

MOTHERS FOR MOTHERS

England & Wales · Charity number 1185281

Details

Status	Registered
Legal form	Charitable company
Company number	08764052
Registered	2019-09-12
Register	View on the Charity Commission register

Contact

Address	Mothers for Mothers The Gatehouse Centre Hareclive Road Bristol BS13 9JN
Phone	01172397398
Email	support@mothersformothers.co.uk
Website	www.mothersformothers.co.uk

Activities

Objects: THE CHARITABLE PURPOSES OF THE COMPANY ARE:(A) THE ADVANCEMENT OF MENTAL HEALTH FOR MOTHERS, PARTICULARLY THROUGH THE CARE OF THOSE SUFFERING FROM EMOTIONAL OR PSYCHIATRIC DISORDER OR MENTAL ILLNESS ASSOCIATED WITH PREGNANCY AND CHILDBIRTH AND THOSE AFFECTED BY THEIR CONDITIONS, INCLUDING THEIR CHILDREN, SPOUSES, PARTNERS AND OTHER FAMILY MEMBERS, AND(B) THE ADVANCEMENT AND PROMOTION OF HIGH STANDARDS OF EDUCATION AND CARE IN ALL MATTERS CONCERNING EMOTIONAL OR PSYCHIATRIC DISORDER OR MENTAL ILLNESS ASSOCIATED WITH PREGNANCY AND CHILDBIRTH.

Activities: Since 1981 Mothers for Mothers has supported families affected by perinatal mental illness, offering support to women and birthing people during pregnancy and until their youngest child attends school through our support services, across Bristol, South Gloucestershire and North Somerset.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Bristol City
- North Somerset
- South Gloucestershire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£545,259	£470,096	£436,004	16
2024-03-31	£401,522	£330,813	-	-
2023-03-31	£337,388	£305,499	-	-
2022-03-31	£337,388	£207,359	-	-
2021-03-31	£211,656	£161,706	-	-

Trustees

Name	Role	Appointed
Bryony Strachan	Chair	2025-01-17
Claire Storey		2023-01-04
Dr Caroline Scrase		2020-11-12
Dr Christy Burden		2020-11-12
Dr Havra Adamali		2026-03-06
Elizabeth Joan Scourse		2024-03-22
Kelly Jane Anne Avis-Hay		2021-02-22
Kym Birtwell-Thompson		2022-12-14
Laura Kathleen Ward		2016-01-01
Melanie Lloyd		2020-11-12

MOTHERS FOR MOTHERS

England & Wales - Charity number 1185281

Accounts

MOTHERS FOR MOTHERS
FINANCIAL STATEMENTS

31 MARCH 2025

Company Registration Number 08764052
Charity Number 1185281

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MOTHERS FOR MOTHERS

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

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MOTHERS FOR MOTHERS

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2025

Company number	08764052	
Charity number	1185281	
Registered office and operational address	The Gatehouse Centre Hareclive Road Bristol BS13 9JN	
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:	
	Elizabeth Joan Scourse	
	Chandrika Balachandar	
	Claire Storey	
	Kym Birtwell-Thompson	
	Natalie Anne Campbell	resigned March 2025
	Kelly Jane Anne Avis-Hay	Secretary
	Melanie Lloyd	
	Dr Christy Burden	
	Dr Caroline Scrase	
	Laura Kathleen Ward	
	Annette Lang	resigned February 2025
	Bryony Strachan	appointed January 2025
Key Management Personnel	Maria Viner	Chief Executive Officer
	Kaeti Morrison	Business Manager
Bankers	CAF Bank	Flagstone
	25 Kings Hill Avenue	1 st Floor, Clareville House
	Kent	26-27 Oxendon Street
	ME19 4JQ	London
		SW1Y 4EL
Independent Examiners	Joanne Trowbridge MAAT Bristol Community Accountants CIC The Park Daventry Road Bristol BS4 1DQ	

MOTHERS FOR MOTHERS

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2025

The trustees present their report and the examined financial statements for the period ended 31 March 2025.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Governance and Management

Mothers for Mothers began work as a voluntary organisation in January 1981. It was originally registered as a charity on 10 July 1992 (1012642). The original charity's funds and assets were gifted to the successor charitable company which has taken on the charitable activities.

A charitable company limited by guarantee was incorporated on 6 November 2013 registered as a charity on 12 September 2019. On 1st April 2020 the charity began to operate under the new charity number: 1185281. The organisation is a company limited by guarantee and registered charity.

The company was established under a Memorandum of Association that establishes the objects and powers of the charitable company and is governed under its Articles of Association.

Method of Recruiting and Appointing Trustees

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as the Board of Trustees. Under the requirement of the Memorandum and Articles of Association, members of the Board of Trustees are elected to serve for a period of two years after which they must be re-elected at the next Annual General Meeting.

Organisational structure

Mothers for Mothers has a Board of Trustees who meet at least once a quarter and are responsible for the strategic direction and policy of the charity. At present, the Board of Trustees has eleven members from a variety of professional backgrounds relevant to the work of the charity.

A staffing structure with clear line management is in place and day-to-day responsibility for the provision of services rest with the CEO. The CEO is also responsible for ensuring that the charity delivers the services specified and that key performance indicators are met.

