

PROJECT MAMA

England & Wales · Charity number 1182112

Details

Status Registered

Legal form CIO

Registered 2019-02-19

Register [View on the Charity Commission register](#)

Contact

Address Unit 16
Easton Business Centre
Felix Road
Bristol
BS5 0HE

Phone 0117 941 5320

Email hello@projectmama.org

Website <https://projectmama.org/>

Activities

Objects: THE OBJECTS OF THE CIO ARE:TO PRESERVE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF VULNERABLE WOMEN IN THE BRISTOL POSTCODE AREA PARTICULARLY, BUT NOT EXCLUSIVELY, MIGRANTS THROUGH PREGNANCY, LABOUR, CHILDBIRTH AND EARLY PARENTING BY PROVIDING ONE-TO-ONE SUPPORT, ADVOCACY, SPECIALIST INFORMATION, REFERRALS TO PARTNER AGENCIES AND PEER SUPPORT GROUPS AND OTHER RELEVANT ACTIVITIES AS MAY BE DETERMINED BY THE DIRECTORS.FOR THE PURPOSES OF THIS CLAUSE, WE DEFINE 'VULNERABLE WOMEN' AS THOSE WITHUNSTABLE / INSECURE IMMIGRATION STATUS AND/OR BARRIERS TO HEALTHCARE, SURVIVORS OF SEXUAL ABUSE, GENDER BASED VIOLENCE, EXPLOITATION OR WITH POOR MENTAL HEALTH.

Activities: Project MAMA is a peer support service launched in March 2018, offering antenatal, birth and postnatal support to women who are asylum seekers, refugees, and those with irregular immigration status. We believe that every woman has the right to give birth safely, make her own empowered, evidence based choices and receive the support she needs for a positive birth and early parenting experience.

Classification

- **How:** Provides Services
- **What:** Other Charitable Purposes
- **Who:** Other Defined Groups

Geography

- Bristol City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£368,874	£253,902	-	-
2024-03-31	£242,685	£196,926	-	-
2023-03-31	£222,465	£200,579	-	-
2022-03-31	£176,205	£136,206	-	-
2021-03-31	£194,058	£141,572	-	-

Trustees

Name	Role	Appointed
Sophia Walcot-Earle	Chair	2025-07-23
Ana Szopa		2025-07-23
Beth Benedict		2022-01-15
Catherine Gilmore		2023-10-18
Ermioni Xanthopoulou		2024-04-10
Heeral Dave		2022-03-08
Jane Holder		2025-07-23
Naomi Robertson		2025-07-23

PROJECT MAMA

England & Wales - Charity number 1182112

Accounts



Project MAMA

ACCOUNTS

Year ended 31st March 2025

Charity Number 1182112

Project MAMA
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

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Project MAMA

Legal and administrative information

YEAR ENDED 31 MARCH 2025

Status

Project MAMA is a Charitable Incorporated Organisation (CIO) granted charitable status on 19th February 2019.

Registered Charity Number: 1182112

Address: Unit 16 Easton Business Centre, Felix Road, Bristol BS5 0HE

Trustees: Trustees who served during the period and up to the date of this report were as follows:

Board of Trustees:

Angela Conway, Safeguarding
Bethany Benedict
Catherine Gilmore - Co-Chair
Ermioni Xanthopoulou - Co-Chair
Heeral Dave, Treasurer
Julia Dixon-Barrow - stepped down in December 2024
Monique Lakhman- Secretary
Ruth Whincop - stepped down in November 2024
Payzee Mahmod - stepped down in December 2024

Bank:

CAF (Charities Aid Foundation)
25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4TA

Independent examiner:

Jacob Trowbridge MAAT
Bristol Community Accountants CIC
The Park Daventry Road,
Knowle
Bristol
BS4 1DQ

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2025

The Trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2025.

Reference and administrative information form part of this report. These accounts have been prepared in accordance with 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), the Charities Act 2011 and UK Generally Accepted Practice.

Objectives

To preserve and protect the physical and mental health of vulnerable women in the Bristol postcode area particularly, but not exclusively, migrants, through pregnancy, labour, childbirth, and early parenting by providing one-to-one support, advocacy, specialist information, referrals to partner agencies and peer support groups and other relevant activities as may be determined by the trustees.

For the purposes of this clause, we define 'vulnerable women' as *those with unstable/insecure immigration status and/or barriers to healthcare, survivors of sexual abuse, gender-based violence, exploitation or with poor mental health.*

A note on language: Throughout the text we refer to 'mama'. We use the word mama as it is recognisable to people from different cultural and language backgrounds to denote people who are pregnant or that have given birth.

Activities

1. Overview

This year marked a period of consolidation and growth for Project MAMA. We increased our service capacity, deepened partnerships with perinatal and migrant support organisations, and strengthened our operational systems. Against a backdrop of systemic instability and hostility, our organisation remained focused on offering support, solidarity, and community to Mamas who are navigating pregnancy and early parenthood after migration.

The policy and political context in 2024/25 remained deeply unsettled. Renewed efforts to process the backlog of asylum claims and move people out of hotel accommodation were rolled out at speed, often without adequate planning, creating significant instability. Parents in our community seeking sanctuary faced constant uncertainty and sudden relocation, disrupting the care plans and support systems Mamas had carefully built.

This year, hatred directed at people from migrant backgrounds intensified. Anti-immigration riots took place across the UK and inflammatory rhetoric dominated media and political discourse. In Bristol, protesters gathered outside hotels housing asylum seekers, fuelling fear within our community. At the same time, we took heart in the powerful counter-protests that filled the city sending a clear message of welcome and resistance. This context underlines the importance of Project MAMA's work being rooted in solidarity, as well as support.

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The national picture of maternity care continues to be deeply concerning for migrant and other vulnerable women. The 2024 MBRRACE-UK¹ report highlighted that Black women are three times more likely to die during the perinatal period compared to white women, while Asian women face twice the risk. Maternal mortality is also twice as high for those living in the most deprived areas and language barriers further exacerbate these risks. These statistics underscore the urgent need for systemic change. At Project MAMA, we witness the human reality of these inequalities every day. In addition to frontline service delivery, our charity continued our advocacy efforts. We worked with local NHS networks and Voluntary, Community, and Social Enterprise (VCSE) organisations to highlight the barriers Mamas face in accessing care and to advocate for more equitable maternity services.

Despite the challenges, 2024/25 was a year of growth and positive developments for Project MAMA. Both our Mother Companion and MAMAHub services expanded, enabling us to offer more parents vital support. We also reached a key milestone with the launch and successful embedding of Project MAMA's client Advisory Board. This group of women, who previously accessed our support, actively shaped our projects and contributed to strategic planning throughout the year. As a grassroots, community-led organisation, we are proud to be guided by those we serve. We're excited to see where their leadership takes Project MAMA next.

2. Mother Companion Project (MC Project)

Our core project provides continuous care throughout pregnancy, birth, and early parenthood. The majority of referrals to this service come from NHS midwives and doctors. This reflects the strong profile Project MAMA has built in local hospitals and that healthcare professionals value the specialist support we offer to migrant parents.

The Mother Companion project matches a Mama with 2-3 volunteer Mother Companions (MCs), who are all experienced doulas or midwives. MCs provide:

Antenatal Support

From week 30 of pregnancy, MCs provide regular one-to-one antenatal sessions. These visits take place in a Mama's home/accommodation and are facilitated by female telephone interpreters, if required. MCs support a Mama to understand her UK healthcare entitlements and birth-related choices. They explore her needs and birth wishes, paying close attention to any culturally or religiously important childbirth practices. MCs ensure a Mama is aware of the gynaecological processes that can arise during birth, as unknown intimate procedures often trigger past experiences of trauma. Importantly, our specialist volunteers listen, reassure, encourage, and remain a consistent nurturing presence in the antenatal period.

On-Call Birth Support

¹ MBRRACE-UK. Saving Lives, Improving Mothers' Care State of the Nation Report: Surveillance findings and lessons learned to inform maternity care from the UK and Ireland Confidential Enquiries into Maternal Deaths from thrombosis and thromboembolism, malignancy and ectopic pregnancy 2020-2022, and morbidity findings for recent migrants with language difficulties. Oxford: National Perinatal Epidemiology Unit, University of Oxford 2024.

Project MAMA

TRUSTEES' REPORT

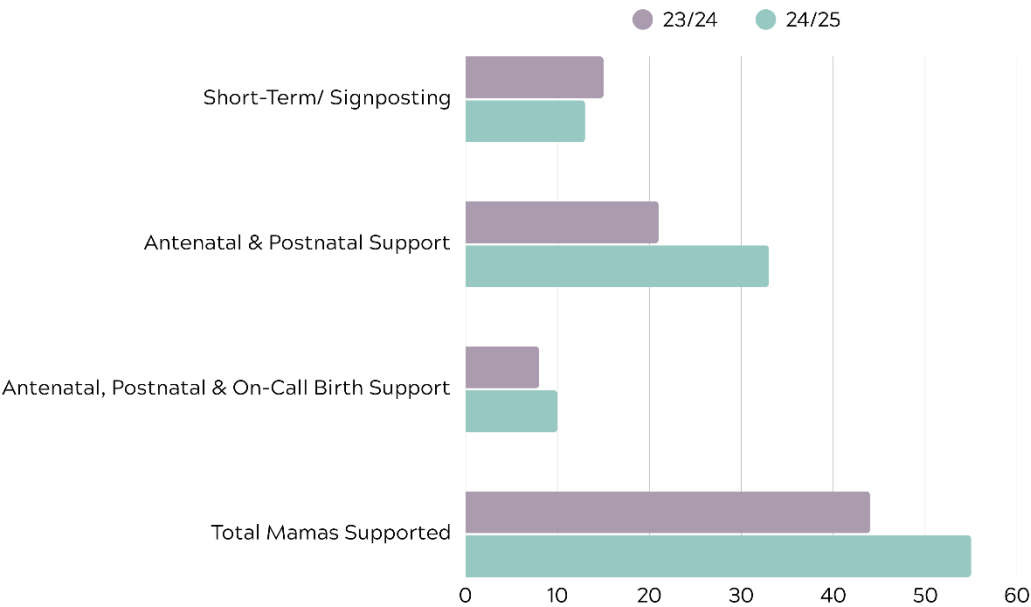
YEAR ENDED 31 MARCH 2025

If a Mama would otherwise give birth alone, her MCs will be her birth partner. They will be on-call, 24 hours a day, for the four weeks around her due date. During childbirth, MCs offer continuous trauma-informed support and share practical ways to improve comfort, such as breathing techniques and positioning. Crucially, they ensure a mama understands all procedures offered and can make informed decisions.

Postnatal Support

MCs visit a woman up to three times in the week following birth and continue to see her regularly until her baby is 8 weeks old. They offer emotional support as she adjusts to her new role, reducing anxiety and isolation in those key early days. MCs assist with infant feeding, settling, and bonding, and seek to build a Mama's confidence in her parenting. In the postpartum period, they also assist a new Mama to establish links to her community and create a supportive peer network, reinforcing long-term resilience and wellbeing.

Performance & Achievements - Mother Companions Project



Within this reporting period, Project MAMA's staff provided short-term signposting to 13 women, a slight decrease from 15 the previous year. Our Mother Companions supported 43 women, including 10 who received on-call birth support. This marks a 48% increase from 2023/24, when 29 Mamas were supported with 8 receiving on-call support. This illustrates that 2024/25 was a season of renewed growth for our charity. Following a period of transition in 2023, we expanded the capacity of our core service. Our dedicated staff team and incredible volunteers worked together to meet rising demand and provide more mamas and babes with essential support.

As our project grew, we continued to prioritise in-depth support, continuity of care, and community. It feels important to highlight the level of involvement and connection Mother Companions offer. A woman

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YEAR ENDED 31 MARCH 2025

could receive a 2-hour initial assessment with a staff member, up to 20 antenatal and postnatal visits, continuous nurture during labour and childbirth, and additional check-ins by phone throughout the perinatal period. A single Mama may, therefore, receive more than 55 hours of one-to-one support, forming a trusted relationship with the companion walking alongside her. As such, statistics on this project alone cannot capture the depth of care, time, and solidarity it provides.

While the reach of our Mother Companion service increased in 2024/25, referrals also rose. The number of women requesting support was 19% higher this year than last and we anticipate continued growth in demand. Our volunteer Mother Companions go above and beyond to offer parents holistic support and the commitment, care, and knowledge they bring to their roles is inspiring. However, as a volunteer-led service, there are naturally challenges in the consistency and capacity of our team. With this in mind, we are exploring long-term strategies to sustainably grow the project further to meet the needs of our community.

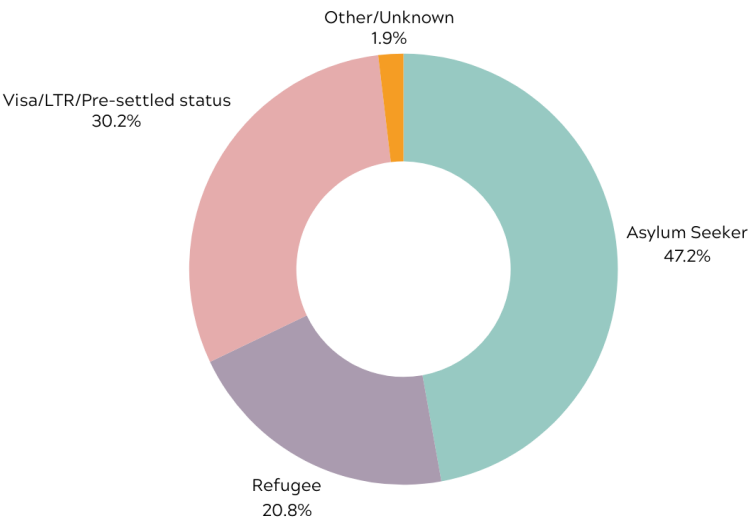
Mother Companion Project Client Group

The women accessing our service face complex vulnerabilities as they navigate pregnancy, birth, and early parenthood. Of the 43 women Mother Companions supported this year:

- 21 had been or were experiencing domestic abuse, sexual violence or gender-based violence;
- 22 had or were experiencing mental health challenges; and,
- 5 of the Mamas were potential survivors of trafficking.

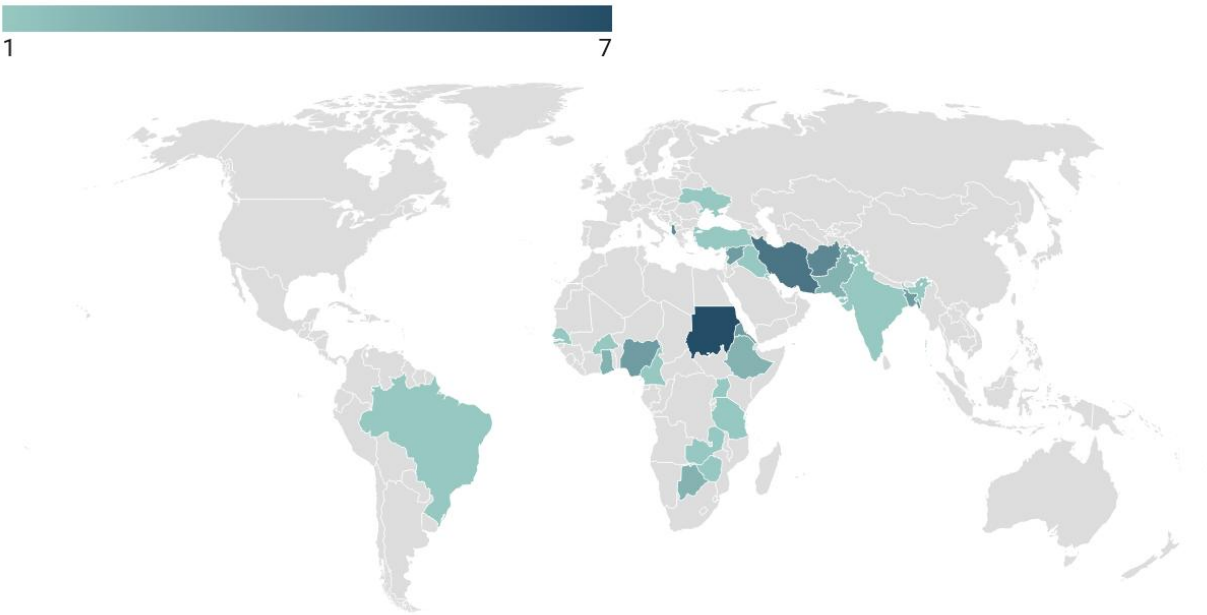
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Immigration Status of Mamas supported by the Mother Companion Project in 2024-25:



The majority of those we supported this year (68%) were seeking asylum or had refugee status. We also supported a significant number of Mamas with other immigration statuses, many of whom had insecure rights to remain and no recourse to public funds.

Origin Country of Mamas supported by the Mother Companion Project in 2024-25:



In this reporting period, Mamas from 26 countries accessed our service. Together, they spoke more than 30 different languages.

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This data highlights the importance of our project being culturally safe, trauma-informed, and accessible to people from diverse backgrounds. Our charity is committed to offering person-focused care, tailored to what each parent needs to feel safe and well-supported.

We are in awe of the strength and resilience the Mamas in our community show, despite the adversity they face. It is a privilege to stand with these women on their journey to motherhood.

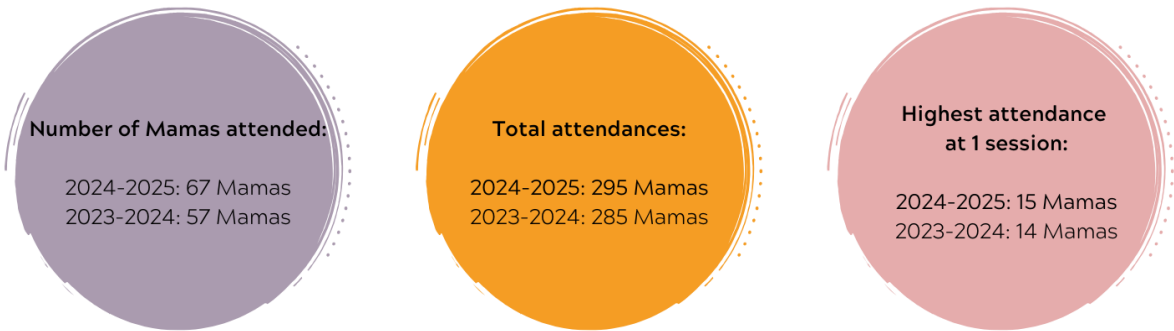
3. MAMAhub

MAMAhub is a weekly drop-in for pregnant people and new Mamas with babes under two. This group is a safe space where women who have migrated to the UK can connect and build community. Given the high levels of isolation and poor mental health experienced by displaced parents, this support and friendship can be life-changing.

Every week we share a hot lunch, which is often prepared by the Mams themselves. For asylum-seeking families living in hotel accommodation, this is one of the few times when they can cook and enjoy nutritious and culturally appropriate food. We also offer activities to promote wellbeing, such as lullaby singing, crafts, and baby massage.

Performance & Achievements - MAMAhub Project

MAMAhub has thrived throughout this reporting period, with consistently high attendance. Over the year, 67 different women attended with their children at least once, an 18% increase from 2023/24, expanding who we are reaching. Our total numbers of attendances also increased. In response to this growth, we are moving to a new venue in April 2025 that can accommodate more families.



Many Mamas that attend the Hub do not go to other drop-ins, underlining that this project supports families who are often excluded from mainstream support. We've fostered an incredible community through shared languages less commonly represented elsewhere (including Kurdish Sorani, Albanian and Tigrinya), the provision of bus tickets to reduce financial barriers to attendance, and a warm, culturally safe atmosphere. This is marked by Mamas openly breastfeeding, removing hijabs and praying within the space.

Many women attend MAMAhub regularly from pregnancy through to their child's second birthday, building lasting peer networks and a strong sense of belonging over nearly three years.

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4. Advisory Board

In 2024, Project MAMA launched a client Advisory Board, made up of seven parents who have previously accessed our support. Over this reporting period, the group became embedded within our organisation, meeting every 2-3 months to guide our work. The Advisory Board discusses project design, organisational development, and how we respond to emerging challenges. This ensures we continue to meet the needs and priorities of our community and, crucially, that the Mamas voices direct our organisation.

The Advisory Board shared insights that shaped service delivery in 2024/25 and fed into our future strategic planning. Their contributions ranged from suggesting lullaby singing at the Hub to highlighting the lack of spaces for migrant parents with preschool-aged children to connect. In response, we're launching monthly 'Play & Grow' sessions at MAMAHub for women with children under 5, starting in April. We hope to see the Advisory Board play an even greater role in leading Project MAMA in 2025/26 and beyond.

5. Organisational Development

Staffing

In July 2024, our Service Manager took a six-month sabbatical, with the role covered by an excellent interim who brought commitment and care to the position. As an organisation that prioritises staff wellbeing, Project MAMA is committed to supporting staff breaks where possible.

In December 2024, Project MAMA's CEO, Clare Smith, went on maternity leave. Her role is being covered by Emily Carter who will share the position with Clare when she returns. Emily is a trained social worker with a wealth of experience in supporting women facing complex challenges, as well as in charity governance, so we are delighted she's joined Project MAMA.

In 2024/25, Project MAMA expanded its team with two new roles to strengthen and grow our services. In August, we welcomed a Caseworker (0.2 FTE) to help bridge capacity gaps in our Mother Companion service and offer additional support to Mamas navigating particularly complex vulnerabilities. Then in September, we hired a Kitchen Lead to coordinate the meals shared at our Hub and support Mamas to cook in this space. This new team member is an incredible cook with lived experience of seeking asylum who has brought real warmth to the role.

Strategic Development and Future Plans

Over the last year, we have continued to embed the organisational change that took place in 2023/2024. The staff team and volunteers continue to grow and evolve, bringing significant knowledge of both the maternity and refugee sectors. We are now in a position of beginning to develop a longer term strategy having secured multi year funding for the organisation.

As we are in a period of development, we want to shift away from being an organisation that is solely reactive to the needs of our community, rather ensuring that we are responsive to need and practicing in an evidence based way. Further developing our research opportunities and looking at the best available

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existing research, we hope to deepen our roots and have a strong evidence base for our ways of working, moving towards a best practice model.

Our advisory board has continued to expand and develop with 7 Mamas from various migrant communities contributing to the development and progress of Project MAMA. As well as bringing lived experience to the organisation, their tenacity, determination, advocacy skills and insight are all integral to Project MAMA. The Advisory Board currently meets every other month, in line with our Trustee Board meetings. Our hope is that as they continue to contribute to the strategic planning, development, evaluation and monitoring of our work, that Project MAMA would develop innovative ways of becoming an organisation that is led 'by' and 'for' our Mamas.

We want to ensure that the Advisory Board is not just for the benefit of Project MAMA in terms of the organisation receiving the knowledge, wisdom and expertise that the mamas hold. Rather we want to hold a space where mutual learning can take place amongst a community of women who have shared experiences but also individual areas of expertise. Our aim is to provide opportunities within the Advisory Board to support mamas development and progress in their journey through motherhood and beyond. We have ensured that there are clear and open channels of communication with the Advisory Board who have a direct channel of communication with our CEO. The aim is to continue to develop communication further between the Advisory Board and our Board of Trustees.

In addition, during this reporting period, some key areas for development for the year ahead have been identified. These include:

- Continuing to develop the diversity within our staff and volunteer base and developing roles that offer opportunities to people with lived experience of migration and/or of being part of a migrant community.
- Ensuring that an anti-racist approach is embedded in every aspect of Project MAMA's operations, service delivery and recruitment, as well as other aspects of the organisation. The CEO and Service Manager are currently both on Black Maternity Matters training to support the development of this aim.
- Our capacity continues to be stretched and we want to ensure that we are supporting as many mamas as possible. We are seeking to develop our service delivery model to incorporate different ways of working to address this.
- We continue to offer ongoing, person centred support to our volunteers who do an amazing job for Project MAMA and the women we serve. In the 25/26 financial year we will be offering additional training to existing volunteers around the Biometrics of Birth and bespoke training on FGM delivered by Refugee Women of Bristol.
- Advocacy and relationship building with key stakeholders within the NHS has started to develop with partnerships in both the VCSE and statutory sectors ongoing. We are currently part of the Primary Infant Mental Health Network as well as the CEO continuing to develop our relationships in this area.
- We want to further develop our monitoring and evaluation framework to ensure that we are capturing the impact we have on mamas birth experiences and overall well being going forward.

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QUOTES AND TESTIMONIES

"When I was pregnant I didn't have anyone and I felt like Project MAMA was my family. My Mother Companions were there for me when I had questions or needed advice. When I was emotional I could talk to them and they were so supportive. They came with me to my hospital appointments so I wasn't going through it alone."

"I always liked it when they visited. I really enjoyed just chatting with them. They always asked how I was doing and were so supportive. I'm alone here, but with them I felt safe."

"I didn't know anything about caring for a baby. They showed me how to breastfeed, how to use a sling, how to bathe my baby and they were so kind. They showed me how to use the bus so I could feel confident to go out with him (babe)."

"My Mother Companion was always helpful and explaining and sharing information. I had the information I needed to prepare me before birth, about rights and that I had choices. I didn't know this before. She was very welcoming and friendly and she was always there for me. I felt like she was a member of my family."

"I enjoy every Friday, meeting new mums at MAMAHub and socialising and learning from them. I'm really grateful Project MAMA has set this up."

"[MAMAHub] helped my mental health get better, I started meeting people and going outside more. I made friends."

CASE STUDY

Aisha² was 30 weeks pregnant when she arrived in the UK with her two young children to seek asylum. She had fled war, forced marriage and domestic violence and was now the sole carer of her growing family. In a new city where she knew no one, Aisha was preparing to give birth alone. She could not speak English and had not yet accessed any maternity care. Despite her vulnerable situation, Aisha was excited to welcome her new babe and determined to fight for a safer, brighter future for her family.

