further liabilities other than that already recognised in the SOFA.

n) Functional currency

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £1.

o) Accounting estimates and key judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

There are no sources of estimation uncertainty that have a significant effect on the amounts recognised in the financial statements.

2. Prior period comparatives: statement of financial activities

	Restricted £	Unrestricted £	2023 Total £
Income from:			
Donations	-	38,695	38,695
Charitable activities	398,093	33,200	431,293
Investments	-	696	696
Total income	398,093	72,591	470,684
Expenditure on:			
Raising funds	69,214	10,836	80,050
Charitable activities	430,044	29,731	459,775
Total expenditure	499,258	40,567	539,825
Net income and net movement in funds	(101,165)	32,024	(69,141)

Maternal Mental Health Alliance

Notes to the financial statements

For the year ended 30 September 2024

3. Income from donations

	Restricted £	Unrestricted £	2024 Total £
Donations	-	49,246	49,246
Membership fees	-	1,200	1,200
Total income from donations	-	50,446	50,446

Prior period comparative:

	Restricted £	Unrestricted £	2023 Total £
Donations	-	38,220	38,220
Membership fees	-	475	475
Total income from donations	-	38,695	38,695

4. Income from charitable activities

	Restricted £	Unrestricted £	2024 Total £
Grants:			
Bernard Lewis foundation	63,000	-	63,000
Mental Health Foundation	11,750	-	11,750
National Lottery Community Fund	425,781	-	425,781
The Judith Foundation	-	10,000	10,000
Total Grant income	500,531	10,000	510,531
Contract Income:			
Mayborn (UK) Ltd	-	35,000	35,000
Kenvue	-	8,851	8,851
Speaker and Training fees	-	7,990	7,990
Qlic IT	-	2,500	2,500
Tommy's	-	2,240	2,240
Guy's and St Thomas NHS Foundation Trust	-	1,720	1,720
Other income	-	476	476
Total Contract Income:	-	58,777	58,777
Total income from charitable activities	500,531	68,777	569,308

Maternal Mental Health Alliance

Notes to the financial statements

For the year ended 30 September 2024

4. Income from charitable activities (continued)

Prior period comparative:

	Restricted £	Unrestricted £	2023 Total £
Grants:			
Comic Relief	23,000	-	23,000
National Lottery Community Fund	304,453	-	304,453
Mental Health Foundation	70,640	1,000	71,640
Esmee Fairbairn	-	5,000	5,000
Total income from charitable activities	398,093	6,000	404,093
Contract Income:			
Mayborn (UK) Ltd	-	26,250	26,250
Department of Health and Social Care	-	750	750
Perinatal Mental Health Conference	-	200	200
Total Contract Income:	-	27,200	27,200
Total income from charitable activities	398,093	33,200	431,293

5. Government grants

The charity receives government grants, defined as funding from National Lottery Community Fund to fund charitable activities, and service contract income from the NHS. The total value of such grants in the period ending 30 September 2024 was £425,781 (2023: £304,453). There are no unfulfilled conditions or contingencies attaching to this grant in 2023/24.

6. Total expenditure

	Raising funds £	Charitable activities £	Support and governance costs £	2024 Total £
Staff costs (note 8)	73,596	203,684	93,986	371,266
Direct project costs	-	56,555	-	56,555
Monitoring and evaluation	-	354	-	354
Organisational / capacity development	-	6,020	4,165	10,185
Overheads	-	-	25,457	25,457
Sub-total	73,596	266,613	123,608	463,817
Allocation of support and governance costs	<u>32,808</u>	<u>90,800</u>	<u>(123,608)</u>	<u>-</u>
Total expenditure	106,404	357,413	-	463,817

Total governance costs were £5,953 (2023: £4,750).

Maternal Mental Health Alliance

Notes to the financial statements

For the year ended 30 September 2024

6. Total expenditure (continued)

Prior period comparative:

	Raising funds £	Charitable activities £	Support and governance costs £	2023 Total £
Staff costs (note 8)	56,612	205,962	75,713	338,287
Direct project costs	-	102,671	-	102,671
Monitoring and evaluation	-	38,073	-	38,073
Organisational / capacity development	-	27,797	3,247	31,044
Overheads	-	-	29,750	29,750
Sub-total	56,612	374,503	108,710	539,825
Allocation of support and governance costs	23,438	85,272	(108,710)	-
Total expenditure	<u>80,050</u>	<u>459,775</u>	<u>-</u>	<u>539,825</u>

7. Net movement in funds

This is stated after charging:

	2024 £	2023 £
Trustees' remuneration	Nil	Nil
Trustees' reimbursed expenses	185	Nil
Independent examiners' remuneration (including VAT)		
▪ Independent examination (including VAT)	1,788	1,503
▪ Other services (including VAT)	<u>778</u>	<u>1,201</u>

Two trustees were reimbursed for expenses (2023: Nil).