Risk Management

The Board of Trustees is legally responsible for ensuring that the organisation is adequately resourced, and that financial procedures and controls are effective and in place. The Board of Trustees has conducted a review of the major risks to which the charity is exposed. Where it is appropriate, systems or procedures have been established or amended to mitigate the risks that the charity faces.

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Related parties

Mothers for Mothers have entered into a collaboration agreement with a number of parties and the University of Bristol relating to the PARTNER Trial. Mothers for Mothers are therefore considered a collaborator and the CEO is a co-applicant in the Trial. Mothers for Mothers receives a quarterly payment to represent the CEO time in the PARTNER Trial. Christy Burden, a Trustee/Director of Mothers for Mothers is the Chief Investigator in the PARTNER Trial.

Objectives and Activities

The Company's objectives:

The charitable purposes of the company are:

- (a) the advancement of mental health for mothers, particularly through the care of those suffering from emotional or psychiatric disorder or mental illness associated with pregnancy and childbirth and those affected by their conditions, including their children, spouses, partners and other family members, and
- (b) the advancement and promotion of high standards of education and care in all matters concerning emotional or psychiatric disorder or mental illness associated with pregnancy and childbirth.

The trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding what activities Mothers for Mothers should undertake.

Review of main achievements and activities during the year

Since 1981 Mothers for Mothers has supported families affected by maternal mental illness (PMH) across Bristol, South Gloucestershire and North Somerset. We offer support to women during pregnancy and until their youngest child attends school, from illness to wellness, through our support services: Reach helpline/support calls, Home Visiting, Art Psychotherapy and Counselling, Peer Support Groups/Antenatal Groups/Dads Groups and SEND support.

Our services are delivered by women with lived experience of perinatal mental illness. We aim to achieve the following outcomes for the women and families we work with:

- Improved confidence, resilience and relationships with children and family, leading to faster recovery.
- Improving children's emotional development by supporting mothers to be sensitive and responsive in their relationships with their children.
- Reduced social isolation and improved social and support networks.
- More awareness of perinatal mental illness (PMH) and the support available
- Improved care and services for maternal mental illness.

During the accounting period, to deliver the above services Mothers for Mothers has employed 15 members of staff.

Mothers for Mothers has trained and supported a team of volunteers to include student placements. During this accounting period Mothers for Mothers has received Pro Bono Support from The Cranfield Trust, Tesco Staple Hill, Ritorno Lounge, Showtime Photo Booth, Giving Print, We The Curious, With-You, Pandek Group Ltd, CMS, Family Hubs, The Pixel Fund, Ellie Starkwood and Amaia Lesta and Simmons and Simmons LLP.

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YEAR ENDED 31 MARCH 2025

In the reporting year Mothers for Mothers has supported 846 families. Of these families 106 received 831 home visits, 97 received 517 sessions of Art Psychotherapy or Counselling, 227 attended 341 peer support group session, 72 accessed SEND support and 34 attended 31 sessions of Antenatal support. In addition to this 4214 helpline calls were responded to, 6800 support calls were made and there were 13256 instances of SMS/DM support. We also have a closed group with 1327 members.

Brief statement of the Charity's policy on reserves

Funds to deliver the services are raised from statutory funding, grants, foundations and trusts, fundraising events and donations.

In order to meet future plans we have secured funding to ensure our continued effectiveness and sustainability by increasing leadership capacity and strengthening key functions with the charity to underpin an expansion in service delivery to meet the significant increases in demand we have experienced over recent years.

General Funds £58,560

Designated Funds:

Staff Contingency Reserves £23,996

3 months running costs £125,000

Staff restructure and development £70,000

Staff Contingency Reserve

This fund represents the costs of making all staff redundant based on staffing levels and years employed as of the 1st April 2025. It is good practice and a reasonable mitigation of risk by the Trustees to ensure that redundancy costs are earmarked to protect the rights of staff and the legal obligations of the Charity should a situation arise where this was deemed necessary. However, trustees anticipate an increase in this required reserve to approximately £33,084 during the 2025/2026 financial year due to planned staff and salary increases

3 months running costs

In accordance with Mothers for Mothers reserves policy this fund is held in reserves to cover interruption to normal operating activities. The level is based on 3 months' budgeted operating costs for the following financial year.

Staff restructure and development:

We have a core team of 15 full and part time lived experience staff who are skilled, well trained and well supported. By the nature of year-to-year funding from grants and foundations, and from local authorities, we need to ensure that we are able to provide security and retain this rich talent resource in the event of a longer than ideal transition between funders. There is significant work and investment into recruiting, training and supporting good quality staff who are able to work from their lived experience in a trauma informed way with the complexity and intersecting needs we see at Mothers for Mothers. Uncertainty relating to employment could be a huge risk to us as a charity. We also need to ensure we are able to provide competitive salary increases and have capacity to match potential

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TRUSTEES' ANNUAL REPORT

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increases to NHS and local authority equivalent roles given changes in the political climate. This is heightened due to the ICB procurement process which will remove funding for one of core services.

It is important that the Trustees mitigate against this risk by holding funds in a staff restructure and development fund which would allow us to retain staff and make changes as needed to service delivery which do not have a negative impact upon the families that we support. The sum held is £70,000 which represents the funding needed for 5 months for one of our core services.

These funds – plus the additional funds we are accumulating this year – are to protect our position, our services and our staff – to enable us to provide the Board with a budget that can ensure business as usual moving forward into 2025/26.