A referral from the Red Cross connected Aisha to Project MAMA. Within a week, two experienced Mother Companions (MCs) began visiting her regularly. They reassured Aisha that she would not have to face pregnancy, birth or postnatal recovery by herself. Over 2 months, the MCs slowly built trust with her. They offered companionship and a listening ear as she prepared for life with a new babe, while coping with trauma and caring for two small children. They supported her to navigate the UK maternity system and understand her rights and options. Together they created a birth plan that reflected her needs and wishes, so she felt in control of her care.

As the due date approached, the MCs created a 24-hour on-call rota so that, whenever Aisha went into labour, she would have a birth partner. When the time came, they were with her, offering nurture and

² A pseudo name has been used to protect this mama's anonymity.

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encouragement throughout 15 hours of labour. They advocated for Aisha's wishes and stayed by her side until her baby boy was born safely.

After the birth, the MCs visited Aisha in the hospital and at home. They created a safe space for her to process her emotions as she adjusted to being a mama of three and supported her with breastfeeding and securing essentials for her new arrival.

Gradually, their focus shifted to helping Aisha settle into her new community. They encouraged her to explore her neighbourhood, introduced her to local groups, and supported her to take the bus for the first time. By the end of her time with Project MAMA, Aisha was confidently making trips independently and regularly attending a women's group.

PUBLIC BENEFIT

The Trustees have complied with their duty under the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission for England and Wales.

FINANCIAL REVIEW

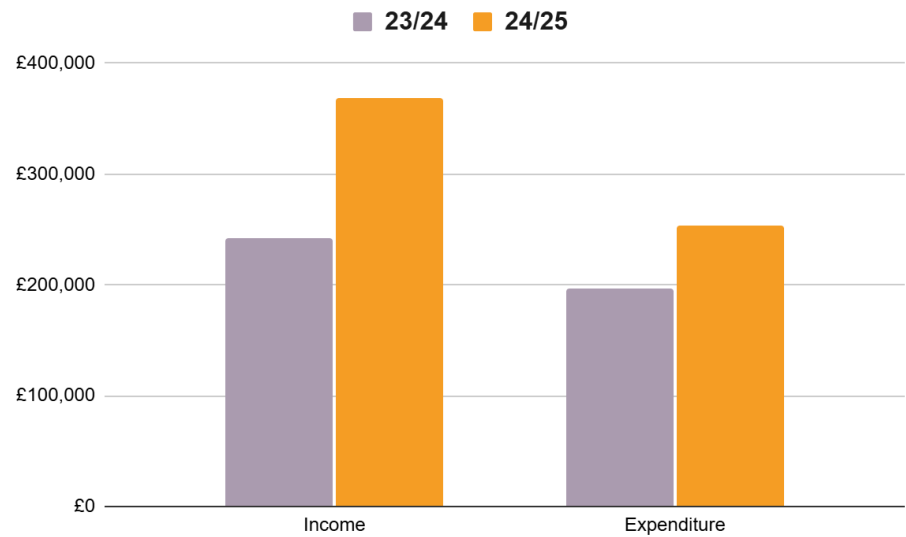
The total income for the 1st April 2024 to 31st March 2025 was **£368,874**. The chart below shows a comparison to the income from the previous year. Total funds brought forward at 1st April 2024 were **£197,166** and total funds carried forward on 1st April 2025 are **£312,138** of which **£98,203** are restricted (2024: £61,471). We recognise that our income in 2024/25 is relatively high for a charity of our size and a detailed explanation of our closing figures are listed in the carry over section below.

Within this reporting period, the largest proportion of income, **£343,488**, came from grant funding, with the rest coming from individual donations **£14,715**, corporate partnerships **£5,775**, alongside merchandise sales, Gift Aid and bank interest. All funding received has enabled service delivery and organisational running to provide vital support for our clients.

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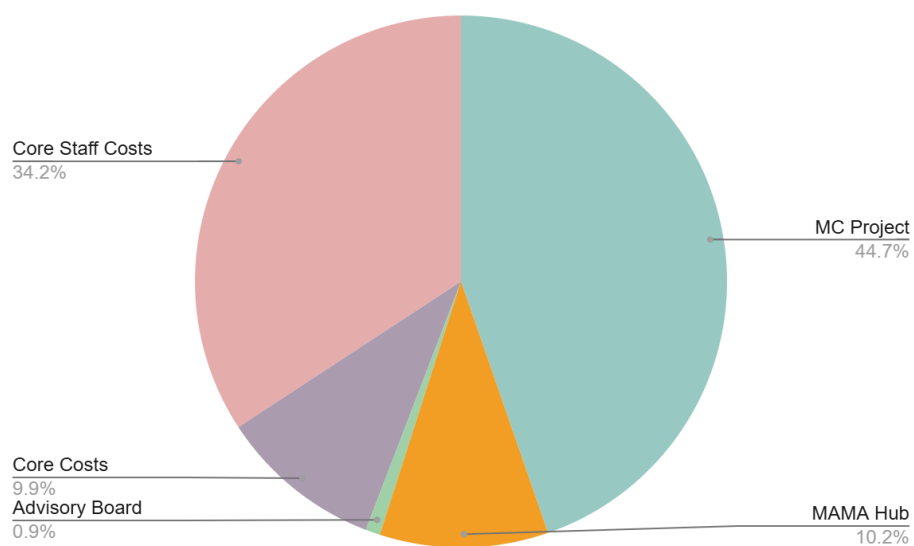
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Within this reporting period our expenditure was **£253,902** a 24% increase compared to the previous year. Higher expenditure reflects Project MAMA's growth in 2024/25, as well the increased cost of living which impacted our organisation's regular expenditures, such as rent and utilities.

Below is a breakdown of how expenditure has been spent across the charity in this reporting period.



The financial support we have received throughout the year has continued to show that funders, corporations, and individual donors recognise the importance of Project MAMA's work. Securing multi year funding demonstrates funders trust in Project MAMA, and their commitment to investing in the organisation's future plans and financial sustainability. We are incredibly grateful to all donors who have supported us and continue to support us.

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RESERVES POLICY DISCLOSURE

The Trustees have agreed that the charity should maintain internal reserves at a level sufficient to cover 2 months of full organisational running costs and 4 months of wind-down expenses. This ensures that, in the event of financial challenges, we would have time to implement emergency fundraising protocols. Should Project MAMA need to close, our wind-down reserves guarantee we could offer all existing clients our full period of one-to-one support. As the Mamas accessing our project face extreme vulnerability during pregnancy and the postpartum period, we feel it would be irresponsible to cut off care early.

Our internal reserves are calculated at the beginning of each financial year based on the budgeted expenditure for the following year.

Essential operational spend includes:

- Salary costs for service delivery
- Safeguarding on-call costs
- Interpreter costs
- Mother Companion (MC) Project Costs
- Admin / HR costs
- Premises costs (e.g. rent, utilities, bills)
- Finance support fees (e.g. bookkeeping and management reporting)
- Accountancy and Independent Examination fees

For the current financial year, 2024/2025, our internal reserves level is calculated to be £113,824. From April 2025, this will increase to £127,641, for the financial year 2025/2026..

Our decision to hold 6 months of reserves is also a response to the current challenging fundraising climate. We increased our internal reserves level this year to make our charity more financially resilient and ensure we can continue providing critical support to migrated families.

NOTE ON CARRY OVER

The Trustees consider it important to end the year with carry over of at least the internal reserve level plus 25% of the next year's annual budget - combined to a total of £190,204. This is to ensure there is continued cash flow and sustainability for our services and operations at the start of each financial year.

We recognise that the closing figure of £312,138 for our carry over at April 2025 is high for a charity of Project MAMA's size, higher than the £190,204 targeted. This is primarily due to two factors: firstly, our income generation exceeded targets during this reporting period; and secondly, we are required to declare £78,151 in funding agreed in 2024/25 that will not be received until 2025/26, in line with Charity SORP 2019 guidelines. Our strong fundraising performance this year will enable Project MAMA to initiate our strategic development plans and expand our services in response to growing demand, while remaining financially sustainable in a challenging funding climate. Our fundraising efforts will continue over the coming year, focusing on securing multi-year, flexible funding, to allow us to continue planning for the longer term whilst remaining agile and

Project MAMA
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responsive in a complex and challenging operating environment.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Project MAMA is registered as a Charitable Incorporated Organisation (CIO). It is governed by a Constitution of a Charitable Incorporated Organisation.

The board has final legal authority and is responsible for overseeing the operation of the entire charity and its activities. Trustees are recruited through public advertising and existing networks of the board and CEO. Trustees, including the Co-Chairs and Treasurer, are appointed for a term of three years by a resolution passed at a properly convened Trustee meeting. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. The board meets every 8 weeks to discuss key matters such as finance, policy, staff and operational development. In addition, a Finance Sub-Committee meets ahead of each trustee meeting to add greater insight.

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (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 incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

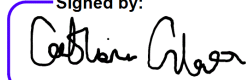
- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP 2019 (FRS 102).
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that 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 Charities (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. 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.

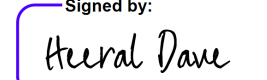
Independent examiner
Jacob Trowbridge MAAT of Bristol Community Accountants was appointed Independent Examiner to the charity during the year.

Approved by the board of Trustees on 1/12/2025 and signed on their behalf by:

Project MAMA
TRUSTEES' REPORT
YEAR ENDED 31 MARCH 2025

Signed by:

9B9A0BEBCF824C0...

Catherine Gilmore (Co-Chair)

Signed by:

7411B3ADB49D4E5...

Heeral Dave (Treasurer)

Project MAMA**Independent Examiner's Report****YEAR ENDED 31 MARCH 2025**

I report to the Trustees on my examination of the accounts of Project MAMA for the year ended 31 March 2025.

This report is made solely to the Charity's Trustees, as a body, in accordance with section 154 of the Charities Act 2011. My independent examiner's work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity, the Charity's members as a body and the Charity's Trustees as a body for my independent examiner's work, for this report, or for the opinions I have formed.

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 charity'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 Association of Accounting Technicians, which is one of the listed bodies.

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.

It should be noted that Bristol Community Accountants provide bookkeeping services to Project mama. I confirm that my duties are segregated, and I am not involved in the day-to-day bookkeeping matters of the charity

DocuSigned by:

2/12/2025



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Bristol Community Accountants CIC

Mr Jacob Trowbridge MAAT

The Park Centre, Daventry Road, Knowle, Bristol, BS4 1DQ

PROJECT MAMA**STATEMENT OF FINANCIAL ACTIVITIES****YEAR ENDED 31 MARCH 2025**

		Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	Note	£	£	£	£
Incoming and Endowments from:					
Donations and legacies	2	102,123	262,238	364,361	239,564
Trading activities		462	-	462	590
Investments	3	4,051	-	4,051	2,531
Total Income		106,636	262,238	368,874	242,685
Expenditure On:					
Raising funds	5	18,011	13,012	31,023	24,784
Charitable activities	6	9,271	212,235	221,506	168,997
Other	7	1,114	259	1,373	3,145
Total Expenditure		28,396	225,506	253,902	196,926
Net income		78,240	36,732	114,972	45,759
Net movement in funds		78,240	36,732	114,972	45,759
Total funds brought forward		135,695	61,471	197,166	151,407
Total funds carried forward		213,935	98,203	312,138	197,166

All of the activities of the charity are classed as continuing

The notes on pages 20 to 29 form part of these financial statements

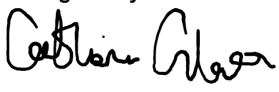
PROJECT MAMA

BALANCE SHEET

YEAR ENDED 31 MARCH 2025

	Note	2025 £	2024 £
Fixed assets	12	213	680
Current assets			
Debtors	13	79,900	22,069
Cash at bank and in hand		243,132	185,012
Total current assets		323,032	207,081
Creditors : Amounts falling due within one year	14	(11,107)	(10,595)
Net current assets or liabilities		311,925	196,486
Total net assets or liabilities		312,138	197,166
The Funds of the Charity	15		
Restricted funds		98,203	61,471
Unrestricted funds			
General funds		213,935	135,695
		312,138	197,166

These financial statements were approved by the trustees on 1/12/2025 and are signed on their behalf by:

Signed by:

9B9A0BEB CF824C0...
Catherine Gilmore (Co-Chair)

Signed by:

7411B3AD B49D4E5...
Heeral Dave (Treasurer)

The notes on pages 20 to 29 form part of these financial statements

PROJECT MAMA

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

1 Accounting Policies

Basis of preparation

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 financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities 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).

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.

The charity meets the definition of a public benefit entity as defined by FRS 102.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to the accounts for previous years.

Fund accounting

Unrestricted Funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts ²	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Volunteer help	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

PROJECT MAMA

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity

Taxation

The charity is exempt from corporation tax on its charitable activities.

Tangible fixed assets and depreciation

Tangible fixed assets are carried at cost less accumulated depreciation and impairment losses.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Office Equipment	33.3 % straight line
------------------	----------------------

Trade and other 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.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities.

Trade and other creditors

Short term creditors are measured at the transaction price. Other 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.

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.

PROJECT MAMA

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

Pensions costs

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. Pension costs charged in the financial statements represent the contribution payable by the charity during the year.

PROJECT MAMA

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

Income and Endowments From:

2	Donations and Legacies	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
		£	£	£	£
	Miscellaneous donations	20,490	-	20,490	17,575
	Grants from Trusts	81,250	262,238	343,488	221,989
	Gift Aid reclaimed	383	-	383	-
		<u>102,123</u>	<u>262,238</u>	<u>364,361</u>	<u>239,564</u>

Donations and Legacies - prior year

	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
Miscellaneous donations	17,575	-	17,575
Grants from Trusts	81,500	140,489	221,989
	<u>99,075</u>	<u>140,489</u>	<u>239,564</u>

The Charity also benefits greatly from the involvement and dedicated support of a team of volunteers. In accordance with Charities SORP, the value of their contributions is the value of their contributions is not recognised in the accounts but is described in the Trustees' Annual Report.

3	Investment income	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
		£	£	£	£
	Interest received on interest-bearing accounts	<u>4,051</u>	<u>-</u>	<u>4,051</u>	<u>2,531</u>

Investment income prior year - all unrestricted

4 Government Grants

The charity receives government grants, defined as funding from Bristol City Council Bristol Impact Fund and South Gloucestershire Council to fund charitable activities. The total value of such grants in the period ending 31 March 2025 was £15,190 (2024: £14,924). There are no unfulfilled conditions or contingencies attaching to these grants in the year ended 31 March 2025.

PROJECT MAMA

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

Expenditure on:					
5	Raising funds	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
		£	£	£	£
	Fundraising costs	579	18	597	1,410
	Merch costs	1,781	36	1,817	3,332
	Staff costs	15,651	12,958	28,609	20,042
		18,011	13,012	31,023	24,784
	Raising funds - prior year	Unrestricted Funds	Restricted Funds	Total Funds 2024	
		£	£	£	
	Fundraising costs	1,410	-	1,410	
	Merch costs	3,332	-	3,332	
	Staff costs	10,019	10,023	20,042	
		14,761	10,023	24,784	
6	Charitable Activities	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
		£	£	£	£
	Direct expenditure				
	Advisory Board - Project costs	1,088	972	2,060	-
	Advisory Board - Staff costs	26	168	194	-
	MAMA Hub - Project costs	-	7,486	7,486	4,595
	MAMA Hub - Staff costs	-	18,520	18,520	12,596
	Mother Companion - Project costs	120	18,337	18,457	12,830
	Mother Companion - Staff costs	40	94,977	95,017	67,476
	Support costs				
	Administration costs	1,594	2,193	3,787	3,644
	HR Costs	804	1,932	2,736	1,955
	Legal & Finance costs	2,852	4,665	7,517	8,102
	Premises costs	789	6,660	7,449	7,615
	Staff costs	1,958	56,325	58,283	50,184
		9,271	212,235	221,506	168,997
	Charitable Activities - prior year	Unrestricted Funds	Restricted Funds	Total Funds 2024	
		£	£	£	
	Direct client expenditure				
	MAMA Hub - Project costs	175	4,420	4,595	
	MAMA Hub - Staff costs	2,346	10,250	12,596	
	Mother Companion - Project costs	2,104	10,726	12,830	
	Mother Companion - Staff costs	12,698	54,778	67,476	
	Support costs				
	Administration costs	3,136	508	3,644	
	HR Costs	1,256	699	1,955	
	Legal & Finance costs	4,370	3,732	8,102	
	Premises costs	2,275	5,340	7,615	
	Staff costs	786	49,398	50,184	
		29,146	139,851	168,997	

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2025****7 Other Costs**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Governance costs	31	259	290	2,160
Independent Examiner's fee	1,083	-	1,083	985
	<u>1,114</u>	<u>259</u>	<u>1,373</u>	<u>3,145</u>

Other costs prior year - all unrestricted

8 Net incoming resources for the year

This is stated after charging:

	2025 £	2024 £
Independent Examiner's Fees	<u>1,083</u>	<u>985</u>

9 Staff costs and numbers

The aggregate payroll costs were:

	2025 £	2024 £
Wages and salaries	170,078	140,442
Social security costs	6,609	6,547
Pension costs	5,222	3,309
	<u>181,909</u>	<u>150,298</u>

No employee received emoluments of more than £60,000 (2024: £nil)

The average monthly head count was 9 staff (2024: 7 staff)

The key management personnel of the charity comprise the trustees, Chief Executive Officer, CEO maternity cover.

Total employee benefits paid to the 2 key management personnel were £48,388 (2024: £43,501).

10 Trustee expenses

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2024: £nil). The trustees were reimbursed expenses during the year of £nil (2024: £nil). No charity trustee received payment for professional or other services supplied to the charity (2024: £nil).

11 Defined pension contributions

	2025 £	2024 £
Amount of contributions recognised in the SOFA as an expense	<u>5,222</u>	<u>3,309</u>

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2025****12 Fixed assets**

	Office Equipment	Total
Cost		
At 1st April 2024	3,695	3,695
At 31st March 2025	<u>3,695</u>	<u>3,695</u>
Depreciation		
At 1st April 2024	3,015	3,015
Charge	467	467
At 31st March 2025	<u>3,482</u>	<u>3,482</u>
Net book value		
31st March 2025	<u>213</u>	<u>213</u>
At 1st April 2024	<u>680</u>	<u>680</u>

13 Debtors

	2025	2024
	£	£
Accrued income	78,150	20,000
Prepayments	1,750	2,069
	<u>79,900</u>	<u>22,069</u>

14 Creditors

	2025	2024
	£	£
Trade creditors	3,038	2,039
Other creditors	4,263	4,154
Accruals and deferred income	3,806	4,402
	<u>11,107</u>	<u>10,595</u>

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2025****15 Movement in funds**

	At 01-Apr 2024 £	Incoming resources £	Outgoing resources £	Transfers £	At 31-Mar 2025 £
Restricted funds					
Hilden	5,000	-	(5,000)	-	-
John James	-	16,000	(13,101)	-	2,899
Choose Love	-	51,533	(50,889)	-	644
Bristol Impact Fund	3,862	10,230	(11,545)	-	2,547
Postcode Local Trust	905	-	(905)	-	-
The Big Give	1,623	-	(1,623)	-	-
BRASP	-	1,528	(1,528)	-	-
Denman Charitable Trust	1,429	-	(1,429)	-	-
The Hospital Saturday Fund	2,000	-	(2,000)	-	-
James Tudor Foundation	4,741	10,000	(11,559)	-	3,182
Nisbets Trust	10,000	-	(10,000)	-	-
Quartet Community Foundation	1,028	22,040	(17,039)	-	6,029
Wessex Water Community Fund	4,000	-	(2,260)	-	1,740
South Gloucestershire Council	6,883	-	(6,883)	-	-
Society of the Holy Child Jesus CIO	15,000	-	(15,000)	-	-
Wesleyan Foundation	5,000	10,000	(15,000)	-	-
AB Charitable Trust	-	1,500	(1,500)	-	-
Bristol City Council	-	4,960	(4,660)	-	300
DWF Foundation	-	2,000	-	-	2,000
The Grocers Charity	-	5,000	-	-	5,000
Henry Smith Foundation	-	60,900	(29,763)	-	31,137
Islamic Relief Fund	-	21,597	(6,138)	-	15,459
National Lottery Community Fund	-	24,930	-	-	24,930
Seven Friends Foundation	-	2,000	(2,000)	-	-
Swan Mountain Trust	-	4,020	(4,020)	-	-
St Stephen and St James Trust	-	4,000	(1,664)	-	2,336
Van Neste Foundation	-	10,000	(10,000)	-	-
	<u>61,471</u>	<u>262,238</u>	<u>(225,506)</u>	<u>-</u>	<u>98,203</u>
Unrestricted funds					
General funds	135,695	106,636	(28,396)	-	213,935
Total funds	<u>197,166</u>	<u>368,874</u>	<u>(253,902)</u>	<u>-</u>	<u>312,138</u>

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2025****Purposes of restricted funds**

Hilden	Mother Companion
John James	Mother Companion costs (excl. salary)
Choose Love	Providing services for expecting and new Mamas from the refugee and asylum-seeking community
Bristol Impact Fund	MAMAHub
Postcode Local Trust	Ops Coordinator salary
The Big Give	Salary Costs
Thresholds	Communications Coordinator salary
The Big Give	Salary costs
Thresholds	Communications Coordinator salary
BRASP	Bristol based partnership working in solidarity with refugees and asylum seekers
Denman Charitable Trust	Mother Companion (can include salaries)
The Hospital Saturday Fund	Mother Companions for vulnerable women in Bristol
James Tudor Foundation	Mother Companion (can include salaries)
Nisbets Trust	Mother Companion (can include salaries)
Quartet Community Foundation	For core costs
Wessex Water Community Fund	To support the weekly drop in MAMAHub group
South Gloucestershire Council	Supporting the resettlement of refugees and asylum seekers
Society of the Holy Child Jesus CIO	Mother Companion Service
Wesleyan Foundation	Service Manager salary
AB Charitable Trust	Towards work responding to additional needs deriving from widespread violence across the UK
Bristol City Council	Support for women from migrant backgrounds in Bristol during pregnancy
DWF Foundation	Resources and support to help communities
The Grocers Charity	Mother Companion Project
Henry Smith Foundation	Running costs to provide peri-natal support for women seeking asylum
Islamic Relief Fund	Mother Companion Project
National Lottery Community Fund	Support for pregnant people and new parents from migrant backgrounds
Seven Friends Foundation	Mother Companion Project
Swan Mountain Trust	Interpreter costs
St Stephen and St James Trust	Supporting work of Project Mama
Van Neste Foundation	Mother Companion Project

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2025****16 Analysis of net assets between funds**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Fixed Assets	213	-	213
Cash at bank and in hand	144,929	40,053	184,982
Other net current assets or liabilities	68,793	58,150	126,943
	<u>213,935</u>	<u>98,203</u>	<u>312,138</u>

Analysis of net assets between funds - prior year

	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds 2024 £</i>
<i>Fixed Assets</i>	<i>680</i>	<i>-</i>	<i>680</i>
<i>Cash at bank and in hand</i>	<i>123,541</i>	<i>61,471</i>	<i>185,012</i>
<i>Other net current assets or liabilities</i>	<i>11,474</i>	<i>-</i>	<i>11,474</i>
	<u><i>135,695</i></u>	<u><i>61,471</i></u>	<u><i>197,166</i></u>

17 Related party transactions

Other than disclosed in note 10, there have been no other related party transactions during the year (2024: £nil)

18 Analysis of charitable funds - previous year, as required by paragraph 4.2. of the SORP

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Incoming and Endowments from:			
Donations and legacies	99,075	140,489	239,564
Trading activities	590	-	590
Investments	2,531	-	2,531
Total income	<u>102,196</u>	<u>140,489</u>	<u>242,685</u>
Expenditure On:			
Raising Funds	14,761	10,023	24,784
Charitable activities	31,288	139,851	168,997
Other	1,003	-	3,145
Total expenditure	<u>47,052</u>	<u>149,874</u>	<u>196,926</u>
Net Income	55,144	(9,385)	45,759
Net movement in funds	55,144	(9,385)	45,759
Total funds brought forward	80,551	70,856	151,407
Total funds carried forward	<u>135,695</u>	<u>61,471</u>	<u>197,166</u>

PROJECT MAMA

England & Wales - Charity number 1182112

Accounts



Project MAMA

ACCOUNTS

Year ended 31st March 2024

Charity Number 1182112

Project MAMA
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

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Project MAMA

Legal and administrative information

YEAR ENDED 31 MARCH 2024

Status

Project MAMA is a Charitable Incorporated Organisation (CIO) granted charitable status on 19th February 2019.

Registered Charity Number: 1182112

Address: Unit 16 Easton Business Centre, Felix Road, Bristol BS5 0HE

Trustees: Trustees who served during the period and up to the date of this report were as follows:

Board of Trustees:

Catherine Jackson - stepped down in October 2023
Angela Conway, Safeguarding
Asli Tatliadim, Chair - stepped down in June 2023
Heeral Dave, Treasurer
Ruth Whincop, Interim Chair
Josephine Whitaker-Yilmaz - stepped down in April 2023
Julia Dixon-Barrow
Bethany Benedict
Payzee Mahmood
Catherine Gilmore
Monique Lakhman

Bank:

CAF (Charities Aid Foundation)
25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4TA

Independent examiner:

Geoff Archer
Bristol Community Accountants CIC
The Park Daventry Road,
Knowle
Bristol
BS4 1DQ

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2024

The Trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2024.

