



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.

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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

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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

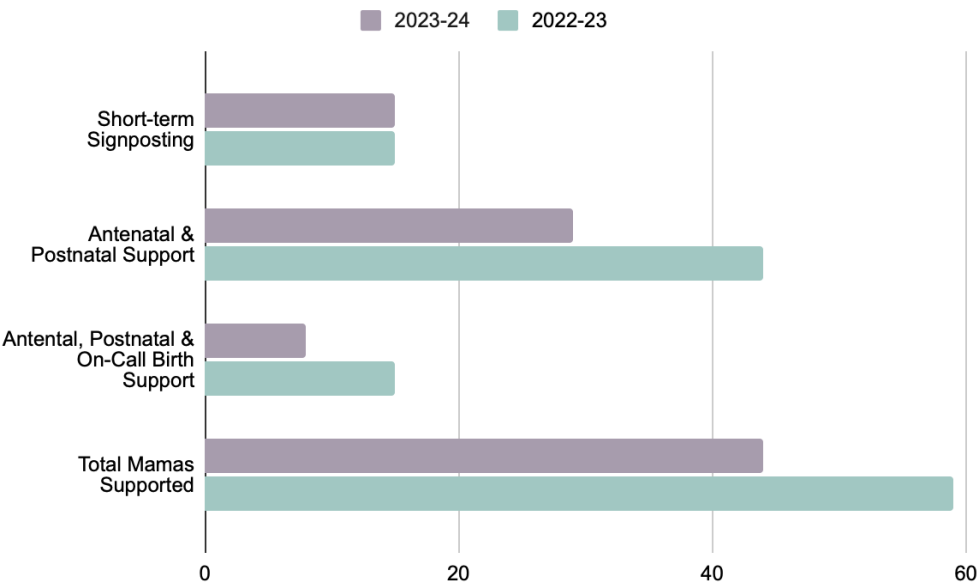
¹ This refers to the number of relevant referrals Project MAMA received, rather than the total number of referrals, which we reported in previous years. This is to give a more accurate picture of the demand for our support.

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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.

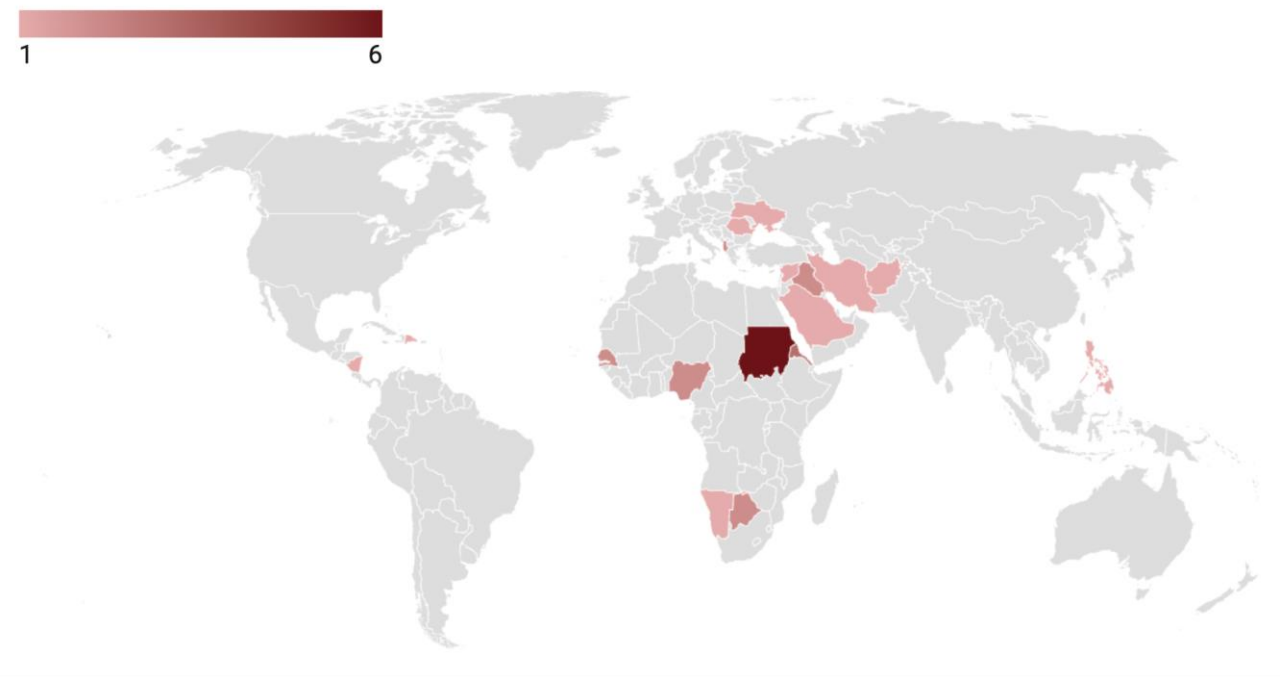
Despite the serious challenges the people we support are facing, we continue to be in awe of the strength and resilience they exhibit daily. It is a privilege to stand alongside these Mamas.