Plans for the Future

Strategic Plans for 2025/26 and Beyond

In 2025/26, we will launch our new five-year Strategy and Business Plan, reaffirming our commitment to delivering core services in alignment with our Vision, Mission, Aims and Values. Our focus remains on maintaining continuity and excellence in service provision for women, birthing people and their families while advancing our strategic priorities.

Equality, Equity, Diversity, and Inclusion

As part of our ongoing commitment to equality, equity, diversity, and inclusion, we will enhance the accessibility of our Reach service by introducing support in four additional languages. This initiative aims to reduce barriers faced by women and birthing people in accessing vital services. We will also seek funding to explore further language expansion and identify the most effective service models for inclusive delivery. Our annual staff away day will centre on the theme of allyship, fostering a culture of solidarity and shared responsibility.

Strengthening Partnerships

We will continue to deepen our collaboration with local VCSE (Voluntary, Community, and Social Enterprise) organisations. In particular, we will formalise partnerships with perinatal mental health VCSEs through a new collaborative network known as HoPE, designed to enhance coordinated support and shared learning across the sector and where appropriate to bid for partnership funding.

National Survey and 45th Anniversary Milestone

To mark our 45th anniversary, we will launch a national Survey “Tell Us Your Truth: Maternal Mental Health, In Your Words” capturing the experiences of women and birthing people in relation to maternal mental health experiences, alongside insights from VCSE organisations across the UK that support them. The findings will be published in a landmark report, to be launched at the House of Commons on 24 February 2026.

This report will amplify the voices of our community and those of similar organisations nationwide, elevating their lived experiences and ideas to key decision-makers. It will serve as a powerful tool in our efforts to reduce stigma and shame, drive systemic change, and improve outcomes for families both within BNSSG and across the UK.

Impact and Influence

The data generated will support local advocacy and funding applications, while also providing a national evidence base for lobbying and influencing policy. By making the report accessible to other

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YEAR ENDED 31 MARCH 2025

VCSEs, we aim to empower peer organisations in strengthening their own services. This initiative will also foster stronger relationships and shared purpose across the VCSE landscape.

Funds Received as Agent or Funds Held as Custodian Trustee

There are no assets, classes of assets or categories of assets held on behalf of other entities.

Statement of Responsibilities of the Board of Trustees

The Board of Trustees who are also the charity trustees have prepared financial statements for the financial year, which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the net online income or expenditure, of the charitable company for the year. In preparing the financial statements, the Board of Trustees has fulfilled the requirements set out by the SORP Accounting for Charities, which are as follows:

1. Select suitable accounting policies and apply them consistently.
2. Observe the methods and principles in the applicable Charities SORP.
3. Make judgements and estimates that are reasonable and prudent.
4. State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
5. Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Board of Trustees is responsible for keeping proper accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the financial statements comply with the Companies Act 2006.

The Board of Trustees is also responsible for safeguarding the assets of the charity, and hence for taking reasonable steps for the prevention and detection of fraud and any other irregularities. The Board of Trustees confirm that to the best of their knowledge there is no information relevant to the independent examination of which the examiners are unaware.

The Board of Trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant examination information and that this information has been communicated to the independent examiners.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of guarantees at 31st March 2024 was twelve. The Charity CEO is also a member of the board.

The Board of Trustees are members of the charity, but this entitles them only to voting rights. The Board of Trustees have no beneficial interest in the charity.

Independent Examiners

Joanne Trowbridge was appointed as the charitable company's independent examiner during the year. Joanne Trowbridge is a member the Association of Accounting Technicians.

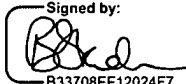
MOTHERS FOR MOTHERS

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2025

22/10/2025

Approved by the Board of Trustee on and signed on its behalf

Signed by:


by: B33708EF12024F7..... **Bryony Strachan - Chair**

Mothers for Mothers

MOTHERS FOR MOTHERS

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 31 MARCH 2025

I report on the accounts of the company for the year ended 31st March 2025 which are set out on pages 9 - 24.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

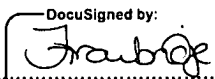
Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Association of Accounting Technicians, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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

Joanne Trowbridge MAAT

DocuSigned by:

C2F8368E18574EA
Bristol Community Accountants CIC
The Park
Daventry Road
Knowle Bristol BS4 1DQ

22/10/2025

MOTHERS FOR MOTHERS**STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)****YEAR ENDED 31 MARCH 2025**

		General Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	Note	£	£	£	£
Income and Endowments from:					
<i>Incoming resources from generated funds</i>					
Grants and donations	2	43,641	345,450	389,091	277,188
Charitable activities	3	-	131,947	131,947	118,201
Other trading activities	4	10,630	-	10,630	-
Investment income	5	13,591	-	13,591	6,133
Total		67,862	477,397	545,259	401,522
Expenditure On:					
Raising funds		-	79,063	79,063	50,428
Charitable activities		(5,834)	396,867	391,033	280,385
Total	7	(5,834)	475,930	470,096	330,813
Net income/(expenditure)		73,696	1,467	75,163	70,709
Transfers between funds	14	5,000	(5,000)	-	-
Net income/(expenditure) before other gains and losses		78,696	(3,533)	75,163	70,709
Net movement in funds		78,696	(3,533)	75,163	70,709
Total funds brought forward		198,860	161,981	360,841	290,132
Total Funds Carried Forward	14	277,556	158,448	436,004	360,841

All of the activities of the charity are classed as continuing

The notes on pages 11 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.