Reference and administrative information forms part of this report. These accounts have been prepared in accordance with 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), the Charities Act 2011 and UK Generally Accepted Practice.

Objectives

To preserve and protect the physical and mental health of vulnerable women in the Bristol postcode area particularly, but not exclusively, migrants, through pregnancy, labour, childbirth, and early parenting by providing one-to-one support, advocacy, specialist information, referrals to partner agencies and peer support groups and other relevant activities as may be determined by the trustees.

For the purposes of this clause, we define 'vulnerable women' as *those with unstable/insecure immigration status and/or barriers to healthcare, survivors of sexual abuse, gender-based violence, exploitation or with poor mental health.*

A note on language: Throughout the text we refer to 'mama'. We use the word mama as it is recognisable to people from different cultural and language backgrounds to denote people who are pregnant or that have given birth.

Activities

1. Overview

This year has seen a lot of transition for Project MAMA, with a number of staff and operational changes taking place; but the context in which we have been working has also been hugely unsettled. For Mamas who have migrated to the UK, there continue to be countless barriers to accessing the care and support they need, and have a right to. Within the increasingly hostile environment for those seeking sanctuary here - there has been further trauma and complex disadvantage.

The asylum seeking population in Bristol has been rising sharply. In 2019, Bristol housed approximately 350 asylum seekers. In 2022, this number more than doubled to 820. At the beginning of 2024, there were 1193 asylum seekers in the city. And yet, with the turbulence of our hostile, agenda-driven political environment - we have also seen a push to close the hotels towards the end of this reporting period, bringing forward a lot of decisions to the large number of asylum claims sat in the system. For the Mamas we support, this immediate and short notice to leave their initial accommodation has led to some highly stressful situations. There is provision for Mamas to remain in their location for six weeks either side of birth. However, we have seen some unjust pressure put on Mamas to move and leave their support networks, carefully constructed to see them through the enormously challenging perinatal period, up to two weeks before their Estimated Due Date. The persistent whipping up of fear and hate against migrated people from the Conservative government has continued to fuel the systemic racism experienced by the Mamas within the healthcare and government-led services available to them. Our support is available to Mamas who have migrated to the UK and as such, we do not solely support asylum seekers, however, it is plain to see from this past year, that these Mamas referred to Project MAMA are experiencing greater challenges than ever before.

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2024

In addition, according to the latest MBRRACE report, Black and Brown women were more than 3.7 times more likely, and Asian women 1.8 times more likely, to die than white women giving birth in the UK. In addition, maternal suicide rates in the six weeks after the end of the pregnancy had increased threefold in 2020 when compared to 2017-19 (Knight, Bunch, Patel, Shakespeare, Kotnis, Kenyon, & Kurinczuk, 2022). A local, Bristol University survey and report, 'Breaking Barriers: Addressing inequalities in access to Perinatal Mental Health Services and support for women from Black and South Asian communities.' (Johnson, D., Evans, J., Family, H .) underlines how challenging it is to access perinatal mental health services for many of the Mamas we support. Acknowledging this, Project MAMA is part of the BNSSG Perinatal Mental Health board, and is able to contribute to the strategic coordination of these services. This year, we participated in a restructure and service-mapping project, ensuring that our vicarious learning and understanding of the situation were inputted into the end results. We continue to engage with the local Health Care Providers, advocating for the Mamas around areas such as a lack of phone interpreters and cultural safety.

One focus for this year has also been establishing new partnerships and developing existing relationships with partner organisations and stakeholders. As such, we have continued to contribute to the work of the Bristol Refugee and Asylum Seeker Partnership (BRASP), of which we are a member, supporting the development of greater collaboration between partners in the sector. In the process of creating a new Theory of Change for this partnership, we are hoping to reduce the gaps in support for refugees and those seeking asylum in Bristol. The goal of BRASP is to work together to support all refugees and asylum seekers to enjoy healthy and fulfilling lives in Bristol, have a voice and for their needs to be met by an effective, unified and sustainable sector.

Building on these communities and key partnerships, we also have a range of new Trustees with some incredible skills and communities around them to support our work. This year, we have welcomed three new Trustees to our Board. Payzee Mahmood is a British Kurd and Campaigner at IKWRO. She campaigns to raise awareness about and to end harmful practices including child marriage, FGM, virginity testing and hymenoplasty, drawing on her own lived experiences & the loss of her sister Banaz, in a so called 'honour' killing. Payzee has been an influential voice in leading the Marriage and Civil Partnership (Minimum Age) Bill's Campaign, which achieved historic success in 2023 to change the law so that no form of child marriage is legal in England and Wales. Catherine Gilmore works at University College London, where she oversees a research programme examining how community and creative organisations can be better integrated with health systems and used to tackle health inequalities. She is passionate about promoting equitable partnerships and community co-production in research. Prior to this work, she did a PhD in reproductive biology, spending 4 years examining placentas and the effects of toxic exposures during pregnancy. Catherine is a mother and has also trained as a doula. Monique Lakhman is currently a Senior External Affairs and Cabinet Support Adviser working in strategy, policy and communications supporting two cabinet leads in their respective portfolio areas for the London Borough of Lambeth. Prior to that Monique's experience has been in Children's Education/Rights charities; she also holds a Masters in Sustainable Development focussed on climate justice, human rights and collective action. As such, the Project MAMA team is going from strength to strength and we are looking forward to bringing our skills and areas of expertise together in this next season.

2. Mother Companion Project

Our core project provides continuous care throughout pregnancy, birth, and early parenthood. The majority of referrals to this service come from NHS midwives, doctors, and health visitors. This reflects the strong profile Project MAMA has built in local hospitals and that healthcare professionals value the

Project MAMA

TRUSTEES' REPORT

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specialist support we offer to migrated parents.

The Mother Companion project (MC Project) matches a Mama with 2-3 volunteer Mother Companions (MCs), who are all experienced doulas or midwives. MCs provide:

Antenatal Support

From week 30 of pregnancy, MCs provide regular one-to-one antenatal sessions. These visits take place in a Mama's home/accommodation and are facilitated by female telephone interpreters, if required. MCs support a Mama to understand her UK healthcare entitlements and birth-related choices. They explore her needs and birth wishes, paying close attention to any culturally or religiously important childbirth practices. MCs ensure a Mama is aware of the gynaecological processes that can arise during birth, as unknown intimate procedures often trigger past experiences of trauma. Importantly, our specialist volunteers listen, reassure, encourage, and remain a consistent nurturing presence in the antenatal period.

On-Call Birth Support

If a Mama would otherwise give birth alone, her MCs will be her birth partner. They will be on-call, 24 hours a day, for the four weeks around her due date. During childbirth, MCs offer continuous trauma-informed support and share practical ways to improve comfort, such as breathing techniques and positioning. Crucially, they ensure a mama understands all procedures offered and can make informed decisions, reinforcing resilience.

Postnatal Support

MCs might visit a Mama three times in the week following birth, and continue to see her regularly until her baby is 8 weeks. They offer emotional support as she adjusts to her new role, reducing anxiety and isolation in those key early days. MCs assist with infant feeding, settling, and bonding, and build a Mama's confidence in her parenting ability. In the postpartum period, MCs also assist a new parent to establish links to her community and create a supportive peer network. At the close of support, MCs may refer to other services including our MAMAHub drop-in.

Performance & Achievements - Mother Companions Project

Within this reporting period, Project MAMA received 49 referrals, compared to 42¹ in 2022-23. We provided short-term signposting to 15 Mamas, which was consistent with last year. Project MAMA then supported 29 Mamas throughout the perinatal period, of whom 8 received on-call birth support. By comparison, in 2022-23 Mother Companions supported 44 Mamas, of whom 15 received on-call birth support.

The number of Mamas supported in this reporting period was lower than the year prior, due to a shift in the capacity of Project MAMA's Mother Companions. In particular, the level of Mother Companion support available from within the paid staff team was reduced with the leadership transition, with the new CEO not yet holding a doula or birth worker qualification. The transition of the Mother Companion Coordinator role during a period of staff maternity leave also contributed to a shift. Alongside this, after an extremely busy year in 2022/2023, a number of pauses within the group of volunteer Mother Companions were needed for MCs to rest and recover. The nature of being a volunteer-led service

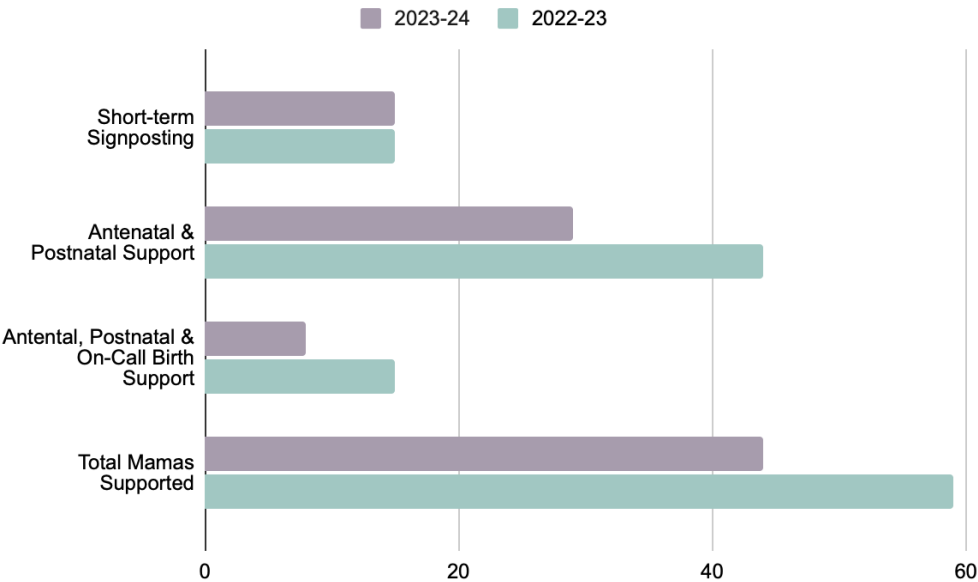
¹ This refers to the number of relevant referrals Project MAMA received, rather than the total number of referrals, which we reported in previous years. This is to give a more accurate picture of the demand for our support.

Project MAMA

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delivery team means that it can be challenging to maintain high levels of continuous engagement, especially given the long duration of our continuous support for Mamas. However, as always - our volunteers have gone above and beyond in offering time and love to the work of Project MAMA and we are incredibly grateful for what they offer. With this in mind, one of our current priorities is Mother Companion recruitment and support, as well as looking into what longer-term opportunities there might be to increase our capacity of support to match the number of Mamas being referred to us.



It is also key to flag the long-term, continuous nature of our support. Our Mother Companions may offer up to 10 antenatal sessions and 10 postnatal sessions, alongside long periods of time attending births. The maximum offering of 1:1 sessions could therefore look like up to 580 2-hour visits for the 29 Mamas we supported in 2023/2024, highlighting the long-term support we offer for each Mama. However, our offering is also entirely Mama-led, as such there may be some Mamas that would like more or fewer antenatal and postnatal sessions, and who may prefer regular WhatsApp conversations or phone calls instead of, or in addition to, the in-person visits. It is for this reason that our numbers do not often depict the whole narrative of what Project MAMA is doing.

- From the group of Mamas we supported this year:
- 13 had been or were experiencing domestic violence, sexual violence, or gender based violence;
 - 13 Mamas had or were experiencing mental health challenges; and,
 - 4 of the Mamas were potential survivors of trafficking.

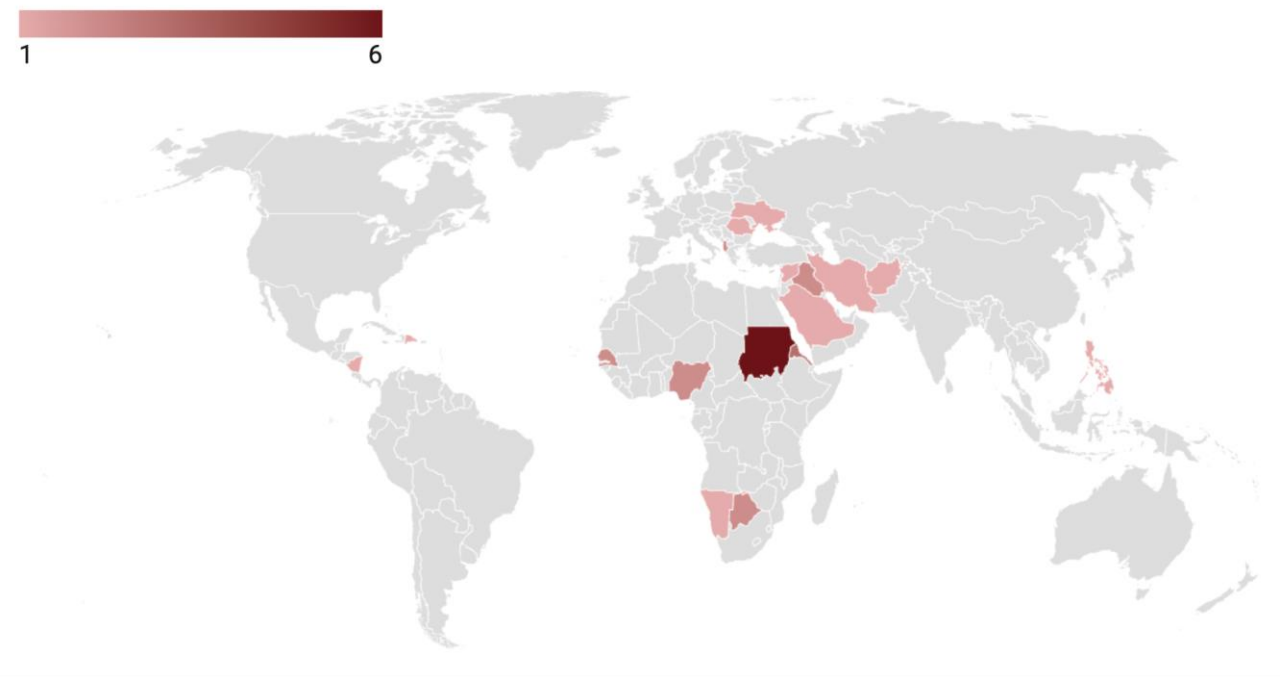
Despite the serious challenges the people we support are facing, we continue to be in awe of the strength and resilience they exhibit daily. It is a privilege to stand alongside these Mamas.

Origin Country of Mamas supported by the Mother Companion Project in 2023-24:
In this reporting period we supported Mamas from 17 countries. These women spoke more than 13 different languages.

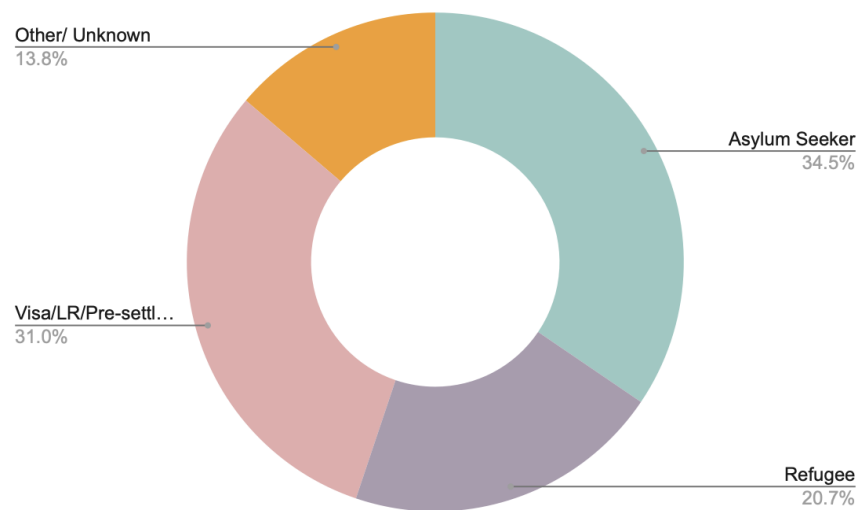
Project MAMA

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Immigration Status:



We are supporting Mamas to enter into birth and labour with a greater understanding of what they can expect and what their rights are within these processes. We encourage them to ask for interpreters and in-depth explanations for procedures so that they can give real, informed consent to what might be requested. The goal is for Mamas to feel in control, holding their own power as they make the choices that best suit their bodies and their babes.

We know that postnatal depression is more prevalent among refugees and asylum seekers in the UK (Asif et al., 2015) and that their babies are more likely to be stillborn or born prematurely, to have a low birth weight, or to have birth defects (Royal College of Obstetricians and Gynaecologists, 2015),

Project MAMA

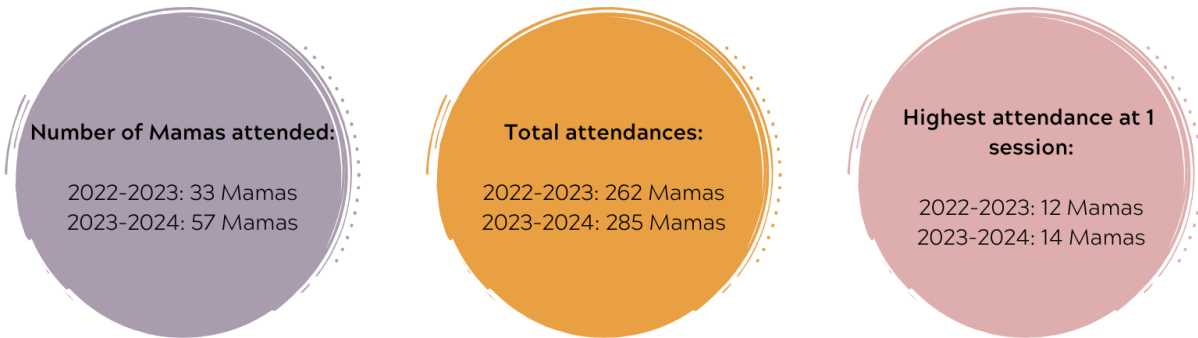
TRUSTEES' REPORT

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but the impact of our work provides a community within the isolation of those early days. We offer support for a range of things in those first 8 weeks, from establishing feeding and sleep support to birth debriefs and doing the washing up. Our human response, bringing support, care, solidarity and community holds a greater long-term impact than numbers and statistics can depict.

3. MAMAHub

Our MAMAHub, drop-in project, saw the highest attendance we have yet experienced in December 2023, reaching our maximum capacity of 14 mamas and their babes. With this growth, we have had to review our risk assessments and safety procedures to determine whether we could expand the maximum numbers of attendees if demand continues to increase.



The majority of Mamas that regularly attend MAMAHub do not attend other drop-in groups due to a range of barriers such as accessibility, language, childcare and more, but have fostered incredible community at MAMAHub through mutual languages less represented elsewhere (Sorani, Urdu/Hindi and Albanian). Many Mamas attend regularly and have built friendships and rapport with each other. This is marked by Mamas openly breastfeeding, removing hijabs and praying within the space. We also invite pregnant Mamas to join MAMAHub if they would like, which means that some Mamas can be constructing their own community and support network across a span of 2 and a half years at the weekly drop-in. Given the high levels of isolation and low mental health, this continuity of support and friendship can be life-changing. Alongside this, we have started to receive more open constructive feedback around activities, food and the space in general, which we are extremely grateful for and able to put into action for future sessions.

The sessions are managed by the Service Manager and the MAMAHub Lead and supported by 3-4 volunteers, many of whom have lived experience of migration and of accessing Project MAMA support themselves. Activities and workshops offered included yoga, meditation, baking, card making, and nursery song singing sessions.

4. Organisational Development

Staffing

Project MAMA has seen a large amount of change to its operational foundations in the former part of

Project MAMA

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YEAR ENDED 31 MARCH 2024

this reporting period. With the volume of change brought about by a transition of CEOs in February 2023, the focus of this season has been to embed best practice into the work we are already doing. We have not brought in new projects or programmes, but have focussed on offering what we do in the best way possible. As such, a large amount of work has been undertaken to bring the policies and procedures up to date, in a more accessible way so they can be implemented more easily by the team and volunteers. We have updated our financial reporting and monitoring and evaluation procedures, prioritised fundraising strategies and brought in an in-house fundraiser to tailor our fundraising efforts to what the future goals and aspirations of Project MAMA and the Mamas we support might be.

We recruited a new Operations Manager in October 2023 and have since been able to streamline and bring clarity to the financial reporting systems in place. As such, there is a much clearer picture of our monthly financial progress and future financial projections for our Trustees.

Having stabilised and strengthened the back-office working of the organisation, we have since been able to expand and focus on the delivery of our support. As such, we have expanded the Service Manager role, increased the Mother Companion Project Coordinator role to 4 days a week and created a new Referral Coordinator position. This new role holds the processing of all referrals and Initial Meetings with Mamas, creating a streamlined process for the referrals to be passed onto the Mother Companion Project Coordinator who will then assemble a team of volunteer Mother Companions to initiate support.

The growth of our service staff team has been brilliant, but we are still at capacity and unable to take on all Mother Companion Project referrals that come in. As such, we are focussing efforts on greater Mother Companion volunteer recruitment, and beginning to plan and strategise for long-term solutions.

Strategic Development and Future Plans

Having journeyed through a season of organisational change, the staff and volunteer team is now moving from strength to strength and we are within a period of looking up and out, reviewing, researching and creating new strategic direction. The focus of this reporting period has been to deepen our roots into a more secure space so that we can move into the next season for Project MAMA.

As part of this process, we have been working on the creation of our new Advisory Group, which is starting in May 2024. Project MAMA supports a wide remit of Mamas from migrant backgrounds in the wider Bristol area. We acknowledge that the majority of the skills and expertise of the staff team and the Board of Trustees do not necessarily include those gained through the lived experiences of the Mamas we support.

As a result, we wanted to create a way of bringing the knowledge, voices and wisdom of the Mamas into our organisation to drive forward all future strategic planning, monitoring and evaluation of our work and our approaches to new challenges on the horizon. Our work is for and centred around the Mamas - but we are not yet led by them other than what our learnt understanding and interpretation of their needs, experiences and external circumstances might be.

We hope to create clearer channels of communication from the Mamas to be embedded into our strategic planning. The very essence of how we work and what we do to support Mamas should be informed, if not led, by the Mamas themselves at all stages. It is they who truly understand the emotional, physical, spiritual, and mental journeys that they are on and we should be guided by this wisdom. By bringing the voices of the Mamas into the heart of Project MAMA in a regular, foundational

Project MAMA

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rhythm of meetings, we hope to begin formulating longer-term strategies informed by the Mamas' thoughts and experiences.

In addition, during this reporting period, some key areas for development for the year ahead have been identified. These include:

- Developing the diversity within our staff and volunteer base. Creating more routes into the organisation for those Mamas who have lived experiences of migration and our support.
- Expanding our community of brilliant Mother Companions to reflect the numbers of Mamas being referred to our Mother Companion Project.
- This work can be incredibly tough and really cause a strain on those committing to it, but especially to those who are volunteering their time with us. As such, we have been trying to increase the support available and the resources on offer to best support the amazing volunteer village.
- The advocacy and relationship building with key stakeholders within the NHS could be furthered. We have taken steps to raise questions and conversations but if we are to see actual change in the care the Mamas are receiving from their Healthcare Providers then we believe this needs to go a lot further. As part of this work, we are reflecting on our engagement with research proposals and determining how we might make wider ripples of change through these.
- Further developing our monitoring and evaluation framework.
- Shifting into a longer-term fundraising strategy and planning approach, ensuring the organisation's funds are channelled directly into supporting the Mamas.

QUOTES AND TESTIMONIES

"They explained things to me about the birth and the baby [...] helped me understand my rights, reassured me that every aspect was my choice, listened and reinforced my wishes [...] When I gave birth they stayed all night with me by my bed holding my hand. They were with me during the hardest time of my life"

"It was amazing. [My Mother Companions] were a friend, a guide, an advisor. They were there when my baby was born. I never thought people would do that for someone else....They asked me "what do you need?" and "how are you feeling?" I really appreciated the emotional companionship, especially in pregnancy, because I was having a really rough time. They gave me really a lot of help and it gave me a chance to have a better time for myself."

"My Mother Companions helped show me how to use maps on my phone so that I could get around. The first time I went to MAMAHub, they came with me so that I could feel more comfortable travelling there. Now I go regularly with my daughter. I really enjoy it and I've met lots of other mums there."

"MAMAHub melted my heart really. Mums coming together and talking about our worries, whatever we are going through we are there for each other, we share ideas and worries and we know we are not going through it alone."

"MAMAHub is the only drop-in that me and my daughter attend and I really enjoy it. All the womens and volunteers there are very nice and respectful."

Project MAMA

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YEAR ENDED 31 MARCH 2024

CASE STUDY

Muna² arrived in the UK when she was in her third trimester of pregnancy and was referred to Project MAMA a week later. A survivor of sexual abuse and trafficking, Muna was experiencing complex mental health challenges. She was unable to speak English and was extremely isolated, often spending days on end alone in her bedroom. Despite her vulnerable circumstances, Muna had a strong bond with her unborn baby and described her pregnancy as giving her strength.

Project MAMA formed a team of three specialist Mother Companions (MCs) who, within a week, began visiting Muna regularly. Muna was unsure of her maternity care choices and uncertain about what would happen during birth. She also stressed the importance of midwives providing clear communication and seeking her consent, via an interpreter, before intimate procedures, to reduce the risk of re-traumatisation. Muna's MCs supported her to understand her options, create a birth plan, and assert her wishes. When Muna went into labour, her MCs were there alongside her. They offered continuous nurture and reassurance, relaying care for more than 20 hours until her baby had arrived safely. After birth, an MC stayed with Muna in the hospital as she recovered.