Maternal Mental Health Alliance

Notes to the financial statements

For the year ended 30 September 2024

8. Staff costs and numbers

Staff costs were as follows:

	2024 £	2023 £
Salaries and wages	308,624	264,743
Social security costs	25,917	20,135
Pension costs	15,923	15,802
Freelance staff	<u>20,802</u>	<u>37,607</u>
	<u>371,266</u>	<u>338,287</u>

One employee earned more than £60,000 during the year (2021: One).

The key management personnel of the charity are deemed to comprise of the Trustees, the CEO, the Development and Programmes Manager, the Campaign Manager and the Engagement and Strategic Opportunities Manager. The total employee benefits of the key management personnel were £140,746 (2023: £185,253).

	2024 No.	2023 No.
Average head count	<u>9</u>	<u>9</u>
Full time equivalents	<u>7</u>	<u>6</u>

9. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

10. Debtors

	2024 £	2023 £
Trade debtors	14,671	36,750
Prepayments	<u>2,757</u>	<u>724</u>
	<u>17,428</u>	<u>37,474</u>

Maternal Mental Health Alliance

Notes to the financial statements

For the year ended 30 September 2024

11. Creditors: amounts due within 1 year

	2024 £	2023 £
Trade creditors	3,096	5,611
Deferred income	8,750	8,750
Accruals	8,230	37,304
Other creditors	7,044	6,900
	<u>27,120</u>	<u>58,565</u>

12. Deferred income

	2024 £	2023 £
Balance at the start of the year	8,750	-
Released in year	(8,750)	-
Deferred in year	8,750	8,750
	<u>8,750</u>	<u>8,750</u>

Deferred income relates to funds received in advance of delivery of services and grants with time-bound conditions.

13. Analysis of net assets between funds

	Restricted funds £	Unrestricted funds £	Total funds £
Current assets	72,341	326,879	399,220
Current liabilities	(6,167)	(20,952)	(27,120)
Net assets at 30 September 2024	<u>95,581</u>	<u>276,519</u>	<u>372,100</u>
Prior period comparative:			
	Restricted funds £	Unrestricted funds £	Total funds £
Current assets	72,341	201,409	273,750
Current liabilities	(49,659)	(8,906)	(58,565)
Net assets at 30 September 2023	<u>22,682</u>	<u>192,503</u>	<u>215,185</u>

Maternal Mental Health Alliance

Notes to the financial statements

For the year ended 30 September 2024

14. Movements in funds

	At 1 October 2023 £	Income £	Expenditure £	At 30 September 2024 £
Restricted funds				
Amplifying Maternal Voices, Mental Health Foundation	22,682	-	22,682	-
Bernard Lewis Foundation	-	63,000	52,500	10,500
Creating Connections, Mental Health Foundation	-	11,750	4,953	6,797
National Lottery Community Fund	-	425,781	347,497	78,284
Total restricted funds	22,682	500,531	427,632	95,581
Unrestricted funds				
General funds	192,503	120,201	36,185	276,519
Total unrestricted funds	192,503	120,201	36,185	276,519
Total funds	215,185	620,732	463,817	372,100

Purposes of restricted funds

Amplifying Maternal Voices, Mental Health	In partnership with Mental Health Foundation, the AMV project will spotlight the maternal mental health experiences of mothers from seldom heard communities. In pursuit of accessible care for all women and families, there will be a conference and learning event to break down barriers and produce an Engagement Toolkit to inspire action at a local level.
Bernard Lewis Foundation	This grant is for staff salaries to enable us to Raise Our Voice supporting communications and income generation.
Creating Connections, Mental Health	In partnership with Mental Health Foundation, the Creating Connections project is a DHSC funded project building on the already successful delivery of MHF's "Connect" peer support model working with young parents and UOK? which is delivered for young people in educational settings. The project aim is to Create a safe space and increase social connection for young people and young mothers through facilitated peer support.
National Lottery Community Fund	This grant is to extend the work of the Everyone's Business campaign, into Everyone's Business - at Every Contact. This builds on our experience and the current interest in perinatal mental health to ensure all women receive the right support and care, whatever their mental health needs, background and whichever part of the system they are in contact with.

Maternal Mental Health Alliance

Notes to the financial statements

For the year ended 30 September 2024

14. Movements in funds (continued)

Prior period comparative:

	At 1 October 2022 £	Income £	Expenditure £	At 30 September 2023 £
Restricted funds				
Comic Relief	52,000	23,000	75,000	-
National Lottery Community Fund	47,687	304,453	352,140	-
Mental Health Foundation	24,160	70,640	72,118	22,682
Total restricted funds	<u>123,847</u>	<u>398,093</u>	<u>499,258</u>	<u>22,682</u>
Unrestricted funds				
General funds	<u>160,479</u>	<u>72,591</u>	<u>40,567</u>	<u>192,503</u>
Total unrestricted funds	<u>160,479</u>	<u>72,591</u>	<u>40,567</u>	<u>192,503</u>
Total funds	<u><u>284,326</u></u>	<u><u>470,684</u></u>	<u><u>539,825</u></u>	<u><u>215,185</u></u>

15. Related party transactions

There were no related parties in the current or prior period.