MOTHERS FOR MOTHERS**BALANCE SHEET****YEAR ENDED 31 MARCH 2025**

	Note	2025 £	2024 £
Fixed assets			
Tangible assets	11	24	32
Current assets			
Debtors	12	21,006	250
Cash at bank and in hand		429,432	372,580
<i>Total current assets</i>		<u>450,438</u>	<u>372,830</u>
Creditors : Amounts falling due within one year	13	(14,458)	(12,021)
<i>Net current assets or liabilities</i>		<u>435,980</u>	<u>360,809</u>
Total net assets or liabilities		<u>436,004</u>	<u>360,841</u>
The Funds of the Charity	14		
Restricted funds		158,448	161,981
Unrestricted funds		277,556	198,860
		<u>436,004</u>	<u>360,841</u>

The directors are satisfied that the company is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

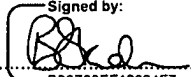
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

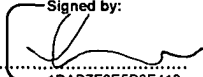
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

22/10/2025

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

Signed by:

 B33708EF12024F7
 Bryony Strachan - Chair

Signed by:

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 Elizabeth Joan Scourse - Treasurer

The notes on pages 11 to 24 form part of these financial statements

MOTHERS FOR MOTHERS

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) and the Companies Act 2006.

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

The charity meets the definition of a public benefit entity as defined by FRS 102 and has therefore taken the advantage of the disclosure exemption available to it in relation to presentation of a cash flow statement.

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.
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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.
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MOTHERS FOR MOTHERS

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

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.
----------------	--

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:

Fixtures and Fittings	25	% reducing balance
Equipment	25	% reducing balance

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.

MOTHERS FOR MOTHERS

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

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

MOTHERS FOR MOTHERS

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

Income and endowments from:

2 Grants and donations

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Local Authority grants	-	39,826	39,826	131,460
Fundraising and other income	29,308	12,750	42,058	21,273
Other grants	14,333	292,874	307,207	124,455
	<u>43,641</u>	<u>345,450</u>	<u>389,091</u>	<u>277,188</u>

Donations and legacies - prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Local Authority Grants	-	131,460	131,460
Fundraising and other income	19,833	1,440	21,273
Other grants	17,500	106,955	124,455
	<u>37,333</u>	<u>239,855</u>	<u>277,188</u>

3 Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Statutory NHS Funding	-	131,947	131,947	107,983
Collaboration income	-	-	-	10,218
	<u>-</u>	<u>131,947</u>	<u>131,947</u>	<u>118,201</u>

Charitable Activities - prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Statutory NHS Funding	-	107,983	107,983
Collaboration income	10,218	-	10,218
	<u>10,218</u>	<u>107,983</u>	<u>118,201</u>

MOTHERS FOR MOTHERS
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

4 Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Earned income	10,630	-	10,630	-
	<u>10,630</u>	<u>-</u>	<u>10,630</u>	<u>-</u>

5 Investment income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Bank and savings interest	13,591	-	13,591	6,133
	<u>13,591</u>	<u>-</u>	<u>13,591</u>	<u>6,133</u>

Raising Funds - prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Bank and savings interest	6,133	-	6,133
	<u>6,133</u>	<u>-</u>	<u>6,133</u>

6 Government grants

The charity receives local government grants, defined as funding from Bristol City Council, South Gloucestershire and North Somerset Council to fund charitable activities. The total value of such grants in the period ending 31 March 2025 was £39,825 (2024: £131,460). There are no unfulfilled conditions or contingencies attaching to these grants in the year ended 31 March 2025.

MOTHERS FOR MOTHERS
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

Expenditure on:

7 Analysis of expenditure by activities

	Raising funds 2025 £	Charitable activities 2025 £	Support and Governance costs 2025 £	Total Funds 2025 £	Total Funds 2024 £
Salaries	30,404	281,952	14,530	326,886	227,925
Telephone	-	2,750	-	2,750	2,762
Project Costs	-	7,077	-	7,077	7,240
IT	-	-	7,672	7,672	3,857
Training and supervision	-	-	13,391	13,391	7,727
Printing, postage and stationery	-	-	273	273	1,021
Website	-	-	1,423	1,423	765
Travel	-	4,612	302	4,914	3,785
Room hire	-	-	1,065	1,065	1,580
Volunteer expenses	-	687	-	687	1,359
Sessional fees	-	20,479	-	20,479	7,422
Trustee costs	-	-	437	437	197
Refreshments	-	-	-	-	38
Rent	-	-	11,221	11,221	5,000
Bank charges	-	-	272	272	62
Insurance	-	-	2,338	2,338	1,883
Repairs and renewals	-	-	3,606	3,606	686
Sundry expenses	-	-	2,233	2,233	181
Subscriptions	-	-	2,140	2,140	1,890
Depreciation	-	-	8	8	11
Legal and professional	40,720	26	19,238	59,984	53,939
Independent examinations including accountancy fees	-	-	1,240	1,240	1,483
	<u>71,124</u>	<u>317,583</u>	<u>81,389</u>	<u>470,096</u>	<u>330,813</u>
Allocation of support and governance costs	7,939	73,450	(81,389)	-	
Total expenditure by activity	<u><u>79,063</u></u>	<u><u>391,033</u></u>	<u><u>-</u></u>	<u><u>470,096</u></u>	