In the postnatal period, Muna's MCs supported her with breastfeeding, bathing her baby, and bonding. They offered space for Muna to unpack her feelings and provided emotional support as she adjusted to her new role as a mama. After the precious first weeks, MCs slowly shifted their focus to reinforcing resilience. They were there for Muna's first trips out of the home and grew her confidence to access other services. Before the end of their time together, Muna had begun attending English classes, a local women's space, and MAMAHub.

Muna continues to come to MAMAHub regularly with her babe. She has formed close bonds with other mamas there and is a valued member of the community.

PUBLIC BENEFIT

The Trustees have complied with their duty under the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission for England and Wales.

FINANCIAL REVIEW

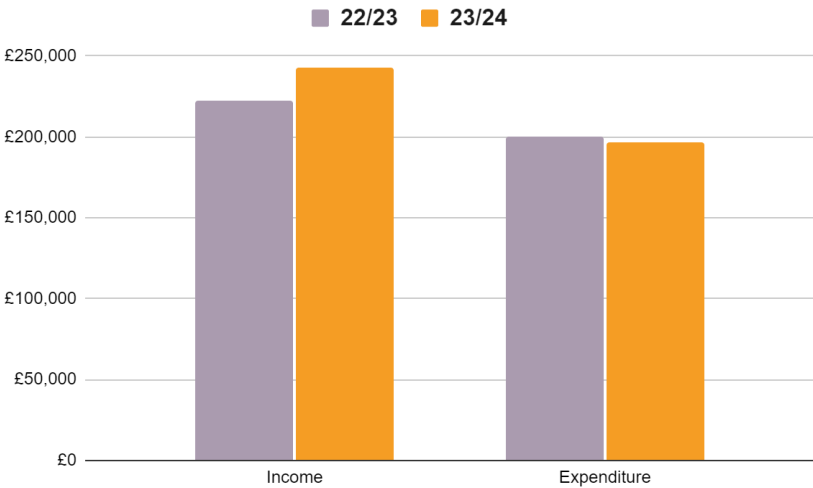
The total income for the 1st April 2023 to 31st March 2024 was **£242,685**. The chart below shows a comparison to the income from the previous year. Total funds brought forward at 1st April 2023 were **£151,407** and total funds carried forward on 1st April 2024 are **£197,166**, of which **£61,471** are restricted (2023: £70,856). Within this reporting period, the largest proportion of income, **£221,989**, came from grant funding, with the rest coming from community & organisational giving **£9,224**, individual donations **£7,967**, alongside merchandise sales and Gift Aid refunds. All funding received has enabled service delivery and organisational running to provide vital support for our clients.

² A pseudo name has been used to protect this mama's anonymity.

Project MAMA

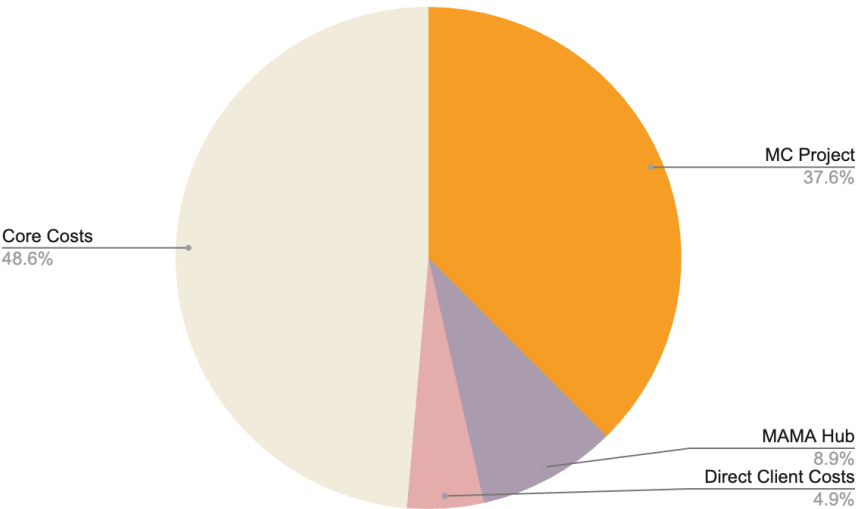
TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2024



Within this reporting period the expenditure was **£196,926**, which is a 1.9% decrease in expenditure compared to the previous year shown in the chart above. Even though we have felt the impact of the increased cost of living on our regular expenditures such as rent and utilities, we have worked hard to stick within our budget for expenditure.

Below is a breakdown of how expenditure has been spent across the charity in this reporting period.



The financial support we have received throughout the year has continued to show that both funders and individual donors recognise the importance of Project MAMA’s work. We are incredibly grateful to all donors who have supported us and continue to support us.

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2024

Reserves Policy disclosure for the 2023-24 Trustees' Annual Report

The charity's reserves policy aims to cover operating and essential costs of the charity for four months, in an attempt to safeguard services and staff against financial difficulties arising at short notice. The reserves policy is reviewed annually, with the relevant free reserves total being calculated based upon the approved budgeted expenditure for the following year.

Essential operational spend includes:

- Salary costs
- Interpreter costs
- MAMAHub activity costs
- Premises costs and administrative costs (e.g. rent, utilities, bills)
- Finance support fees (e.g. bookkeeping and management reporting)
- Accountancy and Independent Examination fees

For the financial year, 2023/2024, our reserves level is calculated to be £62,038. Moving into the 2024/2025 financial year, our reserves level is calculated to be £76,800, this increase is due to an increase in staff, adding in MC expenses to better the service we can provide in the 4 months and it takes into account the rising costs due to the cost of living crisis.

NOTE ON CARRY OVER

The Trustees consider it important to end the year with carry over above the internal reserve level, which is calculated to accommodate 4 months worth of operating costs should the charity need to wind up. This is to ensure there is continued cash flow and sustainability for our services and operations at the start of each new financial year.

We recognise the closing figure of **£197,166** for our carry over at April 2024 is high for a charity of Project MAMA's size. This is due to our unexpectedly successful fundraising performance this year, and our decision to invest in an in-house Fundraising Coordinator. The creation of this role for the first time at Project MAMA has enabled us to concentrate and focus our fundraising efforts with some incredible results. As such, we have been able to better research the brilliant funders we have partnered with this year, to best target those who recognise the vital need our services are addressing. We anticipated raising an income of £156,362, but instead raised a staggering £242,685, all of which now enables us to develop and fulfil our strategic development and plans, whilst beginning to work on the sustainability of Project MAMA as an organisation within this challenging fundraising climate.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Project MAMA is registered as a Charitable Incorporated Organisation (CIO). It is governed by a Constitution of a Charitable Incorporated Organisation.

The board has final legal authority and is responsible for overseeing the operation of the entire charity and its activities. Trustees are recruited through public advertising and through existing networks of the board and CEO. Trustees, including Chair and Treasurer, are appointed for a term of three years by a resolution passed at a properly convened Trustee meeting. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. The board meets every 8 weeks to discuss key matters such as finances, policy, staff and key operational matters and development. In addition, the

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2024

newly formed Finance Sub-Committee came into effect, meeting ahead of each trustee meeting to add greater insight.

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (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 incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP 2019 (FRS 102).
- Make judgements and 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.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that 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 Charities (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. 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.

Independent examiner

Geoff Archer was appointed Independent Examiner to the charity during the year.

9/9/2024

Approved by the board of Trustees on and signed on their behalf by:

Signed by:
Catherine Gilmore
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Signed by: 
7411B3ADB49D4E5...

Catherine Gilmore (Co-Chair)

Heeral Dave (Treasurer)

Project MAMA
INDEPENDENT EXAMINER’S REPORT
YEAR ENDED 31 MARCH 2024

I report to the Trustees on my examination of the accounts of Project MAMA for the year ended 31 March 2024.

This report is made solely to the Charity’s Trustees, as a body, in accordance with section 154 of the Charities Act 2011. My independent examiner’s work has been undertaken so that I might state to the Charity’s Trustees those matters I am required to state to them in an independent examiner’s report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity, the Charity’s members as a body and the Charity’s Trustees as a body for my independent examiner’s work, for this report, or for the opinions I have formed.

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

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.

It should be noted that Bristol Community Accountants provide bookkeeping services to Project mama. I confirm that my duties are segregated, and I am not involved in the day-to-day bookkeeping matters of the charity

.....
Signed by:

.....7D20A50E086A4A2...
Mr Geoff Archer
9/9/2024
Date

Bristol Community Accountants CIC
The Park Centre, Daventry Road
Knowle, Bristol, BS4 1DQ

PROJECT MAMA**STATEMENT OF FINANCIAL ACTIVITIES****YEAR ENDED 31 MARCH 2024**

		Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	Note	£	£	£	£
Incoming and Endowments from:					
Donations and legacies	2	99,075	140,489	239,564	218,898
Trading activities		590	-	590	377
Investments	3	2,531	-	2,531	432
Other	4	-	-	-	2,758
Total Income		102,196	140,489	242,685	222,465
Expenditure On:					
Raising funds	6	14,761	10,023	24,784	33,595
Charitable activities	7	31,288	139,851	171,139	165,355
Other	8	1,003	-	1,003	1,629
Total Expenditure		47,052	149,874	196,926	200,579
Net income		55,144	(9,385)	45,759	21,886
Net movement in funds		55,144	(9,385)	45,759	21,886
Total funds brought forward		80,551	70,856	151,407	129,521
Total funds carried forward		135,695	61,471	197,166	151,407

All of the activities of the charity are classed as continuing

The notes on pages 18 to 27 form part of these financial statements

As required by paragraph 4.67 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

PROJECT MAMA

BALANCE SHEET

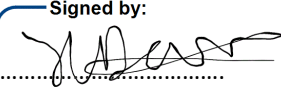
YEAR ENDED 31 MARCH 2024

	Note	2024 £	2023 £
Fixed assets	13	680	1,718
Current assets			
Debtors	14	22,069	6,434
Cash at bank and in hand		185,012	145,524
Total current assets		207,081	151,958
Creditors : Amounts falling due within one year	15	(10,595)	(2,269)
Net current assets or liabilities		196,486	149,689
Total net assets or liabilities		197,166	151,407
The Funds of the Charity	16		
Restricted funds		61,471	70,856
Unrestricted funds			
General funds		135,695	80,551
		197,166	151,407

9/9/2024

These financial statements were approved by the trustees on and are signed on their behalf by:

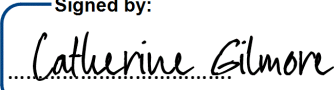
Signed by:



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Heeral Dave

Signed by:



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Catherine Gilmore

The notes on pages 18 to 27 form part of these financial statements

- 17 -

PROJECT MAMA

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

1 Accounting Policies

Basis of preparation

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 financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities 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).

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.

The charity meets the definition of a public benefit entity as defined by FRS 102.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to the accounts for previous years.

Fund accounting

Unrestricted Funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Volunteer help	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

PROJECT MAMA

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity

Taxation

The charity is exempt from corporation tax on its charitable activities.

Tangible fixed assets and depreciation

Tangible fixed assets are carried at cost less accumulated depreciation and impairment losses.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Office Equipment	33.3 % straight line
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Trade and other 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.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities.

Trade and other creditors

Short term creditors are measured at the transaction price. Other 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.

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.

PROJECT MAMA

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

Pensions costs

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. Pension costs charged in the financial statements represent the contribution payable by the charity during the year.

PROJECT MAMA

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

Income and Endowments From:					
2	Donations and Legacies	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
		£	£	£	£
	Miscellaneous donations	17,575	-	17,575	50,951
	Grants from Trusts	81,500	140,489	221,989	165,890
	Gift Aid reclaimed	-	-	-	2,057
		99,075	140,489	239,564	218,898
	Donations and Legacies - prior year	Unrestricted Funds	Restricted Funds	Total Funds 2023	
		£	£	£	
	Miscellaneous donations	30,396	20,555	50,951	
	Grants from Trusts	45,000	120,890	165,890	
	Gift Aid refunds	805	1,252	2,057	
		76,201	142,697	218,898	

The Charity also benefits greatly from the involvement and dedicated support of a team of volunteers. In accordance with Charities SORP, the value of their contributions is the value of their contributions is not recognised in the accounts but is described in the Trustees' Annual Report.

3	Investment income	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
		£	£	£	£
	Interest received on interest-bearing accounts	<u>2,531</u>	<u>-</u>	<u>2,531</u>	<u>432</u>
	<i>Investment income prior year - all unrestricted</i>				

4	Other income	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
		£	£	£	£
	Insurance claim	<u>-</u>	<u>-</u>	<u>-</u>	<u>2,758</u>
	<i>Other income prior year - all unrestricted</i>				

5 Government Grants

The charity receives government grants, defined as funding from Bristol City Council Bristol Impact Fund and South Gloucestershire Council to fund charitable activities. The total value of such grants in the period ending 31 March 2024 was £14,924 (2023: £9,807). There are no unfulfilled conditions or contingencies attaching to these grants in the year ended 31 March 2024.

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2024**

Expenditure on:

6

Raising funds

Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
£	£	£	£
Marketing and fundraising	3,332	-	3,332
Salaries - Marketing and fundraising	10,019	10,023	20,042
Fundraising platform fees	1,410	-	1,410
	14,761	10,023	24,784
			33,595

Unrestricted Funds	Restricted Funds	Total Funds 2023
£	£	£
Marketing and fundraising	2,054	-
Salaries - Marketing and fundraising	21,980	8,106
Fundraising platform fees	1,455	-
	25,489	8,106
		33,595

7

Charitable Activities

Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
£	£	£	£
Direct client expenditure			
Translation and interpretation	1,004	7,062	8,066
Volunteers' expenses supporting clients	6	1,019	1,025
Training for volunteers	230	100	330
Salaries - Mother Companion	12,698	54,778	67,476
Salaries - Mama Hub	2,346	10,250	12,596
Recruitment and DBS costs	356	363	719
Miscellaneous Mama Hub costs	175	4,420	4,595
Miscellaneous Mother Companion costs	508	2,182	2,690
Support costs			
Salaries - support	786	49,398	50,184
Rent	1,428	4,367	5,795
Strategic development	2,160	-	2,160
Office equipment and sundries	1,728	455	2,183
Insurance	1,195	-	1,195
Electricity and broadband	847	973	1,820
Printing, postage and stationery	370	53	423
Internal team training	1,256	699	1,955
Payroll agency fees	798	749	1,547
Finance support	2,241	2,983	5,224
Bank and transaction fees	118	-	118
Depreciation of office equipment	1,038	-	1,038
	31,288	139,851	171,139
			165,355

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2024***Charitable Activities - prior year*

	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds 2023 £</i>
Direct client expenditure			
<i>Translation and interpretation</i>	-	7,184	7,184
<i>Volunteers' expenses supporting clients</i>	420	1,402	1,822
<i>Training for volunteers</i>	5	-	5
<i>Salaries - Mother Companion</i>	23,951	34,466	58,417
<i>Salaries - Mama Hub</i>	2,423	7,495	9,918
<i>Recruitment and DBS costs</i>	1,369	450	1,819
<i>Miscellaneous Mama Hub costs</i>	242	4,101	4,343
<i>Miscellaneous Mother Companion costs</i>	972	1,086	2,058
Support costs			
<i>Salaries - support</i>	29,505	26,611	56,116
<i>Rent</i>	5,238	-	5,238
<i>Strategic development</i>	2,499	2,111	4,610
<i>Office equipment and sundries</i>	2,030	8	2,038
<i>Insurance</i>	1,029	-	1,029
<i>Electricity and broadband</i>	1,313	6	1,319
<i>Printing, postage and stationery</i>	316	3	319
<i>Internal team training</i>	1,873	-	1,873
<i>Payroll agency fees</i>	1,089	-	1,089
<i>Finance support</i>	5,097	-	5,097
<i>Bank and transaction fees</i>	43	-	43
<i>Depreciation of office equipment</i>	1,018	-	1,018
	<u>80,432</u>	<u>84,923</u>	<u>165,355</u>

8 Other Costs

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Legal fees	18	-	18	840
Independent Examiner's fee	985	-	985	789
	<u>1,003</u>	<u>-</u>	<u>1,003</u>	<u>1,629</u>

Other costs prior year - all unrestricted

9 Net incoming resources for the year**This is stated after charging:**

	2024 £	2023 £
Independent Examiner's Fees	<u>985</u>	<u>789</u>

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2024****10 Staff costs and numbers**

The aggregate payroll costs were:

	2024	2023
	£	£
Wages and salaries	140,442	154,577
Social security costs	6,547	(3,626)
Pension costs	3,309	3,586
	<u>150,298</u>	<u>154,537</u>

No employee received emoluments of more than £60,000 (2023: £nil)

The average monthly head count was 7 staff (2023: 6 staff)

The key management personnel of the charity comprise the trustees, Chief Executive Officer and Operations Manager. Total employee benefits paid to the 2 key management personnel were £43,501 (2023: £46,314).

11 Trustee expenses

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2023: £nil). The trustees were reimbursed expenses during the year of £nil (2023: £nil). No charity trustee received payment for professional or other services supplied to the charity (2023: £nil).

12 Defined pension contributions

	2024	2023
	£	£
Amount of contributions recognised in the SOFA as an expense	<u>3,309</u>	<u>3,586</u>

13 Fixed assets

	Office Equipment	Total
Cost		
At 1st April 2023	3,695	3,695
Additions	-	-
At 31st March 2024	<u>3,695</u>	<u>3,695</u>
Depreciation		
At 1st April 2023	1,977	1,977
Charge	1,038	1,038
At 31st March 2024	<u>3,015</u>	<u>3,015</u>
Net book value		
31st March 2024	<u>680</u>	<u>680</u>
At 1st April 2023	<u>1,718</u>	<u>1,718</u>

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2024****14 Debtors**

	2024	2023
	£	£
Trade debtors	-	5,020
Accrued income	20,000	-
Prepayments	2,069	1,414
	<u>22,069</u>	<u>6,434</u>

15 Creditors

	2024	2023
	£	£
Trade creditors	2,039	1,290
Other creditors	4,154	190
Accruals and deferred income	4,402	789
	<u>10,595</u>	<u>2,269</u>

16 Movement in funds

	At 01-Apr 2023	Incoming resources	Outgoing resources	Transfers	At 31-Mar 2024
Restricted funds	£	£	£	£	£
Hilden	1,888	5,000	(1,888)	-	5,000
John James	6,357	-	(6,357)	-	-
Choose Love	21,000	21,000	(42,000)	-	-
Bristol Impact Fund	5,019	7,424	(8,581)	-	3,862
Postcode Local Trust	17,320	-	(16,415)	-	905
The Big Give	9,847	-	(8,224)	-	1,623
Thresholds	9,425	-	(9,425)	-	-
BRASP	-	690	(690)	-	-
Denman Charitable Trust	-	3,000	(1,571)	-	1,429
The Hospital Saturday Fund	-	2,000	-	-	2,000
James Tudor Foundation	-	5,000	(259)	-	4,741
The Leonard Laity Stoate Charitable Trust	-	1,000	(1,000)	-	-
Nisbets Trust	-	10,000	-	-	10,000
National Lottery Community Fund	-	45,875	(45,875)	-	-
Quartet Community Foundation	-	5,000	(3,972)	-	1,028
Wessex Water Community Fund	-	4,000	-	-	4,000
South Gloucestershire Council	-	7,500	(617)	-	6,883
Society of the Holy Child Jesus CIO	-	15,000	-	-	15,000
Souter Charitable Trust	-	3,000	(3,000)	-	-
Wesleyan Foundation	-	5,000	-	-	5,000
	<u>70,856</u>	<u>140,489</u>	<u>(149,874)</u>	<u>-</u>	<u>61,471</u>
Unrestricted funds					
General funds	80,551	102,196	(47,052)	-	135,695
Total funds	<u>151,407</u>	<u>242,685</u>	<u>(196,926)</u>	<u>-</u>	<u>197,166</u>

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2024****Purposes of restricted funds**

Hilden	Mother Companion
John James	Mother Companion costs (excl. salary)
Choose Love	Providing services for expecting and new Mamas from the refugee and asylum-seeking community
Bristol Impact Fund	MAMAHub
Postcode Local Trust	Ops Coordinator salary
The Big Give	Salary Costs
Thresholds	Communications Coordinator salary
The Big Give	Salary costs
Thresholds	Communications Coordinator salary
BRASP	Bristol based partnership working in solidarity with refugees and asylum seekers
Denman Charitable Trust	Mother Companion (can include salaries)
The Hospital Saturday Fund	Mother Companions for vulnerable women in Bristol
James Tudor Foundation	Mother Companion (can include salaries)
The Leonard Laity Stoate Charitable Trust	Mother Companion - Interpreter costs/MC costs & resources
Nisbets Trust	Mother Companion (can include salaries)
National Lottery Community Fund	Support for birthing people from migrant backgrounds
Quartet Community Foundation	For core costs
Wessex Water Community Fund	To support the weekly drop in MAMAHub group
South Gloucestershire Council	Supporting the resettlement of refugees and asylum seekers
Society of the Holy Child Jesus CIO	Mother Companion Service
Souter Charitable Trust	Mother Companion - Phone interpreter costs
Wesleyan Foundation	Service Manager salary

17 Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
Cash at bank and in hand	124,221	61,471	185,692
Other net current assets or liabilities	11,474	-	11,474
	<u>135,695</u>	<u>61,471</u>	<u>197,166</u>

Analysis of net assets between funds - prior year

	<i>Unrestricted Funds</i>	<i>Restricted Funds</i>	<i>Total Funds 2023</i>
	<i>£</i>	<i>£</i>	<i>£</i>
Cash at bank and in hand	74,668	70,856	145,524
Other net current assets or liabilities	5,883	-	5,883
	<u>80,551</u>	<u>70,856</u>	<u>151,407</u>

18 Related party transactions

Other than disclosed in note 11, there have been no other related party transactions during the year (2023: £nil)

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2024****19 Analysis of charitable funds - previous year, as required by paragraph 4.2. of the SORP**

	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Incoming and Endowments from:			
Donations and legacies	76,201	142,697	218,898
Trading activities	377	-	377
Investments	432	-	432
Other	2,758	-	2,758
Total income	79,768	142,697	222,465
Expenditure On:			
Raising Funds	25,489	8,106	33,595
Charitable activities	80,432	84,923	165,355
Other	1,629	-	1,629
Total expenditure	107,550	93,029	200,579
Net Income	(27,782)	49,668	21,886
Net movement in funds	(27,782)	49,668	21,886
Total funds brought forward	108,333	21,188	129,521
Total funds carried forward	80,551	70,856	151,407

PROJECT MAMA

England & Wales - Charity number 1182112

Accounts



Project MAMA

ACCOUNTS

Year ended 31st March 2023

Charity Number 1182112

Project MAMA

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

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Project MAMA

Legal and administrative information

YEAR ENDED 31 MARCH 2023

Status

Project MAMA is a Charitable Incorporated Organisation (CIO) granted charitable status on 19th February 2019.

Registered Charity Number: 1182112

Address: Unit 16 Easton Business Centre, Felix Road, Bristol BS5 0HE

Trustees: Trustees who served during the period and up to the date of this report were as follows:

Board of Trustees:

Catherine Jackson
Angela Conway
Asli Tatliadim, Chair
Heeral Dave, Treasurer
Ruth Whincop
Josephine Whitaker-Yilmaz
Julia Dixon-Barrow
Bethany Benedict

Bank:

Barclays Bank PLC,
55 Broadmead, Bristol BS1 3EA

Independent examiner:

A. C. Rodaway, FCA, BFP, DChA
HPH, Chartered Accountants
54 Bootham
York
YO30 7XZ

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

The Trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

Reference and administrative information forms part of this report. These accounts have been prepared in accordance with 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), the Charities Act 2011 and UK Generally Accepted Practice.

Objectives

To preserve and protect the physical and mental health of vulnerable women in the Bristol postcode area particularly, but not exclusively, migrants, through pregnancy, labour, childbirth, and early parenting by providing one-to-one support, advocacy, specialist information, referrals to partner agencies and peer support groups and other relevant activities as may be determined by the trustees.

For the purposes of this clause, we define 'vulnerable women' as *those with unstable/insecure immigration status and/or barriers to healthcare, survivors of sexual abuse, gender-based violence, exploitation or with poor mental health.*

A note on language: Throughout the text we refer to 'mama'. We use the word mama as it is recognisable to people from different cultural and language backgrounds to denote people who are pregnant or that have given birth.

Activities

1. Overview

This has been a year of great growth, development and change for Project MAMA. Following a season of rapid response and recovery with the Covid-19 pandemic, we have now taken time to look ahead and think strategically as an organisation. We have built on the success of our Mother Companions Project and MAMAHub weekly drop-in from the previous year and focussed on strengthening our policies and procedures to ensure that we are working as effectively and safely as possible.

Throughout the year, we have witnessed the effects of the increasingly hostile UK environment on the women we support. With an increased number of referrals, the complexity of issues the mamas are facing and carrying are certainly bringing a new challenge to their journeys through pregnancy and early parenthood. With a lack of adequate accommodation and significant isolation, many of the women we support are suffering from poor mental health. This can seriously impact their pregnancy, and in particular the risks of postnatal depression. With the understanding that asylum-seeking women are four times more likely to suffer from postnatal depression than other women in the UK (*Royal College of Obstetricians and Gynaecologists, 2015*) alongside numerous other mental health challenges, our team provides relevant signposting and supports mamas to access the numerous organisations in Bristol that work in partnership to provide the required support services.

Working closely and collaboratively with partner organisations in the third sector has been key to addressing the complexity of needs many of our clients face. We are now a member of the Bristol Refugee and Asylum seeker Partnership (BRASP), which has been instrumental in deepening the coordinated response to support migrated people in Bristol.