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.

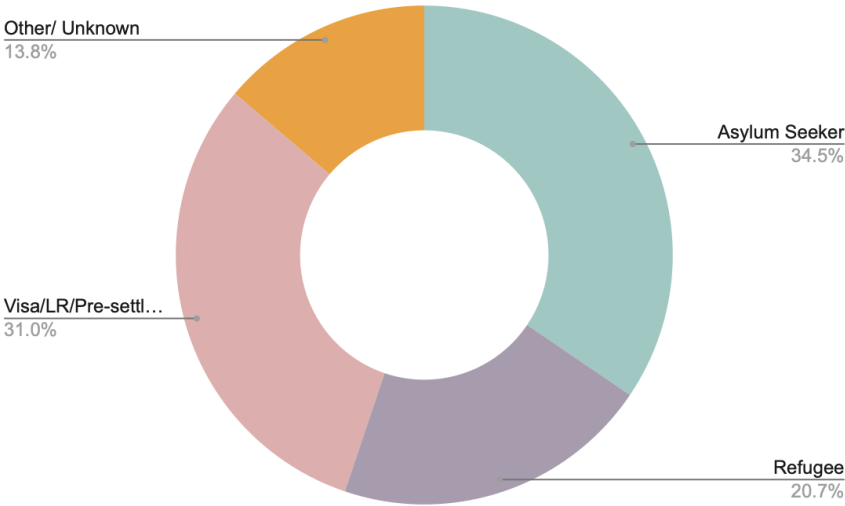
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Immigration Status:



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),

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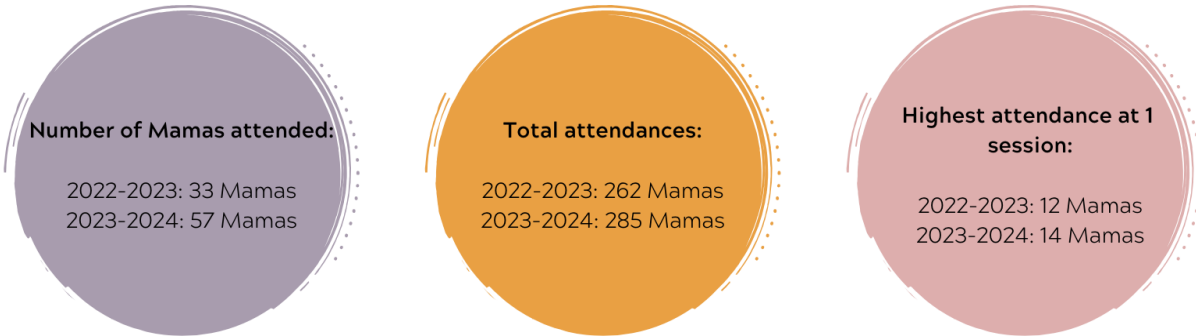
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but the impact of our work provides a community within the isolation of those early days. We offer support for a range of things in those first 8 weeks, from establishing feeding and sleep support to birth debriefs and doing the washing up. Our human 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

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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

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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."

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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