10% of support costs have been allocated to fundraising activities in the current year (2023: 3.5%) based on salary allocation

Total governance costs were £2,176 (2024: 1,680)

MOTHERS FOR MOTHERS**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2025***Charitable Activities - prior year*

	<i>Raising funds 2024 £</i>	<i>Charitable activities 2024 £</i>	<i>Support and Governance costs 2024 £</i>	<i>Total Funds 2024 £</i>
<i>Salaries</i>	7,654	212,617	7,654	227,925
<i>Telephone</i>	-	2,762	-	2,762
<i>Project Costs</i>	-	7,240	-	7,240
<i>IT</i>	-	-	3,857	3,857
<i>Training and supervision</i>	-	-	7,727	7,727
<i>Printing, postage and stationery</i>	-	-	1,021	1,021
<i>Website</i>	-	-	765	765
<i>Travel</i>	-	3,371	414	3,785
<i>Room hire</i>	-	-	1,580	1,580
<i>Volunteer expenses</i>	-	1,359	-	1,359
<i>Sessional fees</i>	-	7,422	-	7,422
<i>Trustee costs</i>	-	-	197	197
<i>Refreshments</i>	-	-	38	38
<i>Rent</i>	-	-	5,000	5,000
<i>Bank charges</i>	-	-	62	62
<i>Insurance</i>	-	-	1,883	1,883
<i>Repairs and renewals</i>	-	-	686	686
<i>Sundry expenses</i>	-	-	181	181
<i>Subscriptions</i>	-	-	1,890	1,890
<i>Depreciation</i>	-	-	11	11
<i>Legal and professional</i>	41,120	-	12,819	53,939
<i>Independent examinations including accountancy fees</i>	-	-	1,483	1,483
	<u>48,774</u>	<u>234,771</u>	<u>47,268</u>	<u>330,813</u>
	1,654	45,614	(47,268)	-
	<u>50,428</u>	<u>280,385</u>	<u>-</u>	<u>330,813</u>
Total expenditure by activity	<u>50,428</u>	<u>280,385</u>	<u>-</u>	<u>330,813</u>

MOTHERS FOR MOTHERS
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

8 Net incoming resources for the year

This is stated after charging:

	2025	2024
	£	£
Depreciation	8	11
Independent Examination	766	696

9 Staff costs and numbers

The aggregate payroll costs were:

	2025	2024
	£	£
Wages and salaries	300,092	214,020
Social security costs	23,515	13,228
less		
Employers allowance	(5,000)	(5,000)
Pension costs	8,279	5,677
	<u>326,886</u>	<u>227,925</u>

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

The average monthly head count was 16 staff (2024: 14 staff)

Total employee benefits paid to two key management personnel during the year were £88,526 (2024: one key management personnel £38,271)

Trustee expenses

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2024: £nil) No trustees were reimbursed expenses during the year (2024: £14). No charity trustee received payment for professional or other services supplied to the charity (2024: £nil).

10 Related Party Transactions

Mothers for Mothers have entered into a collaboration agreement with a number of parties and the University of Bristol relating to the PARTNER Trial. Mother for Mothers are therefore considered a collaborator and the CEO is a co-applicant in the Trial. Mothers for Mothers receives a quarterly payment to represent the CEO time in the PARTNER Trial. Christy Burden, a Trustee/Director of Mothers for Mothers is the Chief Investigator in the PARTNER Trial.

Other than disclosed above, there were no other related party transactions in the year.

MOTHERS FOR MOTHERS
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

11 Tangible fixed assets

	Fittings & Equipment £	Total £
Cost		
At 1 April 2024	6,010	6,010
At 31 March 2025	<u>6,010</u>	<u>6,010</u>
Depreciation		
At 1 April 2024	5,978	5,978
Charge for the year	8	8
At 31 March 2025	<u>5,986</u>	<u>5,986</u>
Net book value		
At 31 March 2025	<u>24</u>	<u>24</u>
At 1 April 2024	<u>32</u>	<u>32</u>

12 Debtors

	2025 £	2024 £
Trade debtors	17,779	250
Rental deposits	3,227	-
	<u>21,006</u>	<u>250</u>

13 Creditors: amounts falling due within one year

	2025 £	2024 £
Sundry Creditors	9,937	7,053
Accruals	4,521	4,968
	<u>14,458</u>	<u>12,021</u>