To respond to the increase in referrals and complexity of issues being disclosed, it was decided that the Client Coordinator would be promoted to a full-time role as Service Coordinator in order to increase our capacity as an organisation to respond to these increased pressures. This new role has more time to respond to the referrals we receive and take a lead on the signposting partnership work we do to increase

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

the number of referrals that we can accept, but also to coordinate our work and ensure that we are continuously growing and adapting to what is truly needed by the mamas.

In February 2023 at the end of this reporting period, the CEO and Founder Fiona Mann stepped down. With the celebration of Project MAMA's fifth year the following month, it has opened up a time to reflect on what Fiona started and created, and the impact that Project MAMA has been able to make for so many mamas' pregnancies and early parenting journeys. We are proud to uphold the values that Fiona established of solidarity, radical nurturing, reinforcing resilience, cultivating community and championing cultural safety.

2. Mother Companions project (MC project)

Our core project provides one-to-one support, spanning pregnancy, labour and birth and the first 8 weeks of parenthood.

Our Mother Companions Project provides:

- **Emotional Support:** A space for expectant parents to unpack ideas, concerns and wishes around their upcoming birth. Our specialist volunteers listen, offer encouragement, reassurance and remain a consistent physical and nurturing presence throughout the perinatal period.
- **Physical Support:** Being on-call to attend a birth from 38 weeks (or earlier, if required). This support includes encouraging comfort measures (breath work, massage, relaxation), ensuring a mother has access to essential items, guidance with infant feeding and settling, and supporting access to community services.
- **Information Support:** Sharing information, explanations and non-medical advice, guidance on NHS care and signposting to partner agencies. Sharing information about the physiological side of birth if wanted and unpacking the procedures and systems involved within the NHS.
- **Advocacy:** Facilitating communication between women and care providers so that individuals can make informed and empowered choices; discussion of rights and entitlements in pregnancy; taking part in sector-wide meetings to share learnings and improve service provision.
- **Where relevant, support for a Mama's Partner:** Offering encouragement, reassurance and guidance on how to support the mother or birthing parent, their infant and themselves.

With the majority of referrals to Project MAMA coming from NHS services and in particular the local Midwife teams, it was clear Project MAMA is vital in ensuring holistic, wrap-around support to address the vital and unique issues the mamas we work with face.

- We continued to provide weekly support through Mother Companions from 30 weeks of pregnancy. In the earlier stages of pregnancy, we would normally check in monthly or more often, depending on individual circumstances.
- We use female, telephone interpreting services where needed.
- We continued to support clients during labour and childbirth in hospital.

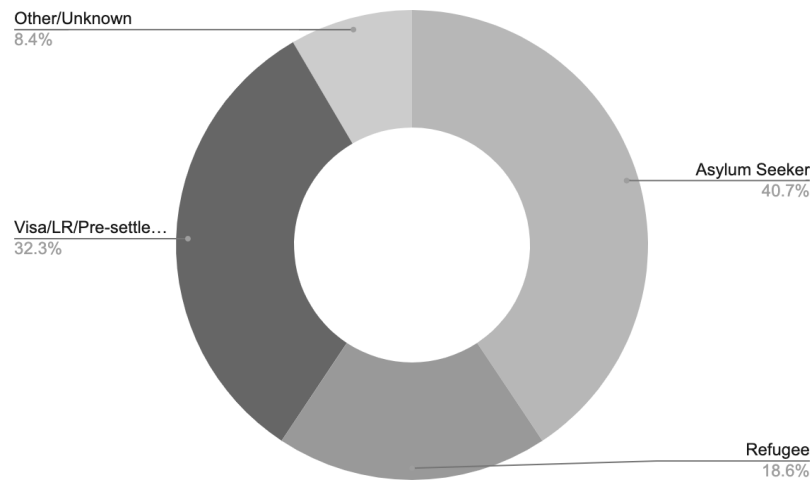
As we develop our level of support and also come across mamas facing more complex issues, we have established greater training opportunities for our volunteer Mother Companions and staff team. Alongside

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

Immigration Status:



Asylum Seeker	40.7%
Refugee	18.6%
Visa/LR/Pre-settled status	32.3%
Other/Unknown	8.4%

These statistics and numbers demonstrate the work we are doing with these mamas from all over the world, the time and care that our Mother Companions and staff team are pouring into their support, and some of the serious challenges that this group of women are facing as they approach pregnancy, birth and parenthood. However, further detail is required to explain the real impact of these figures. We are supporting mamas to enter into birth and labour with a greater understanding of what they can expect and what their rights are within these processes. That they can ask for interpreters and in-depth explanations for procedures so that they can give real, informed consent to what might be requested and that they feel in control and holding their own power as they make the choices that best suit their bodies and their babes.

We know that postnatal depression is more prevalent among refugees and asylum seekers in the UK (Asif et al., 2015) and that their babies are more likely to be stillborn or born prematurely, to have a low birth weight, or to have birth defects (Royal College of Obstetricians and Gynaecologists, 2015), but the impact of our work provides a community within the isolation of those early days. We offer support for a range of things in those first 8 weeks, from establishing feeding and sleep support to birth debriefs and doing the washing up. Our human response, bringing support, care, solidarity and community holds a greater long-term impact than any number can depict.

3. MAMAHub

Our MAMAHub, drop-in project, saw the highest attendance we have yet experienced in October 2022, reaching our maximum capacity of 12 mamas and their babes. It has continued to grow, and we have had to review our risk assessments and safety procedures to determine whether we could expand the maximum numbers of attendees if demand continues to increase.

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

The majority of mamas that regularly attend MAMAHub do not attend other drop-in groups due to a range of barriers such as accessibility, language, childcare and more, but have fostered incredible community at MAMAHub through mutual languages less represented elsewhere (Sorani, Urdu/Hindi and Albanian). Many mamas attend regularly and have built friendships and rapport with each other. This is marked by mamas openly breastfeeding, removing hijabs and praying within the space. We also invite pregnant mamas to join MAMAHub if they would like, which means that some mamas can be constructing their own community and support network across a span of 2 and a half years at the weekly drop-in. Given the high levels of isolation and low mental health, this continuity of support and friendship can be life-changing.

Alongside this, we have started to receive more open constructive feedback around activities, food and the space in general which we are extremely grateful for and able to put into action for future sessions.

The sessions are managed by the Service Manager and the Hub Assistant and supported by 3-4 volunteers. From April 2022 to March 2023, 33 mamas and their babes attended MAMAHub, and activities/workshops offered included yoga, meditation, baking, card making, and nursery song singing sessions.

Within this reporting period:

- Number of Mamas attended: 33 Mamas
- Total Attendances in this reporting period: 262
- Highest number at 1 session: 12 Mamas

4. Organisational Development

The ongoing economic crisis alongside conflicts escalating globally, resulted in increased international migration which had a substantial impact on the capacity and work of Project MAMA. To accommodate these changes, investing in the organisation's infrastructure was a key priority throughout the year. This included investing in staffing, strategy work and new data and finance systems.

Staffing

- One of our key role changes this year was the creation of the Service Manager role. This role builds on the previous Client Coordinator position, but taking on the Designated Safeguarding Lead role and holding an amalgamation of the MAMAHub and Mother Companion Project coordination amongst a number of other responsibilities. This position has ensured the smooth continuity of service throughout the leadership changes this year.
- We have just recruited a Fundraising and Communications Coordinator who will start in July 2023. Our goal is to reduce the number of smaller, part-time positions and create a more consolidated core staff team. The focus of this role is to establish long-term, sustainable funding streams and to broaden the depth of our external presence and stakeholder relationships.

Strategic development

During this reporting period we began the process of developing a 3 year organisational strategy to ensure that we are planning and implementing the steps needed for the longevity and sustainability of our service, to look ahead and prepare for the next season. As part of this process we gathered direct feedback from mamas whom we had supported with our Mother Companions project, ensuring that we asked open

Project MAMA

TRUSTEES' REPORT

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questions with interpreters when required, to gather as much information from the mama's about their experience with Project MAMA as possible. We also set up a focus group, to gather a group of women to directly feed into our future strategy and ran surveys with various Project MAMA stakeholders. These included funders as well as local partner and referral organisations. This feedback and information gathering exercise has founded the beginnings of our monitoring and evaluation framework which will be established further in 2023/2024.

We have identified the need for this to be a season of strengthening organisational structures and procedures and ensuring that the service we are offering is as efficient and sustainable as possible to offer the continuity and security of care and support that the Mamas we support rarely find in other organisations they are involved with. As a result, whilst actioning the consolidation work from the existing strategy, we are now preparing the next steps of evaluation to determine where there is demand for more support and what we can be doing to respond to these needs.

QUOTES AND TESTIMONIES

"[They] made me feel very safe and confidence that I could do what was before me and that I am never alone. They told me I could call any time of the day or night and they would be there for me. They were both there for me, they did all they promised and more. They consoled, they comforted, they listened, they helped and they supported me in any way and all ways I needed them to [...]. They were present at the hospital, they pulled together my hospital dos and don't. They makes sure my wish and needs are meant and respect and they were there all the way to help. When my baby came, they [...] taught me to support him, to hold him, taught me not to be afraid, told me my best was good enough and my instinct as a mother is 100 perfect. They will educate me but never force any of their knowledge on me but allow me to understand and consider and then if I want it, make use of it. [...] [W]e are thriving so beautifully. Till today, I still feel they aren't humans. Humans don't do that much for another. I am writing this to appreciate this two amazing soul that did so much beauty and wonderful things for me and my son.

"I met Project MAMA 3 months before I had my daughter. They really prepared me well and I think that's why my body was already prepared and it was ready when I gave birth. I felt very strong because I had somebody to keep on encouraging me."

"No matter how caring and kind I tried to be as a midwife I knew I could never be the trusted partner, family member or friend that can be 'with the woman' during her birth as I was always seen as medical staff. I found it very distressing if a woman had no such person with her as I could feel that a fundamental human need was unmet. And sadly there was nothing I could do about it." - Peggy, retired NHS midwife and has been one of our dedicated volunteer Mother Companions since our inception.

Case Studies

Q experiences complex vulnerabilities and experienced traumatic sexual abuse last year. The Specialist Perinatal Mental Health team shared their assessment with PM and highlighted the specific importance of clear communication, via an interpreter, throughout the time Q is in hospital to reduce the amount of re-traumatisation, which may be triggered due to lack of control during examinations and delivery. Q expressed feeling unsure of what is going to happen when she goes into hospital and was unclear of the options she has around birth.

MCs worked alongside Q to build a robust birth plan, including her preferences around vaginal examination, pain relief, interventions and induction. With the support of MC's during appointments at the hospital and IOL being offered, Q has confidently been clear on her preferences and consistently exhibited being aware

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

of her rights to choice throughout her pregnancy and labour.

PUBLIC BENEFIT

The Trustees have complied with their duty under the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission for England and Wales.

FINANCIAL REVIEW

The total income for 1st April 2022 to 31st March 2023 was **£222,465**. This shows an increase of **26%** compared to the previous year **£176,205**. Total funds brought forward at 1st April 2022 were **£129,521** and total funds carried forward is **£151,407**, of which **£70,856** are restricted (2022: £21,188). Within this reporting period, the largest proportion of income, **£165,890**, came from grant funding, with the rest coming from individual donations and community organisations **£50,951**, alongside Gift Aid refunds. All funding received has enabled service delivery and organisational running to provide vital support for our clients.

The expenditure over this period was **£200,579**, with an increase in expenditure of **47%** compared to the previous year **£136,206** due to staff growth and organisational development. We have also felt the impact of the increased cost of living on our regular expenditure such as rent and utilities.

The financial support we have received throughout the year continued to show that both funders and individual donors recognise the importance of Project MAMA's work. We are incredibly grateful to all donors who have supported us.

Reserves Policy disclosure for the 2022-23 Trustees' Annual Report

The charity's reserves policy aims to cover operating and essential costs of the charity for a set number of four months, in an attempt to safeguard services and staff against financial difficulties arising at short notice. The reserves policy is reviewed annually, with the relevant free reserves target being calculated based upon the approved budgeted expenditure for the following year.

Essential operational spend includes:

- Salary costs
- Interpreter costs
- MAMAHub activity costs
- Premises costs and administrative costs (e.g. rent, utilities, bills)
- Finance support fees (e.g. bookkeeping and management reporting)
- Accountancy and Independent Examination fees

For the current financial year, 2023/2024, our free reserves level is calculated to be £62,038.

PLANS FOR THE FUTURE

We will be developing a longer-term organisational and service strategy which will outline the areas that will be invested in and developed further.

In order to complete this process, however, and as an intentional element of our Monitoring and Evaluation

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

Framework, we are hoping to establish an Advisory Group with sub-focus groups which will be held in their attendees' first languages. We are still very much in the planning phase, but we are looking forward to seeing how it develops once the mamas are self-appointed, meeting regularly, and able to take the lead on this project. Our focus for all that we do in the future is that it is ultimately led by the women we support. Whether that be via focus groups, feedback surveys and our Advisory Group leads, or more ideally by bringing those whom we have supported in the past into the staff and volunteer teams.

Other key priorities for the year ahead include:

- Establishing a clear and effective monitoring and evaluation framework. Work is underway but we hope to develop and fine-tune this.
- Diversifying our volunteer and staff base and investigating continued ways of embedding cultural safety into our practise.
- Establish a 3-5 year fundraising strategy.
- Continue tailoring our support to client needs.
- Increase numbers of mothers and birthing people attending MAMAHub, specifically reaching more people who have not been supported through our Mother Companions project.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Project MAMA is registered as a Charitable Incorporated Organisation (CIO). It is governed by a Constitution of a Charitable Incorporated Organisation.

The board has final legal authority and is responsible for overseeing the operation of the entire charity and its activities. Trustees are recruited through public advertising and through existing networks of the board and CEO. Trustees, including Chair and Treasurer, are appointed for a term of three years by a resolution passed at a properly convened Trustee meeting. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. The board meets every 8 weeks to discuss key matters such as finances, policy, staff and key operational matters and development. In addition, the newly formed Finance Sub-Committee came into effect, meeting ahead of each trustee meeting to add greater insight.

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (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 incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP 2019 (FRS 102).
- Make judgements and 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.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

Project MAMA
TRUSTEES' REPORT
YEAR ENDED 31 MARCH 2023

The trustees are responsible for keeping proper accounting records that 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 Charities (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. 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.

Independent examiner
Mr Adrian Rodaway FCA, BFP, DChA of HPH, Chartered Accountants was appointed Independent Examiner to the charity during the year.

27 October 2023 | 10:13 BST

Approved by the board of Trustees on and signed on their behalf by:


.....

Catherine Jackson (Chair)


.....

Heeral Dave (Treasurer)

Project MAMA**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES****YEAR ENDED 31 MARCH 2023**

I report to the Trustees on my examination of the accounts of Project MAMA for the year ended 31 March 2023.

This report is made solely to the Charity's Trustees, as a body, in accordance with section 154 of the Charities Act 2011. My independent examiner's work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity, the Charity's members as a body and the Charity's Trustees as a body for my independent examiner's work, for this report, or for the opinions I have formed.

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

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.

Adrian Rodaway

 Mr Adrian Rodaway FCA, BFP, DChA

HPH Chartered Accountants
 54 Bootham, York, YO30 7XZ

27 October 2023 | 10:14 BST
 Date

PROJECT MAMA**STATEMENT OF FINANCIAL ACTIVITIES****YEAR ENDED 31 MARCH 2023**

		Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	Note	£	£	£	£
Incoming and Endowments from:					
Donations and legacies	2	76,201	142,697	218,898	176,090
Trading activities		377	-	377	106
Investments	3	432	-	432	9
Other	4	2,758	-	2,758	-
Total Income		79,768	142,697	222,465	176,205
Expenditure On:					
Raising funds	6	25,489	8,106	33,595	19,185
Charitable activities	7	80,432	84,923	165,355	116,232
Other	8	1,629	-	1,629	789
Total Expenditure		107,550	93,029	200,579	136,206
Net income		(27,782)	49,668	21,886	39,999
Net movement in funds		(27,782)	49,668	21,886	39,999
Total funds brought forward		108,333	21,188	129,521	89,522
Total funds carried forward		80,551	70,856	151,407	129,521

All of the activities of the charity are classed as continuing

The notes on pages 16 to 24 form part of these financial statements

As required by paragraph 4.67 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

PROJECT MAMA**BALANCE SHEET****YEAR ENDED 31 MARCH 2023**

		2023	2022
	Note	£	£
Fixed assets	13	1,718	1,967
Current assets			
Debtors	15	6,434	4,076
Cash at bank and in hand		145,524	126,585
<i>Total current assets</i>		151,958	130,661
Creditors : Amounts falling due within one year	16	(2,269)	(3,107)
<i>Net current assets or liabilities</i>		149,689	127,554
Total net assets or liabilities		151,407	129,521
The Funds of the Charity	17		
Restricted funds		70,856	21,188
Unrestricted funds			
<i>Designated funds</i>		-	-
<i>General funds</i>		80,551	108,333
		151,407	129,521

27 October 2023 | 08:47 BST

These financial statements were approved by the trustees on and are signed on their behalf by:



Heeral Dave

The notes on pages 16 to 24 form part of these financial statements

PROJECT MAMA

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

1 Accounting Policies

Basis of preparation

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 financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities 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).

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.

The charity meets the definition of a public benefit entity as defined by FRS 102.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to the accounts for previous years.

Fund accounting

Unrestricted Funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts ²	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Volunteer help	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

PROJECT MAMA

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity

Taxation

The charity is exempt from corporation tax on its charitable activities.

Trade and other 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.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities.

Trade and other creditors

Short term creditors are measured at the transaction price. Other 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.

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.

Pensions costs

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. Pension costs charged in the financial statements represent the contribution payable by the charity during the year.

PROJECT MAMA

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

Income and Endowments From:					
2	Donations and Legacies	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
		£	£	£	£
	Miscellaneous donations	30,396	20,555	50,951	80,328
	Grants from Trusts	45,000	120,890	165,890	95,271
	Gift Aid reclaimed	805	1,252	2,057	491
		76,201	142,697	218,898	176,090
	Donations and Legacies - prior year	Unrestricted Funds	Restricted Funds	Total Funds 2022	
		£	£	£	
	Miscellaneous donations	80,059	269	80,328	
	Grants from Trusts	16,000	79,271	95,271	
	Gift Aid refunds	491	-	491	
		96,550	79,540	176,090	

The Charity also benefits greatly from the involvement and dedicated support of a team of volunteers. In accordance with Charities SORP, the value of their contributions is the value of their contributions is not recognised in the accounts but is described in the Trustees' Annual Report.

3	Investment income	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
		£	£	£	£
	Interest received on interest-bearing accounts	<u>432</u>	<u>-</u>	<u>432</u>	<u>9</u>
	Investment income prior year - all unrestricted				

4	Other income	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
		£	£	£	£
	Insurance claim	<u>2,758</u>	<u>-</u>	<u>2,758</u>	<u>9</u>
	Other income prior year - all unrestricted				

5 Government Grants

The charity receives government grants, defined as funding from Bristol City Council Bristol Impact Fund to fund charitable activities. The total value of such grants in the period ending 31 March 2023 was £9,807 (2022: £4,788). There are no unfulfilled conditions or contingencies attaching to these grants in the year ended 31 March 2023.

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2023****Expenditure on:**

6		Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
	Raising funds				
	Marketing and fundraising	2,054	-	2,054	8,278
	Salaries - Marketing and fundraising	21,980	8,106	30,086	9,334
	Website development costs	-	-	-	967
	Fundraising platform fees	1,455	-	1,455	606
		<u>25,489</u>	<u>8,106</u>	<u>33,595</u>	<u>19,185</u>

Raising funds - prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Marketing and fundraising	8,278	-	8,278
Salaries - Marketing and fundraising	1,892	7,442	9,334
Website development costs	967	-	967
Fundraising platform fees	606	-	606
	<u>11,743</u>	<u>7,442</u>	<u>19,185</u>

7 Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Direct client expenditure				
Translation and interpretation	-	7,184	7,184	6,846
Wellbeing and Advocacy	-	-	-	1,320
Volunteers' expenses supporting clients	420	1,402	1,822	2,074
Training for volunteers	5	-	5	3,609
Salaries - Direct Costs	17,149	12,257	29,406	21,343
Salaries - Mother Companion	23,951	34,466	58,417	29,106
Salaries - Mama Hub	2,423	7,495	9,918	1,925
Recruitment and DBS costs	1,369	450	1,819	452
Miscellaneous Mama Hub costs	242	4,101	4,343	1,058
Miscellaneous Mother Companion costs	972	1,086	2,058	166
Support costs				
Salaries - direct support	9,318	3,301	12,619	-
Salaries - indirect support	3,038	11,053	14,091	34,422
Rent	5,238	-	5,238	4,821
Strategic development	2,499	2,111	4,610	-
Office equipment and sundries	2,030	8	2,038	1,632
Insurance	1,029	-	1,029	871
Electricity and broadband	1,313	6	1,319	1,013
Printing, postage and stationery	316	3	319	603
Internal team training	1,873	-	1,873	3,170
Payroll agency fees	1,089	-	1,089	633
Finance support	5,097	-	5,097	398
Bank and transaction fees	43	-	43	5
Depreciation of office equipment	1,018	-	1,018	765
	<u>80,432</u>	<u>84,923</u>	<u>165,355</u>	<u>116,232</u>

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2023***Charitable Activities - prior year*

	<i>Unrestricted Funds</i>	<i>Restricted Funds</i>	<i>Total Funds 2022</i>
	<i>£</i>	<i>£</i>	<i>£</i>
Direct client expenditure			
<i>Translation and interpretation</i>	6,269	577	6,846
<i>Wellbeing and Advocacy</i>	-	1,320	1,320
<i>Volunteers' expenses supporting clients</i>	1,268	806	2,074
<i>Training for volunteers</i>	683	2,926	3,609
<i>Salaries - Direct Costs</i>	-	21,343	21,343
<i>Salaries - Mother Companion</i>	17,462	11,644	29,106
<i>Salaries - Mama Hub</i>	-	1,925	1,925
<i>DBS checks</i>	404	48	452
<i>Miscellaneous Mama Hub costs</i>	-	1,058	1,058
<i>Miscellaneous direct client costs</i>	101	65	166
Support costs			
<i>Salaries</i>	13,716	20,706	34,422
<i>Rent</i>	4,821	-	4,821
<i>Office equipment and sundries</i>	1,632	-	1,632
<i>Insurance</i>	871	-	871
<i>Electricity and broadband</i>	1,013	-	1,013
<i>Printing, postage and stationery</i>	603	-	603
<i>Internal team training</i>	829	2,341	3,170
<i>Payroll agency fees</i>	633	-	633
<i>Finance support</i>	398	-	398
<i>Bank and transaction fees</i>	5	-	5
<i>Depreciation of office equipment</i>	765	-	765
	<u>51,473</u>	<u>64,759</u>	<u>116,232</u>

8 Other Costs

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Legal fees	840	-	840	-
Independent Examiner's fee	789	-	789	789
	<u>1,629</u>	<u>-</u>	<u>1,629</u>	<u>789</u>

Other costs prior year - all unrestricted

9 Net incoming resources for the year**This is stated after charging:**

	2023 £	2022 £
Independent Examiner's Fees	<u>789</u>	<u>789</u>

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2023****10 Staff costs and numbers**

The aggregate payroll costs were:

	2023	2022
	£	£
Wages and salaries	154,577	83,746
Social security costs	(3,626)	2,491
Pension costs	3,586	2,451
	<u>154,537</u>	<u>88,688</u>

No employee received emoluments of more than £60,000 (2022: £nil)

The average monthly head count was 6 staff (2022: 6 staff)

The key management personnel of the charity comprise the Chief Executive Officer. Total employee benefits paid to key management personnel were £46,314 (2022: £34,608).

Termination payments

During the year the charity agreed termination packages with two of its employees. On termination of each employment, ex-gratia payments were paid as part of the agreed termination terms. The total amount paid in termination payments was £14,806 (2022: £nil)

11 Trustee expenses

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2022: £nil). The trustees were reimbursed expenses during the year of £nil (2022: £nil). No charity trustee received payment for professional or other services supplied to the charity (2022: £nil).