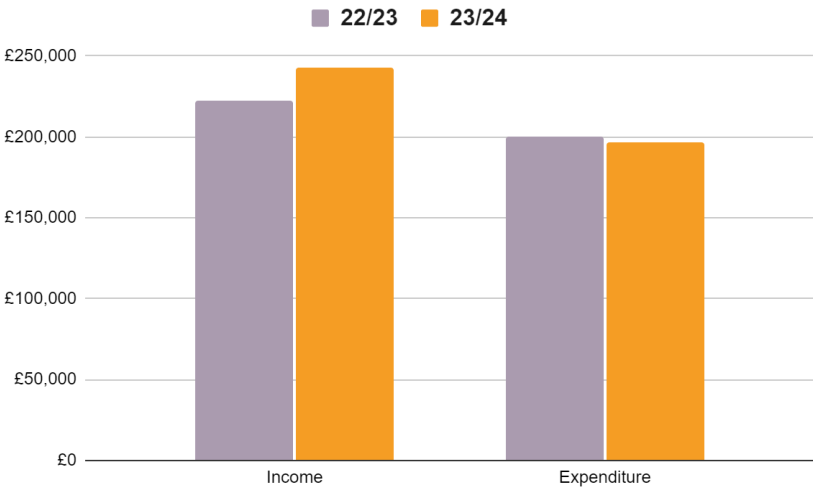
The total income for the 1st April 2023 to 31st March 2024 was **£242,685**. The chart below shows a comparison to the income from the previous year. Total funds brought forward at 1st April 2023 were **£151,407** and total funds carried forward on 1st April 2024 are **£197,166**, of which **£61,471** 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.

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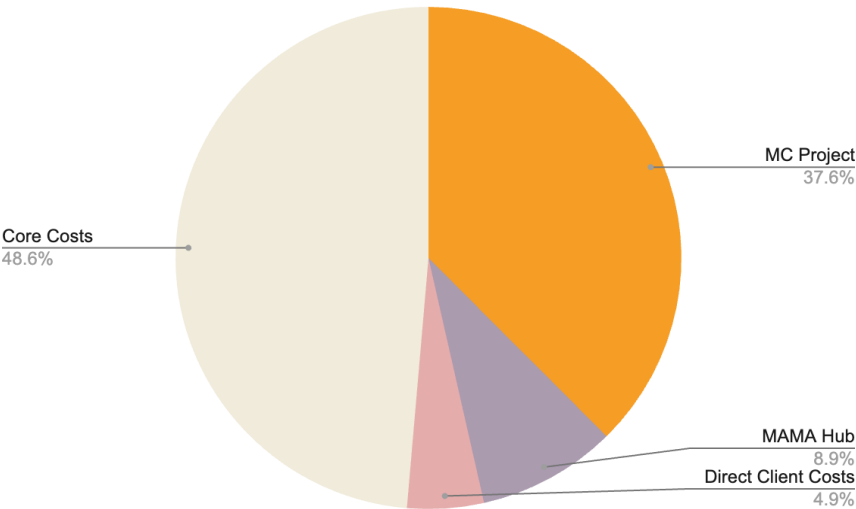
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Within this reporting period the expenditure was **£196,926**, which is a 1.9% decrease in expenditure compared to the previous year shown in the chart above. Even though we have felt the impact of the increased cost of living on our regular expenditures 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.

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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

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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
9B9A0BEBCF824C0...

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

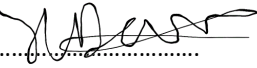
BALANCE SHEET


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:

.....
711B3ADB49D4E5...
Heeral Dave

Signed by:

.....
9B9A08EBCF824C0...
Catherine Gilmore

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

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	2,054
	Salaries - Marketing and fundraising	10,019	10,023	20,042	30,086
	Fundraising platform fees	1,410	-	1,410	1,455
		14,761	10,023	24,784	33,595

Raising funds - prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
<i>Marketing and fundraising</i>	2,054	-	2,054
<i>Salaries - Marketing and fundraising</i>	21,980	8,106	30,086
<i>Fundraising platform fees</i>	1,455	-	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	7,184
Volunteers' expenses supporting clients	6	1,019	1,025	1,822
Training for volunteers	230	100	330	5
Salaries - Mother Companion	12,698	54,778	67,476	58,417
Salaries - Mama Hub	2,346	10,250	12,596	9,918
Recruitment and DBS costs	356	363	719	1,819
Miscellaneous Mama Hub costs	175	4,420	4,595	4,343
Miscellaneous Mother Companion costs	508	2,182	2,690	2,058
Support costs				
Salaries - support	786	49,398	50,184	56,116
Rent	1,428	4,367	5,795	5,238
Strategic development	2,160	-	2,160	4,610
Office equipment and sundries	1,728	455	2,183	2,038
Insurance	1,195	-	1,195	1,029
Electricity and broadband	847	973	1,820	1,319
Printing, postage and stationery	370	53	423	319
Internal team training	1,256	699	1,955	1,873
Payroll agency fees	798	749	1,547	1,089
Finance support	2,241	2,983	5,224	5,097
Bank and transaction fees	118	-	118	43
Depreciation of office equipment	1,038	-	1,038	1,018
	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