MOTHERS FOR MOTHERS
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

14 Movement in funds	At 01-Apr 2024 £	Incoming resources £	Outgoing resources £	Transfers £	At 31-Mar 2025 £
Restricted funds					
BNSSG ICB Client Care	34,272	88,387	(119,886)	-	2,773
NHS England	-	29,008	-	-	29,008
The National lottery RC comm. Fund	8,515	34,833	(28,753)	-	14,595
The National lottery Awards for All	-	18,975	(1,736)	-	17,239
The National lottery	-	150,833	(129,088)	-	21,745
Children in Need	10,000	-	(10,000)	-	-
Nisbet Trust	5,833	4,167	-	-	10,000
29 May 1961 Charitable Trust	-	10,000	-	(5,000)	5,000
Garfield Weston	-	25,000	(25,000)	-	-
James Tudor	-	15,000	(15,000)	-	-
Quartet Express Groups	5,000	-	(1,513)	-	3,487
Quartet North Somerset	-	10,000	(607)	-	9,393
Quartet Catalyst	3,698	7,997	(3,698)	-	7,997
Quartet Wesleyan	3,976	-	(3,976)	-	-
Quartet Resilience	-	8,100	(3,191)	-	4,909
Bristol City Council	53,580	19,825	(73,405)	-	-
Feeding Bristol	-	2,970	(2,970)	-	-
Medlock Charitable Trust	-	5,000	(5,000)	-	-
North Somerset Council	20,000	-	(20,000)	-	-
North Somerset via ICB	-	14,552	-	-	14,552
South Gloucestershire Council	2,431	20,000	(17,431)	-	5,000
St James Place	6,676	-	(6,676)	-	-
St Stephen & St James Trust	5,000	-	(5,000)	-	-
J & M Britton	2,000	-	(2,000)	-	-
Tesco	1,000	-	(1,000)	-	-
Mewburn Ellis Corporation	-	7,000	-	-	7,000
Denman	-	1,200	-	-	1,200
Sir Jules Thorn	-	3,000	-	-	3,000
Bristol Masons	-	1,550	-	-	1,550
Total restricted funds	161,981	477,397	(475,930)	(5,000)	158,448
Unrestricted funds					
General funds	3,087	67,862	5,834	(18,223)	58,560
Designated:					
Staff Contingency Reserve	20,773	-	-	3,223	23,996
3 months running costs	125,000	-	-	-	125,000
Staff restructure and development	50,000	-	-	20,000	70,000
Total unrestricted funds	198,860	67,862	5,834	5,000	277,556
Total funds	360,841	545,259	(470,096)	-	436,004

Purpose of Designated funds

Staff contingency, running costs and development - Funds held for future running costs and restructuring and development of the organisation in the event of a reduction in funding as detailed in the reserves policy on page 4.

MOTHERS FOR MOTHERS

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

Purpose of restricted funds

BNSSG ICB Client Care

Provide Reach peer support workers salaries

NHS England

Support towards staff time during training

The National Lottery RC comm. Fund

Art psychotherapy Year 3 of 3

The National Lottery Awards for All

South Gloucestershire home visiting service

The National Lottery

Senior leadership team

Children in Need

Play support worker

Nisbet Trust

Core costs

29 May 1961 Charitable Trust

Core costs

Garfield Weston

Core costs

James Tudor

Core costs

Quartet Express

Peer support groups

Quartet North Somerset

North Somerset Project

Quartet Catalyst

Dads and Partners peer support group

Quartet Wesleyan

Antenatal group

Quartet Resilience

Wide ranging support for structure and development of the charity

Bristol City Council

Home visiting and diadic art psychotherapy

Feeding Bristol

Project costs

Medlock Charitable Trust

North Somerset

North Somerset Council

Mental Health Community Grant for work in North Somerset

North Somerset via ICB

For children and young people

South Gloucestershire Council

Part funding for peer support groups and home visiting

St James Place

SEND support

St Stephen & St James Trust

Peer support groups

J & M Britton

Support in the Bristol area

Tesco

North Somerset Project

Mewburn Ellis Corporation

Dad's group

Denman

Core costs

Sir Jules Thorn

Reach service

Bristol Masons

Furniture and IT

MOTHERS FOR MOTHERS
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

15 Analysis of net assets between funds

	General Fund £	Designated Funds £	Restricted Funds £	Total £
Tangible Fixed Assets	24	-	-	24
Cash at Bank and in Hand	51,988	218,996	158,448	429,432
Other Net Current Assets/(Liabilities)	6,548	-	-	6,548
Total	58,560	218,996	158,448	436,004

Analysis of net assets between funds - prior year

	<i>General Fund £</i>	<i>Designated Funds £</i>	<i>Restricted Funds £</i>	<i>Total £</i>
<i>Tangible Fixed Assets</i>	<i>32</i>	<i>-</i>	<i>-</i>	<i>32</i>
<i>Cash at Bank and in Hand</i>	<i>14,826</i>	<i>195,773</i>	<i>161,981</i>	<i>372,580</i>
<i>Other Net Current Assets/(Liabilities)</i>	<i>(11,771)</i>	<i>-</i>	<i>-</i>	<i>(11,771)</i>
Total	3,087	195,773	161,981	360,841

16 Company limited by guarantee

The company is limited by guarantee and as such has no issued share capital. In the event of the company being wound up the liability of the members is limited to £1 each.