12 Defined pension contributions

	2023	2022
	£	£
Amount of contributions recognised in the SOFA as an expense	<u>2451</u>	<u>2451</u>

13 Fixed assets

	Office Equipment	Total
Cost		
At 1st April 2022	2,926	2,926
Additions	769	769
At 31st March 2023	<u>3,695</u>	<u>3,695</u>
Depreciation		
At 1st April 2022	959	959
Charge	1,018	1,018
At 31st March 2023	<u>1,977</u>	<u>1,977</u>
Net book value		
31st March 2023	<u>1,718</u>	<u>1,718</u>
At 1st April 2022	<u>1,967</u>	<u>1,967</u>

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2023****14 Defined pension contributions****2023**
£**2022**
£

Amount of contributions recognised in the SOFA as an expense

2451

2451

15 Debtors**2023**
£**2022**
£

Trade debtors

5,020

-

Other debtors

-

2,513

Prepayments

1,414

1,563

6,434

4,076

16 Accruals**2023**
£**2022**
£

Trade creditors

1,290

2,318

Other creditors

190

-

Accruals and deferred income

789

789

2,269

3,107

17 Movement in funds**At**
01-Apr
2022
£**Incoming**
resources
£**Outgoing**
resources
£**Transfers**
£**At**
31-Mar
2023
£**Restricted funds**

Hilden

-

5,000

(3,112)

-

1,888

John James

-

15,000

(8,643)

-

6,357

Choose Love

-

51,652

(30,652)

-

21,000

Bristol Impact Fund

1,788

14,827

(11,596)

-

5,019

Henry Smith

5,430

-

(5,430)

-

-

Postcode Local Trust

6,373

24,987

(14,040)

-

17,320

Quartet Resilience Fund

3,655

-

(3,655)

-

-

Items for Mamas

220

-

(220)

-

-

The Big Give

-

21,806

(11,959)

-

9,847

Thresholds

3,722

9,425

(3,722)

-

9,425

21,188

142,697

(93,029)

-

70,856

Unrestricted funds

General funds

108,333

79,768

(107,550)

-

80,551

Total unrestricted funds

108,333

79,768

(107,550)

-

80,551

Total funds

129,521

222,465

(200,579)

-

151,407

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2023****Purposes of restricted funds**

Hilden	Mother Companion
John James	Mother Companion costs (excl. salary)
Choose Love	CEO salary Mar-August/MC salary
Bristol Impact Fund	MAMAHub
Henry Smith	Mother companion costs (incl. salaries)
Postcode Local Trust	Ops Coordinator salary
Quartet Resilience Fund	Strategic Review
Items for Mamas	Items for Mamas
The Big Give	Salary costs
Thresholds	Communications Coordinator salary

18 Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Cash at bank and in hand	76,386	70,856	147,242
Other net current assets or liabilities	4,165	-	4,165
	<u>80,551</u>	<u>70,856</u>	<u>151,407</u>

Analysis of net assets between funds - prior year

	<i>Unrestricted Funds</i>	<i>Restricted Funds</i>	<i>Total Funds 2022</i>
	<i>£</i>	<i>£</i>	<i>£</i>
<i>Cash at bank and in hand</i>	<i>105,397</i>	<i>21,188</i>	<i>126,585</i>
<i>Other net current assets or liabilities</i>	<i>2,936</i>	<i>-</i>	<i>2,936</i>
	<u><i>108,333</i></u>	<u><i>21,188</i></u>	<u><i>129,521</i></u>

19 Related party transactions

Other than disclosed in note 11, there have been no other related party transactions during the year (2022: £nil)

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2023****20 Analysis of charitable funds - previous year, as required by paragraph 4.2. of the SORP**

	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Incoming and Endowments from:			
Donations and legacies	96,550	79,540	176,090
Trading activities	106	-	106
Investments	9	-	9
Total income	<u>96,665</u>	<u>79,540</u>	<u>176,205</u>
Expenditure On:			
Raising Funds	11,743	7,442	19,185
Charitable activities	51,473	64,759	116,232
Other	789	-	789
Total expenditure	<u>64,005</u>	<u>72,201</u>	<u>136,206</u>
Net Income	32,660	7,339	39,999
Net movement in funds	<u>32,660</u>	<u>7,339</u>	<u>39,999</u>
Total funds brought forward	75,673	13,849	89,522
Total funds carried forward	<u>108,333</u>	<u>21,188</u>	<u>129,521</u>

PROJECT MAMA

England & Wales - Charity number 1182112

Accounts



Project MAMA

ACCOUNTS

Year ended 31st March 2022

Charity Number 1182112

Project MAMA

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

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Project MAMA

Legal and administrative information

YEAR ENDED 31 MARCH 2022

Status

Project MAMA is a Charitable Incorporated Organisation (CIO) granted charitable status on 19th February 2019.

Registered Charity Number: 1182112

Address: Unit 16 Easton Business Centre, Felix Road, Bristol BS5 0HE

Trustees: Trustees who served during the period and up to the date of this report were as follows:

Board of Trustees:

April Humble, Interim Chair	Retired September 2021
Dr Michal Nahman, Interim Chair	Retired December 2021
Jennifer Gerrard, Treasurer	Retired January 2022
Catherine Jackson	
Karen Blong, Secretary	Retired January 2022
Angela Conway	
Asli Tatliadim, Chair	Appointed July 2021
Heeral Dave, Treasurer	Appointed March 2022
Ruth Whincop	Appointed December 2021
Josephine Whitaker-Yilmaz	Appointed January 2022
Julia Dixon-Barrow	Appointed January 2022
Bethany Benedict	Appointed January 2022

Bank:

Barclays Bank PLC,
55 Broadmead, Bristol BS1 3EA

Independent examiner:

A. C. Rodaway, FCA, BFP, DChA
HPH, Chartered Accountants
54 Bootham
York
YO30 7XZ

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

The Trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2022.

Reference and administrative information forms part of this report. These accounts have been prepared in accordance with 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), the Charities Act 2011 and UK Generally Accepted Practice.

Objectives

To preserve and protect the physical and mental health of vulnerable women in the Bristol postcode area particularly, but not exclusively, migrants, through pregnancy, labour, childbirth, and early parenting by providing one-to-one support, advocacy, specialist information, referrals to partner agencies and peer support groups and other relevant activities as may be determined by the trustees.

For the purposes of this clause, we define 'vulnerable women' as *those with unstable/insecure immigration status and/or barriers to healthcare, survivors of sexual abuse, gender-based violence, exploitation or with poor mental health.*

A note on language: Throughout the text we refer to 'mama'. We use the word mama as it is recognisable to people from different cultural and language backgrounds to denote people who are pregnant or that have given birth.

Activities

1. Overview

This year we began to return back to our usual service delivery modal after the success of our COVID-19 response. We were able to once again focus on our Mother Companions project, re-develop MAMAHub, which had been on hiatus from March 2020, and invest in organisational development after a period of rapid change.

Leaving the third lockdown in March 2021, it was evident the ripple effects of the pandemic were still being felt by those we support. We were pleased to continue to provide vital one-to-one support throughout the pandemic, made possible by rigorous risk assessment to meet demand for our service and exacerbated social isolation our clients reported. This ensured we were able to offer robust antenatal and postnatal support in a client's home leading up to and after her birth, as well as support during the labour and birth in a hospital setting.

Throughout the year, global mass migration could be felt in Bristol and specifically with the clients we support. As an Initial Accommodation for newly arrived asylum seekers opened for those fleeing war in Afghanistan, we began supporting clients who days before were escaping an increasingly violent context. Many families came with several children and navigating an entirely new system of healthcare became a real challenge. We spent considerable time utilising interpreters to explain the nuance of maternity care and challenges inherent within the NHS, which have real implications on a mother or birthing parent's experience. Stress factors on new birthing people living in this accommodation included inadequate food provision which was not culturally or nutritionally appropriate to the expectant or new parent, no autonomy or space to be with their children, and

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

limited access to essential items such as nappies, wipes, infant formula milk or clothing. An additional issue was that older children were not enrolled in local schools for a considerable time.

The prevalence of Initial Accommodation hotels remained, with many being open throughout the pandemic. Clients we supported residing in the hotels understandably experienced more emotional, material and financial challenges.

One resounding positive aspect we witnessed throughout the year was the dedication, solidarity and support our staff and volunteers provided, recognising that our clients were increasingly at risk of trauma symptoms, especially prevalent as we moved on from the intensity of the pandemic.

2. Mother Companions project (MC project)

Our core project provides one-to-one support for mamas-to-be. This support spans any stage in pregnancy, throughout labour and childbirth and for the first 8 weeks of parenthood to help parents adapt to their new role.

Our Mother Companions Project provides:

- **Emotional Support:** A space for expectant parents to unpack ideas, concerns and wishes around their upcoming birth. Our specialist volunteers listen, offer encouragement, reassurance and remain a consistent physical and nurturing presence throughout the perinatal period.
- **Physical Support:** Being on-call to attend a birth from 38 weeks (or earlier, if required). This support includes encouraging comfort measures (breath work, massage, relaxation), ensuring a mother has access to essential items, guidance with infant feeding and settling, and supporting access to community services.
- **Information Support:** Sharing information, explanations and non-medical advice, guidance on NHS care and signposting to partner agencies.
- **Advocacy:** Facilitating communication between women and care providers so that individuals can make informed and empowered choices; discussion of rights and entitlements in pregnancy; taking part in sector-wide meetings to share learnings and improve service provision.
- **Where relevant, support for a Mama's Partner:** Offering encouragement, reassurance and guidance on how to support the mother or birthing parent, their infant and themselves.

Performance & Achievements - Mother Companions Project

The previous reporting year, we saw increased referrals and supported 15 more clients than the 44 who accessed the Mother Companions project the year previous which signals significant growth. In total, 59 mamas have been supported throughout the period with 37 mamas receiving perinatal support through our Mother Companions project, giving birth to 28 babies. Twenty-two mamas received short-term or signposting support. This included referrals to, or information about, other organisations to meet needs lying outside of Project MAMA's remit, such as housing, finance or physical needs.

We have supported mamas from 26 different countries of origin speaking 17 different languages. Referrals have been made by 13 different referral agencies. The NHS is one of the primary referral agencies with referrals coming from a variety of bodies including The HAVEN, North Bristol Trust, Perinatal Mental Health Practitioners, and midwives. In addition, 13 women were identified as

Project MAMA

TRUSTEES' REPORT

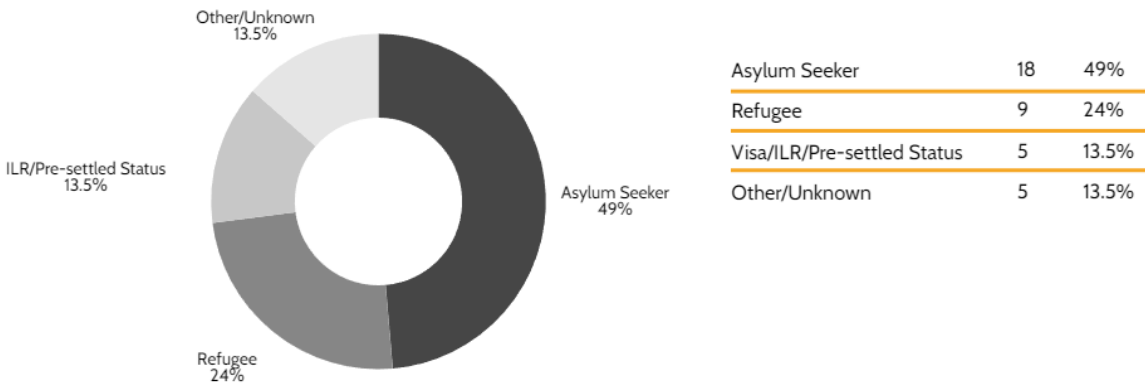
YEAR ENDED 31 MARCH 2022

survivors/potential survivors of trafficking/modern slavery and 10 women had been/were experiencing sexual or gender-based violence.

Countries of Origin (perinatal support and short-term/signposting)



Immigration Status (perinatal support only)



Working closely and collaboratively with partner organisations in the third sector was key to addressing the complexity of needs many of our clients face. With the majority of referrals to Project MAMA coming from NHS services, it was clear Project MAMA is vital in ensuring holistic, wrap-around support to address the vital and unique issues the mamas we work with face.

- We continued to provide weekly support through Mother Companions from 30 weeks of pregnancy. In the earlier stages of pregnancy, we would normally check in monthly or more often, depending on individual circumstances.
- We returned to our in-person support as much as possible using interpreting services where needed.
- We continued to support clients during labour and childbirth in hospital.

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

- All staff and volunteers continued to follow our Covid guidelines for in-person support, following our own risk assessment to ensure we were still following best practise.
- We continued to ensure that all clients were aware of current Covid-19 Government guidelines and restrictions.
- Project MAMA volunteers and staff were able to visit clients living in Initial Accommodation Hotels where many mothers share a 2-bed room with one or two children.

Providing relevant, specialised training for our volunteers is an important part of our work to ensure Project MAMA supports clients in the safest and most-informed way possible. These trainings are voluntary and are generally provided every 2-3 months by specialist local or national organisations. We have been able to provide a wide variety of different training opportunities throughout the year, including:

- Induction to Project MAMA: Values, Context and how we support migrated mamas
- Safeguarding Adults and Children
- Cultural Safety training with Sheffield Maternity Collective
- Birth Trauma training with Make Births Better
- Perinatal Mental Health training with local midwives
- Maternity Notes Yellow Book training from an experienced midwife

3. MAMAHub

With social distancing restrictions coming to an end we were able to reopen our weekly drop-in in January 2022. MAMAHub is an important service where expectant and new mamas (and their children up to two years old) who have migrated to the UK can empower each other, share their stories and experiences or simply enjoy the company of other women who may have had similar experiences on their maternity journey. It is a crucial space that reduces social isolation and strengthens support networks around the mamas in a safe environment. We use a trauma-informed approach that is specifically designed around the needs and feedback of our clients. To ensure MAMAHub is as accessible as possible, we reimburse travel fares and can use phone interpreting services if needed. Additionally, mamas can enjoy a healthy meal, take part in a wide range of activities and workshops or volunteer themselves.

The sessions are managed by the newly recruited Community Hub Coordinator and supported by 3-4 volunteers. From January to March 2022, 17 mamas and their babies attended MAMAHub, and activities/workshops offered included yoga, meditation, baking, card making, and dance.

To secure the future of the project, we successfully applied for 4-year funding in partnership with four other local charities to run drop-ins in Bristol, with collaborative multi-year funding being a first for Project MAMA.

4. Organisational Development

The effects of the ongoing pandemic, in combination with conflicts escalating globally, resulted in increased international migration which had a substantial impact on the capacity and work of Project MAMA. To accommodate these changes, investing in the organisation's infrastructure was a key priority throughout the year. This included investing in staffing, strategy work and new data and finance systems.

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

Staffing

- We created a new role of Communications Coordinator to support awareness raising of the work we do, tell client stories, and advocate regarding the issues our clients face.
- We welcomed a new member of staff in the role of Advocacy & Wellbeing Manager. They bring both lived and professional experience to the role. As a native Arabic speaker and experienced community health & advocacy worker, they offer culturally-informed and safe support to clients experiencing multiple disadvantage.
- We recruited for the new role of Community Hub Coordinator to manage our re-opened community drop-in 'MAMAHub'.
- Due to the increasingly complex vulnerabilities of our clients and resulting safeguarding concerns, we recruited the new role of Client Coordinator.
- To ensure the financial sustainability of Project MAMA, we recruited an in-house Grants & Trusts Fundraising Coordinator.

Strategic development

Due to Covid-19, Project MAMA had to substantially increase its capacity to address the need for support highlighted and exacerbated by the pandemic. This rapid growth has created new strategic and organisational challenges for Project MAMA and brought to the fore questions about our overall long-term vision, the role we play within the sector, as well as short and long-term priorities. With the support of a strategy consultant, we started developing a 3-year organisational strategy which has included developing a Theory of Change, deciding the direction of the organisation as a whole as well as new and existing projects, improving diversity, and strengthening the way we measure and report our impact. As part of this work, we have been consulting a variety of stakeholders including clients, partner organisations, staff, volunteers and local midwives.

A coherent strategy for Project MAMA's future will have a positive impact on using our available resources more effectively, identifying threats and possible solutions to overcome these, improving adaptability to changing circumstances, facilitating a more streamlined workflow, informing our fundraising strategy and creating stronger links between stakeholders and the organisation. Additionally, we aim to enhance the role of people with lived experience of migration into the governance and oversight of the organisation. We will continue to ensure that more clients with lived experience of migration are directly involved in designing and running projects so we can better represent and support the unique needs of our client group.

Data and Finance systems

With the increase in the number of clients, alongside running two different projects, it has become apparent that the current data recording and processing systems will become increasingly inefficient and difficult to maintain. As such, we have started setting up a new project and staff management database, 'Lamplight'. This will not only be beneficial for recording this data in one system but also improve data security and monitoring & evaluation.

Additionally, we have invested in new accounting software, employed a professional bookkeeping service, and more recently the fundraising database, 'Donorfy'. With the growth of the organisation since the beginning of the pandemic and an increasingly competitive funding landscape, having these systems in place will be of great benefit to ensure Project MAMA's financial systems are robust and support the sustainability of the organisation.

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

QUOTES AND TESTIMONIES

Clients

"Project MAMA melted my heart really. Mums coming together and talking about our worries, whatever we are going through we are there for each other, we share ideas and worries and we know we are not going through it alone."

Client

"I am a first-time mum and have very little female support. The support from Project MAMA allowed me to understand everything about pregnancy and birth which made me more confident and less stressed for the birth. They helped me relax and learn about good positions for birth."

Client

"I can't express enough how happy I was to have them, I didn't have anyone so I was so grateful to have my Mother Companions to be with me.[...] As an example, my Mother Companion showed me how to get the train. Without this help, this simple thing would have been very stressful"

Client

"There is a deep learning in supporting these incredible women, that stretches beyond our privileged lives. In supporting these women you learn so much about your own sheltered perspective and bias, and become aware of the simplicity of our lives in comparison to the many challenges they often face, the overriding importance of bringing kind, compassionate, person-centred care to these women at such a pivotal time in their lives. In holding these vulnerable women you will at times need to bring strong advocacy for what they want, something that I've grown and become more confident in doing. In doing so, they can feel seen, heard and listened to in reaching their own decisions about what happens to their bodies in their pregnancy and birth."

Mother Companion Volunteer

"I have found them to be extremely effective in offering women support and women have found them invaluable. The volunteers have always been very professional and approachable and have been so important as a liaison service between healthcare professionals and the women who sometimes are not trusting of health care staff."

Midwife

CASE STUDIES

Mother Companions/MAMAHub

Sally (name has been changed to protect anonymity) was supported by Project MAMA through a previous pregnancy two years ago and was re-referred to the project at 15 weeks gestation during her 5th pregnancy by a worker at a local charity supporting survivors of human trafficking. We were able to assemble a team of three Mother Companions, two of which supported Sally previously.

At 27 weeks gestation, one evening an MC received a phone call from Sally who had been admitted into hospital. With no previous concerns detected by medical staff, Sally explained that she was in the delivery suite and would likely give birth that night. The Mother Companion alerted the rest of her team and rushed to the hospital, in time to offer support to Sally who gave birth some 30 minutes later. Sally delivered a tiny baby boy, who, after a few unaided breaths, was taken to NICU for further care. Meanwhile, Sally was in a state of shock - the MC provided support to Sally to ensure she could

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

comprehend the situation and used some grounding techniques to try to calm Sally, alongside ensuring Sally had everything she needed and full comprehension of the situation.

Sally remained in hospital and had a lot to contend with, juggling childcare of her 20 month old son alongside frequent visits to NICU to express milk and bond with her baby. Project MAMA volunteers visited Sally two or three times a week, providing some practical support such as cooking and looking after the baby so Sally could take a shower to alleviate stress. They also provided listening and emotional support and being a consistent and nurturing presence during this challenging time.

We know that migrant mamas are more likely to give birth prematurely, and in this instance require additional, holistic and nurturing support. As such, Sally decided she'd like support until her baby was out of hospital - until the baby was 12 weeks old. Project MAMA volunteers continued to visit Sally, offering 'professional friendship', ensuring Sally remained able to connect with her baby and attend appointments, as well as having a consistent team to talk to about issues, concerns and wishes until the baby was safely brought home.*

Sally's baby continued to improve and was discharged from hospital to the care of her mother at term. Both are doing well adapting to being back together.

**Source: Royal College of Obstetricians and Gynaecologists, 2015.*

PUBLIC BENEFIT

The Trustees have complied with their duty under the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission for England and Wales.

FINANCIAL REVIEW

The total income for 1st April 2021 to 31st March 2022 was **£176,205**. This shows a decrease of income of **£17,853 (-9%)** compared to the previous year (£194,058). The largest proportion of the funding (**£95,271**) came from grant funding, with the rest coming from individual donations (£80,328) and Gift Aid refunds. All funding received has enabled service delivery and organisational running to provide vital support for our clients. It allowed Project MAMA to continue providing critical support during the ongoing Covid-19 pandemic, with increased demand for our service and clients referred were often experiencing increasingly complex needs.

The expenditure over this period was **£136,206**, with a decrease in expenditure of **£5,366 (-4%)** compared to the previous year (£141,572 expenditure in 2020/21). While our Covid-19 project came to an end during the previous financial year, investing in staffing and organisational infrastructure throughout 2021/22 resulted in similar levels of expenditure compared to 2020/21.

The net income for 2021/22 is **£39,999** and funds brought forward at 1st April 2021 were **£89,522**. Therefore, the total funds carried forward 31st March 2022 were **£129,521**.

The financial support we have received throughout the year continued to show that both funders and individual donors recognise the importance of Project MAMA's work, especially during the pandemic. We were fortunate to be able to continue and expand the essential work we do to support vulnerable mamas in the Bristol area in these challenging times. We are incredibly grateful to all donors who have supported us.

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

To ensure the financial sustainability of the organisation, we are in the process of reviewing our fundraising approach and are working on a new fundraising strategy, informed by the evolving organisational strategy. We aim to focus on securing multi-year funding to enable us to plan ahead more confidently and to deliver our new strategy. Developing these long-term relationships is essential, especially in light of the current cost of living crisis, to ensure we are able to support our clients over the years to come.

Reserves Policy disclosure for the 2021-22 Trustees' Annual Report

Total funds held at 31 March 2022 were **£129,521** (2021: £89,522) including restricted funds of **£21,188** (2021: £13,849), designated funds of **£0** (2021: £35,000) and unrestricted general funds of **£108,333** (2021: £40,673).

The designated funds of £35,000 in 2021 comprised a single Resilience Fund, representing the level of free reserves deemed necessary for the charity to maintain under our reserves policy. This designation was made by the trustees in recognition of a challenging fundraising climate and uncertainty surrounding certain income projections in the budget for the forthcoming financial year. During 2021/2022, this fund has been re-absorbed into unrestricted general funds as we return back to normal service delivery.

The charity's reserves policy aims to cover operating and essential costs of the charity for a set number of four months, in an attempt to safeguard services and staff against financial difficulties arising at short notice. The reserves policy is reviewed annually, with the relevant free reserves target being calculated based upon the approved budgeted expenditure for the following year.

Free reserves at 1st April 2021 were **£108,333** (2021: £40,673), which equates to approximately seven months of operating and essential core costs (2021: four and a half months) – as set out in the budget adopted for 2022/2023. The trustees are satisfied that the charity is holding reserves in line with the charity's policy.

Reserves Policy update for 2022/23 for information

We would like to bring readers' attention to the current position of reserves at time of writing this report, which are around four month's worth, in line with our Reserves Policy requirement. Due to greater than expected expenditure and lower than expected income in the first quarter of the new financial year of 2022/23, the unrestricted general funds (held at end of 2021/22) have been depleted since the period this report covers. The expenditure increase was in part due to increased staff costs due to one-off events, and increased interpreting costs which is a trend that has slowed down since. We are currently tracking to have spent in line with budgeted expenditure. In terms of income, this was lower than expected due to a reduction in individual giving & other sources of income. In order to tackle this, we have significant grant funding in the pipeline as well as investment in dedicated fundraising capacity and the development of a fundraising strategy to contribute to securing sustainable income for the organisation going forwards. Additionally, to continue to keep on top of the financial position, we have a robust Financial Management Plan that is followed. This plan includes a Monthly Financial review meeting, a Finance sub-committee every 2 months, and key decisions and updates flowing through the Board of Trustees meeting every 2 months. All expenditure approvals are conducted in line with our Authorised Expenditure Levels in line with the Financial Controls policy.

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

PLANS FOR THE FUTURE

With Project MAMA returning to our core projects now the height of the pandemic has passed, we are keen to develop these services further and strengthen the organisational infrastructure. While the essence of what we do is firmly embedded within the organisation, we also need to ensure it is accessible to those from **all** backgrounds. Key priorities include:

- Diversifying our volunteer base and investigate continued ways of embedding cultural safety into our practise
- Developing our own in-house doula training with a weight on cultural safety and trauma
- Continued development of monitoring and evaluation systems
- Broadening our staff team to ensure those with lived experience are better represented
- Complete the development and start the implementation of our 3 year strategic plan for operations and and creation of a 3-5 year fundraising strategy
- Implementing 'Lamplight' case management system to streamline client support and data recording processes to ensure all data protection and safeguarding requirements are met
- Continue tailoring our support to client needs.
- Increase numbers of mothers and birthing people attending MAMAHub, specifically reaching more people who have not been supported through our Mother Companions project.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Project MAMA is registered as a Charitable Incorporated Organisation (CIO). It is governed by a Constitution of a Charitable Incorporated Organisation.

The board has final legal authority and is responsible for overseeing the operation of the entire charity and its activities. Trustees are recruited through public advertising and through existing networks of the board and CEO. Trustees, including Chair and Treasurer, are appointed for a term of three years by a resolution passed at a properly convened Trustee meeting. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. The board meets every 8 weeks to discuss key matters such as finances, policy, staff and key operational matters and development. In addition, the newly formed Finance Sub-Committee came into effect, meeting ahead of each trustee meeting to add greater insight.

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (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 incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP 2019 (FRS 102).

Project MAMA

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

- Make judgements and 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.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that 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 Charities (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. 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.

Independent examiner

Mr Adrian Rodaway FCA, BFP, DChA of HPH, Chartered Accountants was appointed Independent Examiner to the charity during the year.

Approved by the board of Trustees on 11/1/2023 and signed on their behalf by:

DocuSigned by:
Asli Tatliadim 11/1/2023
5C160031E28547C...

Asli Tatliadim (Chair)

DocuSigned by:
Heeral Dave 12/1/2023
7411B3ADB49D4E5...

Heeral Dave (Treasurer)

Project MAMA**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES****YEAR ENDED 31 MARCH 2022**

I report to the Trustees on my examination of the accounts of Project MAMA for the year ended 31 March 2022.

This report is made solely to the Charity's Trustees, as a body, in accordance with section 154 of the Charities Act 2011. My independent examiner's work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity, the Charity's members as a body and the Charity's Trustees as a body for my independent examiner's work, for this report, or for the opinions I have formed.

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

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.