MOTHERS FOR MOTHERS

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

17 Analysis of prior year funds, as required by paragraph 4.2. of the SORP

	Prior Year Unrestricted Funds 2024 £	Prior Year Restricted Funds 2024 £	Prior Year Total Funds 2024 £
Income and Endowments From:			
Donations and legacies	37,333	239,855	277,188
Charitable activities	10,218	107,983	118,201
Investment income	6,133	-	6,133
Total	53,684	347,838	401,522
Expenditure On:			
Raising funds	-	50,428	50,428
Charitable activities	13,952	266,433	280,385
Total	13,952	316,861	330,813
Net income/(expenditure)	39,732	30,977	70,709
Transfers between funds	17,000	(17,000)	-
Net movement in funds	56,732	13,977	70,709
Reconciliation of Funds:			
Total funds brought forward	142,128	148,004	290,132
Total funds carried forward	198,860	161,981	360,841

MOTHERS FOR MOTHERS**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2025****18 Movement in material funds for previous period**

	At 01-Apr 2023 £	Incoming resources £	Outgoing resources £	Transfers £	At 31-Mar 2024 £
Restricted funds					
BNSSG ICB Client Care	38,898	107,982	(112,608)		34,272
Avon & Wiltshire MH partnership	34,850	-	(34,850)	-	-
The National lottery RC comm. Fund	4,162	37,389	(33,036)	-	8,515
The National lottery Awards for All	3,066	-	(3,066)	-	-
Children in Need	10,000	10,000	(10,000)	-	10,000
Nisbet Trust	5,000	10,000	(9,167)	-	5,833
Newby Trust	10,000	-	-	(10,000)	-
Garfield Weston	25,000	-	(25,000)	-	-
Northwick	5,000	-	-	(5,000)	-
McFarlane Walker	1,000	-	(1,000)	-	-
Albert Hunt	2,000	-	-	(2,000)	-
Doughty	2,000	-	(2,000)	-	-
NHS Art Psychotherapy	2,400	-	(2,400)	-	-
Quartet Express	4,628	5,000	(4,628)	-	5,000
Quartet Express		1,000	(1,000)		-
Quartet Catalyst	-	5,060	(1,362)		3,698
Quartet Wesleyan	-	6,646	(2,670)		3,976
Bristol City Council	-	79,304	(25,724)	-	53,580
Feeding Bristol	-	3,300	(3,300)	-	-
Medlock	-	5,000	(5,000)	-	-
North Somerset Council	-	40,000	(20,000)	-	20,000
South Gloucestershire Council	-	12,157	(9,726)	-	2,431
St James Place	-	10,000	(3,324)	-	6,676
St Stephen & St James Trust	-	5,000	-	-	5,000
Jack Lane	-	2,000	(2,000)	-	-
J & M Britton	-	2,000	-	-	2,000
Society of Merchant Venturers	-	5,000	(5,000)	-	-
Tesco	-	1,000	-	-	1,000
Total restricted funds	148,004	347,838	(316,861)	(17,000)	161,981
Unrestricted funds					
General funds	2,653	53,684	(13,952)	(39,298)	3,087
Designated:					
Staff Contingency Reserve	14,475	-	-	6,298	20,773
3 months running costs	75,000	-	-	50,000	125,000
Staff restructure & development	50,000	-	-	-	50,000
Total unrestricted funds	142,128	53,684	(13,952)	17,000	198,860
Total funds	290,132	401,522	(330,813)	-	360,841

Accounts

MOTHERS FOR MOTHERS
FINANCIAL STATEMENTS

31 MARCH 2024

Company Registration Number 08764052
Charity Number 1185281

MOTHERS FOR MOTHERS

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

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MOTHERS FOR MOTHERS

TRUSTEES’ ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

Company number	08764052	
Charity number	1185281	
Registered office and operational address	The Gatehouse Centre Hareclive Road Bristol BS13 9JN	
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: Elizabeth Joan Scourse Chandrika Balachandar Claire Storey Kym Birtwell-Thompson Natalie Anne Campbell Kelly Jane Anne Avis-Hay Melanie Lloyd Dr Christy Burden Dr Caroline Scrase Laura Kathleen Ward Annette Lang Suzanne Stollery (resigned June 2024)	
Key Management Personnel	Maria Viner	Chief Executive Officer
Bankers	CAF Bank 25 Kings Hill Avenue Kent ME19 4JQ	Flagstone 1 st Floor, Clareville House 26-27 Oxendon Street London SW1Y 4EL
Independent Examiners	Joanne Trowbridge MAAT Bristol Community Accountants CIC The Park Daventry Road Bristol BS4 1DQ	

MOTHERS FOR MOTHERS

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

The trustees present their report and the examined financial statements for the period ended 31 March 2024.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Governance and Management

Mothers for Mothers began work as a voluntary organisation in January 1981. It was originally registered as a charity on 10 July 1992 (1012642). The original charity's funds and assets were gifted to the successor charitable company which has taken on the charitable activities.

A charitable company limited by guarantee was incorporated on 6 November 2013 registered as a charity on 12 September 2019. On 1st April 2020 the charity began to operate under the new charity number: 1185281. The organisation is a company limited by guarantee and registered charity.

The company was established under a Memorandum of Association that establishes the objects and powers of the charitable company and is governed under its Articles of Association.

Method of Recruiting and Appointing Trustees

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as the Board of the Board of Trustees. Under the requirement of the Memorandum and Articles of Association, members of the Board of Trustees are elected to serve for a period of two years after which they must be re-elected at the next Annual General Meeting.

Organisational structure

Mothers for Mothers has a Board of Trustees who meet at least once a quarter and are responsible for the strategic direction and policy of the charity. At present, the Board of Trustees has eleven members from a variety of professional backgrounds relevant to the work of the charity.

A staffing structure with clear line management is in place and day-to-day responsibility for the provision of services rest with the CEO. The CEO is also responsible for ensuring that the charity delivers the services specified and that key performance indicators are met.