DocuSigned by:

 0DEA866DDA8D47B
 Mr Adrian Rodaway FCA, BFP, DChA

HPH Chartered Accountants
 54 Bootham, York, YO30 7XZ

Date 12/1/2023

PROJECT MAMA**STATEMENT OF FINANCIAL ACTIVITIES****YEAR ENDED 31 MARCH 2022**

		Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	Note	£	£	£	£
Incoming and Endowments from:					
Donations and legacies	2	96,550	79,540	176,090	194,042
Trading activities		106	-	106	-
Investments	3	9	-	9	16
Total Income		<u>96,665</u>	<u>79,540</u>	<u>176,205</u>	<u>194,058</u>
Expenditure On:					
Raising funds	5	11,743	7,442	19,185	14,607
Charitable activities	6	51,473	64,759	116,232	126,205
Other	7	789	-	789	760
Total Expenditure		<u>64,005</u>	<u>72,201</u>	<u>136,206</u>	<u>141,572</u>
Net income		32,660	7,339	39,999	52,486
Net movement in funds		<u>32,660</u>	<u>7,339</u>	<u>39,999</u>	<u>52,486</u>
Total funds brought forward		75,673	13,849	89,522	37,036
Total funds carried forward		<u>108,333</u>	<u>21,188</u>	<u>129,521</u>	<u>89,522</u>

All of the activities of the charity are classed as continuing

The notes on pages 16 to 24 form part of these financial statements

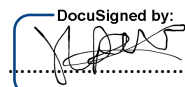
As required by paragraph 4.67 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

* Details of the allocation of 2021 total funds between unrestricted and restricted are shown in note 18

PROJECT MAMA**BALANCE SHEET****YEAR ENDED 31 MARCH 2022**

		2022	2021
	Note	£	£
Fixed assets	12	1,967	805
Current assets			
Debtors	13	4,076	4,598
Cash at bank and in hand		126,585	85,664
<i>Total current assets</i>		<u>130,661</u>	<u>90,262</u>
Creditors : Amounts falling due within one year	14	(3,107)	(1,545)
		<u> </u>	<u> </u>
<i>Net current assets or liabilities</i>		127,554	88,717
Total net assets or liabilities		<u><u>129,521</u></u>	<u><u>89,522</u></u>
The Funds of the Charity	15		
Restricted funds		21,188	13,849
Unrestricted funds			
<i>Designated funds</i>		-	35,000
<i>General funds</i>		108,333	40,673
		<u><u>129,521</u></u>	<u><u>89,522</u></u>

These financial statements were approved by the trustees on 12/1/2023 and are signed on their behalf by:

DocuSigned by:

12/1/2023
 Heeral Dave

The notes on pages 16 to 24 form part of these financial statements

PROJECT MAMA

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

1 Accounting Policies

Basis of preparation

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 financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities 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).

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.

The charity meets the definition of a public benefit entity as defined by FRS 102.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to the accounts for previous years.

Fund accounting

Unrestricted Funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts ²	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Volunteer help	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

PROJECT MAMA

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity

Taxation

The charity is exempt from corporation tax on its charitable activities.

Trade and other 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.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities.

Trade and other creditors

Short term creditors are measured at the transaction price. Other 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.

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.

Pensions costs

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. Pension costs charged in the financial statements represent the contribution payable by the charity during the year.

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2022**

Income and Endowments From:				
2 Donations and Legacies	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Miscellaneous donations	80,059	269	80,328	33,100
Grants from Trusts	16,000	79,271	95,271	158,429
Gift Aid reclaimed	491	-	491	2,513
	<u>96,550</u>	<u>79,540</u>	<u>176,090</u>	<u>194,042</u>
<i>Donations and Legacies - prior year</i>	<i>Unrestricted Funds</i>	<i>Restricted Funds</i>	<i>Total Funds 2021</i>	
	<i>£</i>	<i>£</i>	<i>£</i>	
<i>Miscellaneous donations</i>	<i>24,883</i>	<i>8,217</i>	<i>33,100</i>	
<i>Grants from Trusts</i>	<i>48,464</i>	<i>109,965</i>	<i>158,429</i>	
<i>Gift Aid refunds</i>	<i>2,513</i>	<i>-</i>	<i>2,513</i>	
	<u><i>75,860</i></u>	<u><i>118,182</i></u>	<u><i>194,042</i></u>	

The Charity also benefits greatly from the involvement and dedicated support of a team of volunteers. In accordance with Charities SORP, the value of their contributions is the value of their contributions is not recognised in the accounts but is described in the Trustees' Annual Report.

3 Investment income	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Interest received on interest-bearing accounts	<u>9</u>	<u>-</u>	<u>9</u>	<u>16</u>
Investment income prior year - all unrestricted				

4 Government Grants

The charity receives government grants, defined as funding from Bristol City Council Bristol Impact Fund to fund charitable activities. The total value of such grants in the period ending 31 March 2022 was £4,788 (2021: £nil). There are no unfulfilled conditions or contingencies attaching to these grants in the year ended 31 March 2022.

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2022**

Expenditure on:					
5	Raising funds	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
	Marketing and fundraising	8,278	-	8,278	13,696
	Salaries - Marketing and fundraising	1,892	7,442	9,334	-
	Website development costs	967	-	967	520
	Fundraising platform fees	606	-	606	392
		11,743	7,442	19,185	14,607
	Raising funds - prior year	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	
	Marketing and fundraising	12,978	718	13,696	
	Website development costs	520	-	520	
	Fundraising platform fees	154	237	391	
		13,652	955	14,607	
6	Charitable Activities	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
	Direct client expenditure				
	Client one-off support payments	-	-	-	16,645
	Translation and interpretation	6,269	577	6,846	7,034
	Wellbeing and Advocacy	-	1,320	1,320	9,846
	Solidarity Care Packages/vouchers	-	-	-	22,642
	Volunteers' expenses supporting clients	1,268	806	2,074	1,304
	Training for volunteers	683	2,926	3,609	1,648
	Salaries - Direct Costs	-	21,343	21,343	-
	Salaries - Mother Companion	17,462	11,644	29,106	10,081
	Salaries - Covid Coordinator	-	-	-	6,043
	Salaries - Mama Hub	-	1,925	1,925	-
	DBS checks	404	48	452	541
	Miscellaneous Mama Hub costs	-	1,058	1,058	-
	Miscellaneous direct client costs	101	65	166	242
	Support costs				
	Salaries	13,716	20,706	34,422	43,746
	Rent	4,821	-	4,821	3,366
	Office equipment and sundries	1,632	-	1,632	1,479
	Insurance	871	-	871	478
	Electricity and broadband	1,013	-	1,013	449
	Printing, postage and stationery	603	-	603	63
	Internal team training	829	2,341	3,170	-
	Payroll agency fees	633	-	633	404
	Finance support	398	-	398	-
	Bank and transaction fees	5	-	5	-
	Depreciation of office equipment	765	-	765	194
		51,473	64,759	116,232	126,205

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2022***Charitable Activities - prior year*

	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds 2021 £</i>
Direct client expenditure			
<i>Client one-off support payments</i>	-	16,645	16,645
<i>Translation and interpretation</i>	-	7,034	7,034
<i>Wellbeing and Advocacy</i>	-	9,846	9,846
<i>Solidarity Care Packages/vouchers</i>	-	22,642	22,642
<i>Volunteers' expenses supporting clients</i>	322	982	1,304
<i>Training for volunteers</i>	52	1,596	1,648
<i>Salaries - Mother Companion</i>	2,663	7,417	10,080
<i>Salaries - Covid Coordinator</i>	755	5,288	6,043
<i>DBS checks</i>	199	342	541
<i>Miscellaneous direct Covid costs</i>	23	219	242
Support costs			
<i>Salaries</i>	13,957	29,789	43,746
<i>Rent</i>	861	2,505	3,366
<i>Office equipment and sundries</i>	1,479	-	1,479
<i>Insurance</i>	478	-	478
<i>Electricity and broadband</i>	166	283	449
<i>Printing, postage and stationery</i>	63	-	63
<i>Payroll agency fees</i>	404	-	404
<i>Depreciation of office equipment</i>	194	-	194
	<u>21,616</u>	<u>104,588</u>	<u>126,204</u>

7 Other Costs

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Independent Examiner's fee	789	-	789	760
	<u>789</u>	<u>-</u>	<u>789</u>	<u>760</u>

Other costs prior year - all unrestricted

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2022****8 Net incoming resources for the year**

This is stated after charging:

	2022	2021
	£	£
Trustees' reimbursed expenses	-	55
Independent Examiner's Fees	789	760
	<u>789</u>	<u>760</u>

9 Staff costs and numbers

The aggregate payroll costs were:

	2022	2021
	£	£
Wages and salaries	83,746	58,910
Social security costs	2,491	-
Pension costs	2,451	960
	<u>88,688</u>	<u>59,870</u>

No employee received emoluments of more than £60,000 (2021: £Nil)

The average monthly head count was 6 staff (2021: 4 staff)

The key management personnel of the charity comprise the Chief Executive Officer. Total employee benefits paid to key management personnel were £34,608 (2021: £33,160).

10 Trustee expenses

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2021: £nil). The trustees were reimbursed expenses during the year of £nil (2021: £nil). No charity trustee received payment for professional or other services supplied to the charity (2021: £nil).

11 Defined pension contributions

	2022	2021
	£	£
Amount of contributions recognised in the SOFA as an expense	<u>2451</u>	<u>1443</u>

12 Fixed assets

	Office Equipment	Total
Cost		
At 1st April 2021	999	999
Additions	1,927	1,927
At 31st March 2022	<u>2,926</u>	<u>2,926</u>
Depreciation		
At 1st April 2021	194	194
Charge	765	765
At 31st March 2022	<u>959</u>	<u>959</u>
Net book value		
31st March 2022	<u>1,967</u>	<u>1,967</u>
At 1st April 2021	<u>805</u>	<u>805</u>

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2022****13 Debtors**

	2022	2021
	£	£
Trade debtors	-	349
Other debtors	2,513	2,925
Prepayments	1,563	1,324
	<u>4,076</u>	<u>4,598</u>

14 Accruals

	2022	2021
	£	£
Trade creditors	2,318	1,540
Other creditors	-	5
Accruals and deferred income	789	-
	<u>3,107</u>	<u>1,545</u>

15 Movement in funds

	At 01-Apr 2021	Incoming resources	Outgoing resources	Transfers	At 31-Mar 2022
Restricted funds	£	£	£	£	£
Wesleyan	8,753	-	(8,753)	-	-
John James	3,951	-	(3,951)	-	-
Choose Love	1,026	27,668	(28,694)	-	-
Co-op Community funding	119	2,661	(2,780)	-	-
Albert Hunt	-	2,000	(2,000)	-	-
Bristol Impact Fund	-	4,788	(3,000)	-	1,788
Henry Smith	-	10,000	(4,570)	-	5,430
Postcode Local Trust	-	12,321	(5,948)	-	6,373
Quartet Resilience Fund	-	7,501	(3,846)	-	3,655
Items for Mamas	-	269	(49)	-	220
University of Bristol	-	1,260	(1,260)	-	-
Thresholds	-	11,072	(7,350)	-	3,722
	<u>13,849</u>	<u>79,540</u>	<u>(72,201)</u>	<u>-</u>	<u>21,188</u>
Unrestricted funds					
<i>Designated funds:</i>					
Resilience Fund	35,000	-	-	(35,000)	-
Total designated funds	<u>35,000</u>	<u>-</u>	<u>-</u>	<u>(35,000)</u>	<u>-</u>
General funds	40,673	96,665	(64,005)	35,000	108,333
Total unrestricted funds	<u>75,673</u>	<u>96,665</u>	<u>(64,005)</u>	<u>-</u>	<u>108,333</u>
Total funds	<u>89,522</u>	<u>176,205</u>	<u>(136,206)</u>	<u>-</u>	<u>129,521</u>

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2022****Purposes of restricted funds**

Wesleyan	Advocacy Mgr./Ops Coordinator
John James	MC costs (excl. salary)
Choose Love	CEO salary Mar-August/MC salary
Co-op Community funding	MC costs
Bristol Impact Fund	MAMAHub
Henry Smith	MC Costs incl. salaries
Postcode Local Trust	2d/w Ops Coordinator
Quartet Resilience Fund	Strategic Review
Items for Mamas	Items for Mamas
University of Bristol	Student Placement salary
Thresholds	Communications Coordinator salary

Purpose of designated funds

Resilience Fund	Reserve for contingencies.
-----------------	----------------------------

16 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Cash at bank and in hand	107,364	21,188	128,552
Other net current assets or liabilities	969	-	969
	<u>108,333</u>	<u>21,188</u>	<u>129,521</u>

17 Related party transactions

The were no related party transactions during the year (2021: £nil)

PROJECT MAMA**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2022****18 Analysis of charitable funds - previous year, as required by paragraph 4.2. of the SORP**

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Incoming and Endowments from:			
Donations and legacies	75,860	118,182	194,042
Investments	16	-	16
Total income	75,876	118,182	194,058
Expenditure On:			
Raising Funds	13,652	955	14,607
Charitable activities	21,616	104,589	126,205
Other	760	-	760
Total expenditure	36,028	105,544	141,572
Net Income	39,848	12,638	52,486
Net movement in funds	39,848	12,638	52,486
Total funds brought forward	35,825	1,211	37,036
Total funds carried forward	75,673	13,849	89,522

PROJECT MAMA

England & Wales - Charity number 1182112

Accounts



Project MAMA

Annual Report and Accounts

for the year ended

31st March 2021

Project MAMA
Annual Report and Accounts
for the Year Ended 31st March 2021

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Trustees' Annual Report

REFERENCE AND ADMINISTRATIVE INFORMATION

Project MAMA is a Charitable Incorporated Organisation (CIO) granted charitable status on 19th February 2019.

Registered Charity Number: 1182112

Address: Unit 16 Easton Business Centre, Felix Road, Bristol BS5 0HE

Trustees: Trustees who served during the period and up to the date of this report were as follows:

Board of Trustees

Amy Garrett	(Resigned April 2020)
Jessica Earnshaw	(Resigned June 2020)
Dr Loubaba Mamluk, Chair	(Resigned February 2021)
April Humble, Interim Chair	(Resigned September 2021)
Dr Michal Nahman, Interim Chair	(Resigned December 2021)
Claire Horrex	(September 2020 - April 2021)
Laura Bandah	(September 2020 - July 2021)
Jennifer Gerrard, Treasurer	(Appointed September 2020)
Catherine Jackson	(Appointed September 2020)
Karen Blong, Secretary	(Appointed September 2020)
Angela Conway	(Appointed October 2020)
Asli Tatliadim, Chair	(Appointed July 2021)

Bank:

Barclays Bank PLC,

55 Broadmead, Bristol BS1 3EA

Independent examiner:

A. C. Rodaway, FCA, BFP, DChA
HPH, Chartered Accountants
54 Bootham
York
YO30 7XZ

Year ended 31st March 2021

Reference and administrative information forms part of this report. These accounts have been prepared in accordance with 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), the Charities Act 2011 and UK Generally Accepted Practice.

Trustees' Annual Report

Objectives and Activities

Objectives

To preserve and protect the physical and mental health of vulnerable women in the Bristol postcode area particularly, but not exclusively, migrants, through pregnancy, labour, childbirth, and early parenting by providing one-to-one support, advocacy, specialist information, referrals to partner agencies and peer support groups and other relevant activities as may be determined by the trustees.

For the purposes of this clause, we define 'vulnerable women' as *those with unstable/insecure immigration status and/or barriers to healthcare, survivors of sexual abuse, gender-based violence, exploitation or with poor mental health.*

Activities

Mother Companions project (MC project)

The Mother Companions project provides one-to-one support for mothers-to-be. This support spans any stage in pregnancy, throughout labour and childbirth and for the first 8 weeks of parenthood to help them adapt to their new role.

We offer:

- **Emotional Support:** Space to unpack ideas, concerns and wishes; listening, giving encouragement, reassurance and being a consistent physical and nurturing presence.
- **Physical Support:** Helping with comfort measures, breath work, massage, relaxation, and guidance with infant feeding and settling.
- **Information Support:** Sharing information, explanations and non-medical advice, guidance on NHS care and signposting to partner agencies.
- **Advocacy:** Facilitating communication between women and care providers so that they can make informed choices; discussing rights and entitlements in pregnancy; taking part in sector-wide meetings to share learnings and improve service provision.
- **Where relevant, support for a Mother's Partner:** Offering encouragement, reassurance, and guidance on how to support the mothers, their infant and themselves.

Performance & Achievements

Covid-19 had a substantial impact on the organisation as a whole, but also on our Mother Companions project, creating many new challenges. The pandemic had a detrimental impact on the safety and wellbeing of many of the most vulnerable women in Bristol. At Project MAMA, we have seen these effects throughout the year, with the numbers of referrals and safeguarding concerns having increased substantially from the previous year. Increasing complex issues faced by our clients include:

- Domestic violence
- Financial difficulties and destitution
- Social isolation
- Mental and physical health problems
- Inadequate accommodation

Trustees' Annual Report

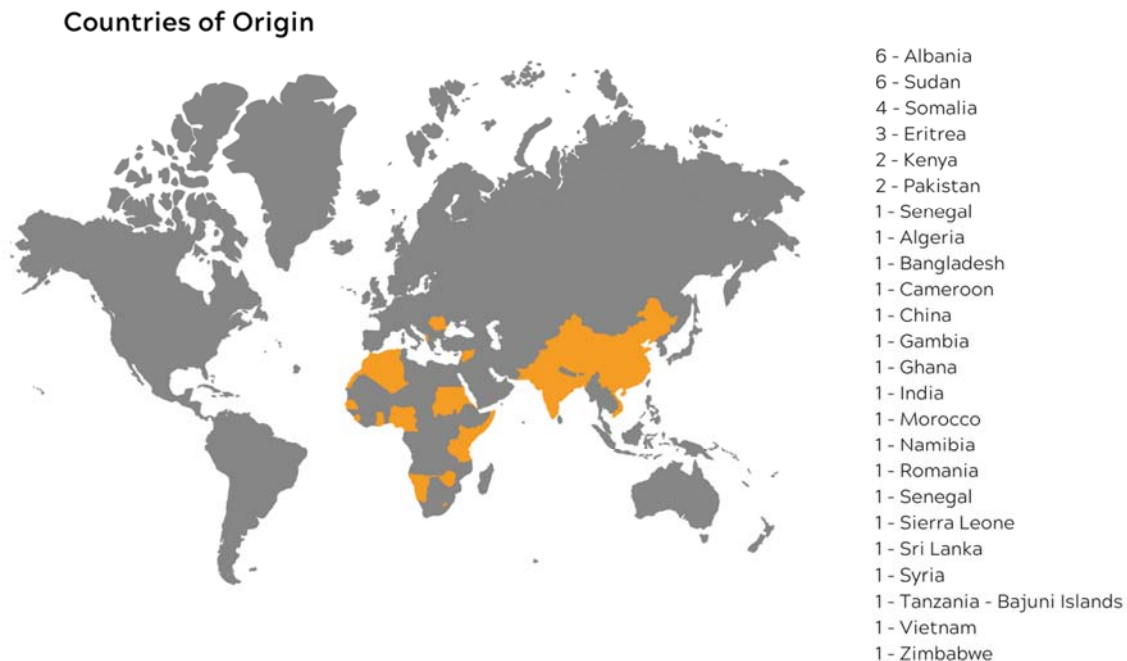
Performance & Achievements continued

Multi-agency work is key to addressing the complexity of needs many of our client's face. As such, Project MAMA works closely with other local third sector organisations to provide holistic support networks for our mamas and participate in regular sector-wide meetings including BRASP (Bristol Refugee and Asylum Seekers Partnership) and Perinatal Mental Health Partnership.

As a result of the pandemic and increasing number of referrals, we had to adapt our strategy and service provision. This includes:

- We expanded the Project MAMA team and hired a new Mother Companions Coordinator and an Advocacy & Wellbeing Coordinator.
- We provide weekly support through Mother Companions from 30 weeks of pregnancy. In the earlier stages of pregnancy, we would normally check in monthly or more often, depending on individual circumstances.
- We reduced our in-person support as much as possible and would predominantly support clients over the phone, using interpreting services where needed.
- We continued to support clients during birth in hospital if we were the only birth companion clients had.
- All volunteers would wear PPE and follow Covid guidelines if in-person support was needed.
- We created new Covid-specific risk assessments for clients to ensure our support is as safe as possible.
- We would ensure that all clients are aware of current government guidelines and restrictions.

In total, 44 mothers have been supported prenatally, during labour and birth, and postnatally through our Mother Companions project, giving birth to 27 babies. We have supported mothers from 24 different countries of origin speaking 17 different languages. Referrals have been made by 19 different referral agencies. In addition, 10 women were identified as survivors/potential survivors of trafficking/modern slavery and 8 women had been/were experiencing sexual or gender-based violence.

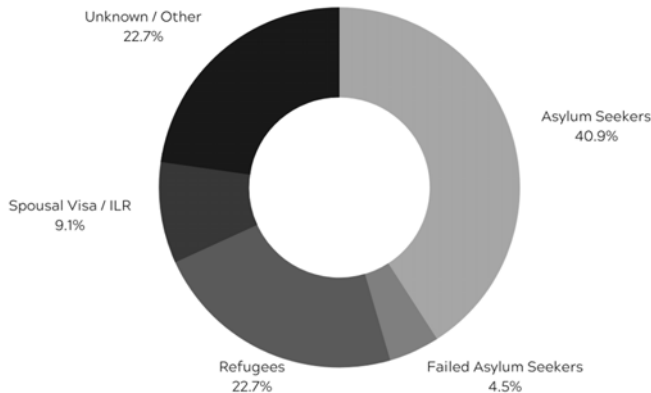


Trustees' Annual Report

Performance & Achievements continued

In terms of immigration status, our clients comprised the following:

Immigration Status



Asylum Seekers	18	40.9%
Failed Asylum Seekers	2	4.5%
Refugees	10	22.7%
Spousal Visa / ILR	2 / 2	9.1%
Unknown / Other	10	22.7%

Providing relevant, specialised training for our volunteers is an important part to ensure Project MAMA supports clients in the safest way possible. This training is voluntary and generally provided every 2-3 months by specialised local or national organisations. We have been able to provide a wide variety of different training opportunities throughout the year, including:

- HIV training
- Domestic Abuse training
- FGM training
- Honor-Based Violence training
- LGBT+ Competency in Birth & Beyond training

Covid-19 Solidarity Care Packages (March 2020 - January 2021)

As a response to the Covid-19 pandemic, Project MAMA decided to start an emergency project with the following aims:

- Families had access to basic care items for their babies
- Reduce social isolation
- Ensure families understand current government guidelines and restrictions regarding Covid-19
- Create strong support networks through signposting to other support organisations

On the 24th of March 2020, as supermarket shelves began to empty, the team at Project MAMA felt we had a duty to support those who have accessed our services. We began by calling 15 of our existing or past clients in order to find out how they were feeling in light of the Covid-19 pandemic. As lockdown started, it was vital that these mothers were able to access essential items for their children and that the information being given by the government was being received and understood.

Trustees' Annual Report

Performance & Achievements continued

Our three major concerns initially were: impact on mental health and isolation, lack of access to basic items for babies and a lack of information.

Initially we were working with a small number of existing and previous Project MAMA clients. At the beginning of April, we created a referral form that was disseminated to all Bristol Refugee agencies, children's centres, NHS services such as The Haven and Bristol City Council Citizens Advice. This form was used by these agencies and services to refer individuals who needed material support. Once a woman was referred, they were placed on our 'call list' for all following weeks.

These women were disproportionately affected in the following ways: not able to get essential items due to empty shelves in supermarkets, no car access, limited funds, or immediate decrease in income due to job loss, unable to access cheaper shops due to no public transport, turned away from supermarkets with children and lack of information regarding restrictions and pandemic in general in order to plan and make informed decisions.

Over the coming weeks, we received over 100 referrals to carry out welfare checks, provide essential items, listen to concerns and enquiries regarding a wide variety of safeguarding concerns and ensure that government information had been received and understood. We used telephone interpreting services to ensure that we could talk to each client in their native language. We also offered a food provision box delivery, which was initially provided by Aid Box Community, but was then passed onto The Bristol Food Union in order to alleviate pressure on another Bristol grass roots refugee charity.

From Mid June we began to see a slight decline in the number of people requiring this support. This was established by asking people each week if they still required the support we were providing and by updating our referring partners as to a slight change in the criteria we required to be met for referrals to be made.

This was:

- Unable to leave the house due to shielding
- Not comfortable leaving the house due to the virus
- Not leaving the house because they are unable to take their children to the shops, we have had a number of women inform us that they have been turned away from the supermarket when arriving with children.
- Unable to access to these items due to a change in financial situation

Up until this point we had not asked people to fulfil a criterion. We took this step so as to ensure that our support was reaching the most vulnerable women in accordance with our objectives and to ensure that we were not fulfilling the role of a destitution support organisation. We were not extractive or restrictive in our approach in ascertaining whether or not someone required this support, but suggested to them that if they were feeling more able to get to the shops then perhaps they did not require our support. We also did not base our decisions on changes to restrictions as for many of the women we were supporting, these did not affect their ability to access these items. We were also conscious of the impact that the pandemic had on people's mental health in terms of isolation, exacerbation of existing trauma and anxiety around accessing vital items. As a result of this we often discussed how comfortable people were with leaving the house or going to the shops and supported them until they felt comfortable. Finally, it was reported on numerous occasions that supermarkets were turning women away when they arrived with children. For lone or single parents, this meant that they were unable to visit shops even if they were comfortable in doing so.

Trustees' Annual Report

Performance & Achievements continued

We paused the project during September 2020 to re-evaluate our approach. As most of the women we had been supporting were able to leave the house again to go shopping, we were looking at what our clients needed the most at that point. The key themes we identified were social isolation and financial difficulties, lack of information regarding Covid guidelines and lack of knowledge around other Bristol-based support organisations. As a result, we focused on having longer check-in phone calls to see what general support clients needed but also having a friendly chat in general.

We would make referrals or signpost clients to other support organisations for housing issues, material support, befriending services and financial support amongst others. Additionally, we gave clients the option to choose between having a delivery of items to their home or providing them with vouchers for their supermarket of choice, depending on what suited them best. We felt it was essential for families to have more autonomy in what they wanted to buy for their babies rather than us providing them with the items unless that is what they preferred.

Throughout the project, the safeguarding issues reported included:

- Loneliness and isolation and a deterioration of mental health was seen.
- Access to medical care, e.g. termination of pregnancies and doctors appointments, no language support provided when calling doctor, and recorded message has created some confusion for people trying to make doctors appointments
- Access to prescriptions had been an issue due to women being unable to visit pharmacies with their children.
- We received a large number of requests for food, often being told that without the delivery of a food box, families would have no food for the coming days. We were able to make emergency referrals for these boxes to The Plough when the regular weekly food box provision that we requested from The Bristol Food Union would not come in time.
- We received a number of safeguarding concerns regarding precarious housing, evictions or some reported that due to job losses as a result of covid, financial issues were a real concern. We became very aware of filling a gap that is created by a real and urgent risk of destitution or of ongoing destitution as a result of NRPF or loss of income.
- Women reported that due to there either being no public transport or them not feeling comfortable in using it, they were now having to use local shops where items are far more expensive. Or, that due to being a lone parent, and that children are not allowed in supermarkets, they were unable to get what they needed from the shops.
- Other issues relating to accommodation such as overcrowding and conflict within shared housing.

The project finished in January 2021 due to capacity and funding reasons as well as wanting to focus more on our core project Mother Companions and work on our organisational strategy for the future. We ensured that all clients we were supporting at that point knew how to get in contact with their health visitors if they needed support for their babies and were aware of other local support organisations.

Covid-19 Solidarity Care Packages in Numbers

Families supported	177	Additional Families signposted	21
Calls made	2,141	Nappies (packs) delivered	949
Formula delivered	377	Wipes (packs) delivered	1,294
Vouchers delivered	707	Food Box referrals	1,027

Trustees' Annual Report

Performance & Achievements continued

MAMAHub

Due to Covid-19 restrictions, Project MAMA had to pause its weekly peer support drop-in MAMAHub throughout the year. It was decided to keep the service closed for the foreseeable future and only reopen once it is safe to do so.

QUOTES AND TESTIMONIES

Clients (Mother Companions):

"Yeah birth support is the most important because I go alone to give birth. It's my third baby but I'm still scared during the pandemic. But the Mother Companion come there, my water broken 3 in the morning, and still they come. I meet someone and I feel like really helpful for me. I never forget these things in my life. They do everything"

"It's hard to explain, but they tell me details, but they tell me the options I can have, such as water delivery or natural delivery and explain very well the pain relief. [...] They tell me everything about positions to help me, like yoga ball, they tell me everything"

"I don't have anyone how to speak my opinion wasn't confident to talk to people. Project MAMA like my mother and my sister, I feel like I speak to them freely. I talk to them like my family. They really support me. At the time I was alone and really appreciate Project MAMA. Many people don't have this support. Really appreciate. If you concerned about baby or pregnancy they go with you help you and go to appointment"

"Before I just came to Bristol and I didn't know how to book any appointments, now that they have supported me and explained I am more used to it and understand the processes"

Clients (Covid-19 Solidarity Care Packages):

"Project MAMA help a lot of things in my family. I was so happy. I know even if I don't have it they will help me. Should have them across the country. [...] We love you all for your good work, because that time everyone very worried, and you help."

"I don't think I have ever been supported in the way Project MAMA has supported me and open the doors to other services in this way."

"Project MAMA helped me dealing with the lockdown, offer me many things I need for me and my baby. [...] When I ask the woman who calling me on Monday, if I ask her for anything I find the supplies from her."

Mother Companion Volunteers:

"It was such a privilege to be a part of this Mama's labour and postnatally. I was blown away by how vital this support is when I walked into the delivery suite to see her all alone and yet a smile filled her face when she saw me whom she'd only met once before!!!"

"As a Project Mama mother companion I've been privileged to meet and support women through pregnancy, birth and for the early weeks after birth. It's been lovely to witness courageous women growing in confidence and independence through their journey to motherhood. Some women have needed much support from many agencies and some not so much. I've seen how Project Mama has increasingly made positive links and complementary interactions with healthcare services, community service agencies and other support services."

Trustees' Annual Report

Performance & Achievements continued

CASE STUDIES

Mother Companions

Aabida* was referred to Project MAMA in July 2020 when she was 10 weeks pregnant with her 5th pregnancy. Aabida was referred by her Modern Slavery support worker and at the point of referral, she resided in a Safe House and having her Trafficking case assessed as she has been entered into the National Referral Mechanism. During this process, Aabida has been granted safety in the UK by the Home Office, who will decide if her case warrants Leave to Remain in order to prevent further exploitation.

Aabida was forced to leave her 3 children in her native Pakistan when she escaped her abusive ex-husband. She also suffered a stillbirth previously and was highly anxious about this happening again. She suffers poor mental health and possible PTSD as a result of the abuse she suffered during the period of her exploitation. Owing to the Safe House not being suitable for children, when Aabida went to hospital to have her baby she would be made homeless. Her support worker sorted out the practicalities of having Aabida housed in local emergency council accommodation and we supported Aabida to help with this transition, so she knows she has consistent emotional support throughout.

Aabida was assigned 3 specialist Mother Companions to offer emotional and practical support so she was able to prepare for her baby, make informed birth choices and fully understand the maternity system in the UK. These volunteers met with Aabida (who was referred to us during the Pandemic and first lock-down). We offered distanced and in-person support every two weeks, or as required, from August 2020 until April 2021, meeting with Aabida where appropriate to discuss how she was feeling, any worries or concerns which arose or helping understand physiological and medical practices in the UK. Throughout these meetings, we ensured that we used our telephone interpreting service so she was able to understand in her spoken dialect.

After several midwife appointments, it was raised that Aabida could give birth prematurely as the baby was showing signs of early arrival. The team of 3 volunteer MCs went on-call for Aabida from week 32 of pregnancy. Contrary to what the medical team thought, Aabida continued in her pregnancy until week 39 of her pregnancy. Labour started overnight and Aabida called the on-call MC, who had arranged to meet her at the Hospital. The MC met Aabida at delivery and supported her throughout her labour and birth. MCs stayed with Aabida for an additional 12 hours after her baby was born, to ensure Aabida had support with her during this crucial period. MCs visited daily when Aabida was on the delivery suite and supported her to leave the hospital and settle into her new accommodation when she was discharged. MCs subsequently supported Aabida to raise issues with the housing provider as the housing was not suitable for her and her newborn. Aabida once again moved house only 5 days after giving birth.

After beginning to settle in to her new housing, Aabida disclosed low mood, disclosing suicide ideation to one of her MCs. This MC supported Aabida to access emergency mental health support. Our MC support continued, for the first 3 weeks, A had 3 weekly visits from MCs, bringing her a hot meal, supporting with infant feeding and talking through emotional issues which arose on her post-natal journey. Our support then dropped down to twice weekly visits when Aabida was in a more positive headspace before our support finally ended when her baby was 8 weeks old. Aabida was incredibly positive about the support she'd received from her 'sisters' at Project MAMA! She is very keen to attend our drop-in hub when it resumes and is keen to keep in touch.

*identifying details have been changed

Trustees' Annual Report

Performance & Achievements continued

Covid-19 Solidarity Care Packages

Sara* is a woman seeking asylum in the UK after being displaced from her country of origin owing to war and conflict. She lives in a bedsit in a shared house with her two children, 9 month old Aled and 14 month old Amir. Amir has a heart condition which requires frequent outpatient appointments at Bristol Children's Hospital.

When lockdown began in March, Sara was initially unable to access information on Covid restrictions in her native Arabic and was left feeling stressed as to the current circumstances. She did, however, understand a limited amount from other residents in the shared house that she was not to leave the home because of the virus. The housing manager referred her to Project MAMA, where we were able to communicate with Sara about Government restrictions utilising telephone interpreters, posting out a *Doctors of the World* resource in her native language so she could fully comprehend the extent of the restrictions and any potential implications on her and her children's health.

Living in a built-up area of Bristol, Sara was unable to source nappies and formula milk for her children, along with essential food items, as the supermarket shelves were emptied through panic-buying. Sara explained she was exceptionally stressed, especially due to cramped living conditions and no outdoor space.

Project MAMA began our work in sourcing essential items for the care of her and her children, and arranged for a food box of vegetables, fruit and store cupboard food on a weekly basis. Just as crucially, we called Sara every Monday to check her well-being and have a chat about how she is feeling. When we delivered her Solidarity Care package, we'd have conversations with Sara from 2m away on her doorstep. Sara explained that this was the only interaction she was having with other adults and reported that these conversations significantly improved her mental health - she explained how she looked forward to Mondays now for this reason.

As the supermarket shelves slowly began to replenish, Sara continued to self-isolate with her family in her bedsit due to Amir's health vulnerabilities. Although Sara's mental health can oscillate owing to pre-existing stress that's exacerbated significantly by covid, she knew that Project MAMA would continue to provide our bespoke service which not only provided material assistance, but also important welfare checks, conversations, a time for her to off-load and for us to listen. This acted as a real lifeline. The different stories we heard weekly differ in need, but the similarities remain the same.

**identifying details have been changed*

Trustees' Annual Report

PUBLIC BENEFIT

The Trustees have complied with their duty under the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission for England and Wales.

FINANCIAL REVIEW

The total income for the year was £194,058. This shows an increase of income of £128,880 (198%) compared to the previous year. Most of the funding (£158,429) came from grant funding, with the rest coming from individual donations and Gift Aid refunds. All funding received has enabled service delivery and organisational running to provide vital support for our service users. It allowed Project MAMA to respond quickly to the Covid-19 pandemic by setting up its Solidarity Care Packages project and support a larger number of clients with often increasingly complex needs.

The expenditure over this period was £141,572 with an increase of expenditure of £113,430 (403%) compared to the previous year. This substantial increase in expenditure is due to setting up our emergency Covid-19 project and hiring new staff to accommodate the increasing number of referrals and organisational capacity.

The net income for 2020/21 is £52,486 and total funds carried forward 31st March 2021 were £89,522.

The financial support we have received throughout the year shows that funders and individual donors recognise the importance of Project MAMA's work, especially during the pandemic. We were fortunate to be able to continue and expand the essential work we do to support vulnerable women in the Bristol area in these challenging times. We are incredibly grateful to all donors who have supported us.

While emergency grant funding has come to an end, we are shifting our focus to diversifying income. This includes securing long-term funding and increasing unrestricted income. This will help the organisation to remain sustainable over the years to come as well as allow the flexibility to react quickly to the changing needs of our clients. As the pandemic and other recent international humanitarian crises have shown, this flexibility is essential to ensure that the organisation can respond in the necessary ways to support new and existing clients in the best way possible.

Reserves Policy

Total funds held at 31 March 2021 were £89,522 (2020: £37,036) including restricted funds of £13,849 (2020: £1,211), designated funds of £35,000 (2020: £26,050) and unrestricted general funds of £40,673 (2020: £9,775).

Designated funds at 31 March 2021 comprise a single new Resilience Fund. This fund represents the level of free reserves deemed necessary for the charity to maintain, under its reserves policy. This designation was made by the trustees in recognition of a challenging fundraising climate and uncertainty surrounding certain income projections in the budget for the forthcoming financial year.

The charity's free reserves policy aims to cover operating and essential costs of the charity for a set number of four months, in an attempt to safeguard services and staff against financial difficulties arising at short notice. The reserves policy is reviewed annually, with the relevant free reserves target being calculated based upon the approved budgeted expenditure for the following year.

Trustees' Annual Report

Reserves Policy continued

During the year, the trustees deemed it prudent to increase the charity's free reserves target from their initial target of three months (as reported in 2020) to four, in light of the impact of the COVID-19 pandemic and the increasingly uncertain funding climate.

Free reserves at the balance sheet date were £40,673 (2020: £9,775), which equates to just over four and a half (2020: three) months of operating and essential core costs – as set out in the budget adopted for the next financial year. The trustees are satisfied that the charity is holding reserves in line with the charity's policy.

PLANS FOR THE FUTURE

The rapid expansion of the organisation as a result of Covid-19 has created new challenges for Project MAMA. As we are moving forward, we have realised that our previous strategies and processes need to be updated and adapted to be fit for purpose in this new world. While the pandemic continues, we are aiming to focus on solidifying Project MAMA's organisational strategies and develop our existing projects. We hope to create a more proactive strategy around aspects such as project development, equality and inclusion, fundraising, communications and partnership working.

Key priorities include:

- Bringing clients, staff and the Board of Trustees together to create a shared vision across the whole organisation that will underpin Project MAMA's work for the next 3 - 5 years with the support of a strategic consultant. A coherent strategy for Project MAMA's future will have a positive impact on using our available resources more effectively, identifying threats and possible pathways of overcoming these, improving adaptability to changing circumstances, facilitating a more streamlined workflow, and creating stronger links between stakeholders and the organisation.
- Strengthening our monitoring & evaluation system by implementing a new CRM system for case management.
- Investing in diversifying income streams through an in-house Grants & Trusts Fundraising Coordinator to ensure we can continue to build a sustainable and resilient financial model.
- Continuing to respond to the heightened needs resulting from international conflicts, humanitarian crises and the continued impact of Covid-19
- Reopening our weekly peer support drop-in MAMAHub
- Making the staff team more diverse and providing more opportunities for people with lived experience of migration and/or displacement to be involved in running projects
- Investing in communications to increase awareness of the organisation and its work as well as improve financial stability

Trustees' Annual Report

STRUCTURE, GOVERNANCE AND MANAGEMENT

Project MAMA is registered as a Charitable Incorporated Organisation (CIO). It is governed by a Constitution of a Charitable Incorporated Organisation.

The board has final legal authority and is responsible for overseeing the operation of the entire charity and its activities. Trustees are recruited through publicly advertising and through existing networks of the board and CEO. Trustees, including Chair and Treasurer, are appointed for a term of three years by a resolution passed at a properly convened Trustee meeting. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. The board meets every 6 - 8 weeks to discuss key matters such as finances, policy, staff and key operational matters and development.

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (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 incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP 2019 (FRS 102).
- Make judgements and 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.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that 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 Charities (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. 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.

Independent examiner

Mr Adrian Rodaway FCA, BFP, DChA of HPH, Chartered Accountants was appointed Independent Examiner to the charity during the year.

Approved by the board of Trustees on 18 January 2022 and signed on their behalf by:

Asli Tatliadim (Chair)

Independent Examiner's Report to the Trustees of Project MAMA

I report to the Trustees on my examination of the accounts of Project MAMA for the year ended 31 March 2021.

This report is made solely to the Charity's Trustees, as a body, in accordance with section 154 of the Charities Act 2011. My independent examiner's work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity, the Charity's members as a body and the Charity's Trustees as a body for my independent examiner's work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust 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.

HPH Chartered Accountants
54 Bootham
York
YO30 7XZ

Adrian Rodaway, FCA, BFP, DChA
18 January 2022

Project MAMA
Statement of Financial Activities
for the year ended 31st March 2021

Income from:	<i>Note</i>	Unrestricted	Restricted	2021	2020
		£	£	£	£
Donations	2a	75,860	118,182	194,042	65,169
Other income	2b	16	-	16	9
Total income		75,876	118,182	194,058	65,178
Expenditure on:					
Raising funds	3	13,652	955	14,607	525
Charitable activities	3	22,376	104,589	126,965	27,617
Total expenditure		36,028	105,544	141,572	28,142
Net income for the period		39,848	12,638	52,486	37,036
Funds brought forward 1st April 2020		35,825	1,211	37,036	-
Funds carried forward 31st March 2021		75,673	13,849	89,522	37,036

The statement of financial activities includes all gains and losses recognised in the period. All income and expenditure derive from continuing activities.

The notes on pages 16 to 20 form part of these accounts.

Project MAMA
Balance Sheet
at 31st March 2021

	<i>Note</i>	Unrestricted	Restricted	2021	2020
		£	£	£	£
Fixed assets	6	805	-	805	-
Current assets					
Debtors	7	4,598	-	4,598	8,160
Cash at bank and in hand	9	71,227	14,437	85,664	30,059
		75,825	14,437	90,262	38,219
Creditors: amounts falling due within one year					
Creditors and accruals	8	957	588	1,545	1,183
Net current assets		74,868	13,849	88,717	37,036
Total net assets		75,673	13,849	89,522	37,036
Funds of the charity					
Restricted	10	-	13,849	13,849	1,211
Unrestricted - designated	10	35,000	-	35,000	26,050
Unrestricted - undesignated	10	40,673	-	40,673	9,775
		75,673	-	75,673	35,825
		75,673	13,849	89,522	37,036

Approved by the Board of Trustees on 18 January 2022 and signed on their behalf by:

Asli Tatliadim (Chair)

Jen Gerrard (Treasurer)

The notes on pages 16 to 20 form part of these accounts.

Project MAMA
Notes to the Accounts
for the year ended 31st March 2021

1. Accounting policies

a) Basis of accounting

These accounts have been prepared in accordance with 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 16th July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011 and UK Generally Accepted Practice as it applies on 1 October 2019.

Project MAMA constitutes a public benefit entity as defined by FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The financial statements have been prepared to give a "true and fair view" and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a "true and fair view". This departure has involved following Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005, which has since been withdrawn.

The Trustees have a reasonable expectation that the Charity has sufficient resources to be able to continue in existence for the foreseeable future and that they therefore believe that the going concern basis of accounting is appropriate in the preparation of the accounting statements.

b) Depreciation policy

Depreciation is calculated to write off the cost of fixed assets over their expected useful lives. The rates used are as follows:

Computer equipment	33% per annum straight line
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c) Debtors

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

d) Cash at bank

Cash at bank and in hand includes cash and any short-term deposit accounts with a maturity of three months or less from the opening date.

e) Creditors

Creditors 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 are recognised at their settlement amount after allowing for any trade discount due.

f) Income

Gift Aid is included based on amounts recoverable at the accounting date.

No value has been included in the financial statements for donated services.

Grant income is recognised when the Charity is entitled to receipt.

Other income is accounted for in the year in which it was received.

Project MAMA
Notes to the Accounts - continued
for the year ended 31st March 2021

g) Funds

Unrestricted funds are funds which can be used in accordance with the charitable objects at the discretion of the directors/trustees. Designations of unrestricted funds are made at the directors'/trustees' discretion in order to make allocations for anticipated future expenditure.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for a particular purpose.

Restricted funds are funds which are subject to specific trusts, either declared by the donor when making the donation or grant conditions, or accepted by the donor in responding to a specific appeal.

h) Expenditure

All expenses are accounted for on an accruals basis and includes the irrecoverable element of Value Added Tax.

> Costs of raising funds are those costs incurred in attracting voluntary income. See note 3

> Charitable activities are those activities which are undertaken to meet our charitable objectives. See note 3

i) Taxation

Project MAMA is a registered charity and is generally exempt from tax on income and gains. The Charity is not registered for Value Added Tax.

2. Income from:

a) Donations

	Unrestricted	Restricted	2021	2020
	£	£	£	£
Miscellaneous donations	24,883	8,217	33,100	22,467
Grants from Trusts	48,464	109,965	158,429	42,290
Gift Aid refunds	2,513	-	2,513	412
Total income from donations	75,860	118,182	194,042	65,169

b) Other income

Interest received on interest-bearing accounts	16	-	16	9
Total income	75,876	118,182	194,058	65,178

The Charity also benefits greatly from the involvement and dedicated support of a team of volunteers. In accordance with Charities SORP, the value of their contributions is not recognised in the accounts but is described in the Trustees' Annual Report

Project MAMA
Notes to the Accounts - continued
for the year ended 31st March 2021

3. Expenditure on:

	Unrestricted funds	Restricted funds	2021	2020
	£	£	£	£
Raising funds				
Fundraising platform fees	154	237	391	-
Expenditure incurred seeking donations	12,978	718	13,696	9
Website development costs	520	-	520	516
	<u>13,652</u>	<u>955</u>	<u>14,607</u>	<u>525</u>
Charitable activities				
Client and volunteer expenditure				
Client one-off support payments	-	16,645	16,645	-
Translation and interpretation	-	7,034	7,034	1,191
Wellbeing and Advocacy	-	9,846	9,846	-
Bumps and Babes without Borders	-	-	-	1,706
Solidarity Care Packages/vouchers	-	22,642	22,642	-
Covid 19 support packages	-	-	-	658
Volunteers' expenses supporting clients	322	982	1,304	1,750
Training for volunteers	52	1,596	1,648	843
Salaries: Mother Companion	2,663	7,418	10,081	-
Covid coordination	755	5,288	6,043	-
DBS checks	199	342	541	-
Miscellaneous direct Covid costs	23	219	242	-
	<u>4,014</u>	<u>72,012</u>	<u>76,026</u>	<u>6,148</u>
Governance costs				
Independent examiner's fees	760	-	760	695
	<u>760</u>	<u>-</u>	<u>760</u>	<u>695</u>
Support costs				
Salaries	13,957	29,789	43,746	16,240
Rent	861	2,505	3,366	2,425
Office equipment and sundries	1,479	-	1,479	1,132
Insurance	478	-	478	450
Electricity and broadband	166	283	449	309
Printing, postage and stationery	63	-	63	-
Payroll agency fees	404	-	404	218
Depreciation of office equipment	194	-	194	-
	<u>17,602</u>	<u>32,577</u>	<u>50,179</u>	<u>20,774</u>
Total expenditure on charitable activities	<u>22,376</u>	<u>104,589</u>	<u>126,965</u>	<u>27,617</u>
Total expenditure	<u><u>36,028</u></u>	<u><u>105,544</u></u>	<u><u>141,572</u></u>	<u><u>28,142</u></u>

Project MAMA
Notes to the Accounts - continued
for the year ended 31st March 2021

4. Paid employees

4.1 Staff costs

	2021	2020
	£	£
Wages and salaries	56,315	16,000
CEO pension contribution	3,555	240
Total amount paid to CEO	<u>59,870</u>	<u>16,240</u>

No employees received employee benefits of more than £60,000 for the reporting period.

No remuneration, benefits or expenses were received by any of the Trustees who held posts during the year in respect of their services to the charity. The key management personnel of the charity, comprise of the CEO. The total employee benefits of the key management personnel of the charity were £33,160 (2020 - £16,240)

4.2 Average head count in the year:

2021	2020
4	1

The CEO worked in all areas of the organisation (fundraising, charitable activities and governance)

5. Defined pension contribution

	2021	2020
	£	£
Amount of contributions recognised in the SOFA as an expense	3,555	240

6. Fixed assets

		Office equipment
Cost:	At 1 April 2020	-
	Additions	999
	At 31 March 2021	<u>999</u>
Depreciation:	At 1 April 2020	-
	Charge	194
	At 31 March 2021	<u>194</u>
Net book values:	March	<u>805</u>
	At 1 April 2020	<u>-</u>

7. Debtors and prepayments

	2021	2020
	£	£
Analysis of debtors		
Debtors	349	7,000
Other debtors	2,925	442
Prepayments	1,324	718
	<u>4,598</u>	<u>8,160</u>

All debtors relate to unrestricted funds.

Project MAMA
Notes to the Accounts - continued
for the year ended 31st March 2021

8. Creditors and accruals

Analysis of creditors	Unrestricted £	Restricted £	2021 £	2020 £
Trade creditors	957	583	1,540	911
Other creditors	-	5	5	272
	957	588	1,545	1,183

9. Cash at bank and in hand

	2021 £	2020 £
Cash at bank	85,564	29,959
Cash in hand	100	100
	85,664	30,059

10. Charity funds

Source of funds	Purpose and restrictions	Funds balances 31/3/2020 £	Income £	Expenditure £	Transfers £	Funds balances 31/3/2021 £
Restricted						
The Allen Lane Foundation	Translation and interpretation costs	542	-	542	-	-
Crowdfunding - Covid 19	Covid-19 related costs	669	8,217	8,886	-	-
Choose Love (2) (Prism 2)	Covid 19 costs	-	2,500	2,500	-	-
The National Lottery	Covid 19 costs	-	41,389	41,389	-	-
Quartet	Covid - items and mileage	-	4,600	4,600	-	-
White Ribbon Alliance	Covid 19 costs	-	2,037	2,037	-	-
Wesleyan	Advocacy Mgr./Ops Coordinator	-	10,000	1,247	-	8,753
John James	MC costs (excl. salary)	-	5,000	1,049	-	3,951
Quartet	CEO salary	-	10,000	10,000	-	-
Choose Love 3	CEO/MC salary	-	15,000	13,974	-	1,026
Choose Love 3.2	Covid 19 costs	-	2,000	2,000	-	-
Hillfields Family	Covid - client payments/admin	-	17,320	17,320	-	-
Co-op Community funding	MC costs (excl. salary)	-	119	-	-	119
		1,211	118,182	105,544	-	13,849
Designated						
Thresholds Donation	Unrestricted, Designated: CEO salary	26,050	-	-	(26,050)	-
Resilience Fund	Reserve for contingencies	-	-	-	35,000	35,000
		26,050	-	-	8,950	35,000
Unrestricted						
Income	Unrestricted, undesignated	7,489	-	-	-	7,489
Donations	Unrestricted, undesignated	2,277	75,860	36,028	(8,950)	33,159
Bank interest	Interest received	9	16	-	-	25
		9,775	75,876	36,028	(8,950)	40,673
Total funds		37,036	194,058	141,572	-	89,522