Risk Management

The Board of Trustees is legally responsible for ensuring that the organisation is adequately resourced, and that financial procedures and controls are effective and in place. The Board of Trustees has conducted a review of the major risks to which the charity is exposed. Where it is appropriate, systems or procedures have been established or amended to mitigate the risks that the charity faces.

MOTHERS FOR MOTHERS

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

Related parties

Mothers for Mothers have entered into a collaboration agreement with a number of parties and the University of Bristol relating to the PARTNER Trial. Mother for Mothers are therefore considered a collaborator and the CEO is a co-applicant in the Trial. Mothers for Mothers receives a quarterly payment to represent the CEO time in the PARTNER Trial. Christy Burden, a Trustee/Director of Mothers for Mothers is the Chief Investigator in the PARTNER Trial.

Objectives and Activities

The Company's objectives:

The charitable purposes of the company are:

- (a) the advancement of mental health for mothers, particularly through the care of those suffering from emotional or psychiatric disorder or mental illness associated with pregnancy and childbirth and those affected by their conditions, including their children, spouses, partners and other family members, and
- (b) the advancement and promotion of high standards of education and care in all matters concerning emotional or psychiatric disorder or mental illness associated with pregnancy and childbirth.

The trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding what activities Mothers for Mothers should undertake.

Review of main achievements and activities during the year

Since 1981 Mothers for Mothers has supported families affected by maternal mental illness (PMH) across Bristol, South Gloucestershire and North Somerset. We offer support to women during pregnancy and until their youngest child attends school, from illness to wellness, through our support services: Reach helpline/support calls, Home Visiting, Art Psychotherapy and Counselling, Peer Support Groups/Antenatal Groups/Dads Groups and SEND support.

Our services are delivered by women with lived experience of perinatal mental illness.

We aim to achieve the following outcomes for the women and families we work with:

- Improved confidence, resilience and relationships with children and family, leading to faster recovery.
- Improving children's emotional development by supporting mothers to be sensitive and responsive in their relationships with their children.
- Reduced social isolation and improved social and support networks.
- More awareness of perinatal mental illness (PMH) and the support available
- Improved care and services for maternal mental illness.

During the accounting period, to deliver the above services Mothers for Mothers has employed 15 members of staff.

Mothers for Mothers has trained and supported a team of volunteers to include student placements. During this accounting period Mothers for Mothers has received Pro Bono Support from The Cranfield Trust and has used Staple Hill, Hartcliffe, Clevedon, Oldmixon and Patchway Family Hubs for 2 hours per week free of charge.

MOTHERS FOR MOTHERS

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

In the reporting year Mother for Mothers has supported 792 families. Of these families 117 received 782 home visits, 85 received 506 sessions of Art Psychotherapy or Counselling, 228 attended 270 peer support group session, 30 accessed SEND support and 32 attended 40 sessions of Antenatal support. In addition to these, 3061 helpline calls were responded to, 6407 support calls were made and there were 9382 instances of SMS/DM support. We also have a closed group with 1114 members.

Brief statement of the Charity's policy on reserves

Funds to deliver the services are raised from statutory funding, grants, foundations and trusts, fundraising events and donations.

In order to meet future plans we have secured funding to ensure our continued effectiveness and sustainability by increasing leadership capacity and strengthening key functions with the charity to underpin an expansion in service delivery to meet the significant increases in demand we have experienced over recent years.

General Funds £3,087

Designated Funds:

Staff Contingency Reserves £20,773

3 months running costs £125,000

Staff restructure and development £50,000

Staff Contingency Reserve

This fund represents the costs of making all staff redundant based on staffing levels and years employed as of the 1st April 2024. It is good practice and a reasonable mitigation of risk by the Trustees to ensure that redundancy costs are earmarked to protect the rights of staff and the legal obligations of the Charity should a situation arise where this was deemed necessary.

3 months running costs

In accordance with Mothers for Mothers reserves policy this fund is held in reserves to cover interruption to normal operating activities. The level is based on 3 months' budgeted core operating costs for the following financial year.

Staff restructure and development:

We have a core team of 15 full and part time lived experience staff who are skilled, well trained and well supported. By the nature of year-to-year funding from grants and foundations, and from local authorities, we need to ensure that we are able to provide security and retain this rich talent resource in the event of a longer than ideal transition between funders. There is significant work and investment into recruiting, training and supporting good quality staff who are able to work from their lived experience in a trauma informed way with the complexity and intersecting needs we see at Mothers for Mothers. Uncertainty relating to employment could be a huge risk to us as a charity. We also need to ensure we are able to provide competitive salary increases and have capacity to match potential increases to NHS and local authority equivalent roles given changes in the political climate. This is heightened due to the ICB procurement process which will remove funding for one of core services.

MOTHERS FOR MOTHERS

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

It is important that the Trustees mitigate against this risk by holding funds in a staff restructure and development fund which would allow us to retain staff and make changes as needed to service delivery which do not have a negative impact upon the families that we support. The sum held is £50,000 which represents the funding needed for 5 months for one of our core services.

These funds – plus the additional funds we are accumulating this year – are to protect our position, our services and our staff – to enable us to provide the Board with a budget that can ensure business as usual moving forward into 25/26.

Plans for the Future

The year 24/25 will see the introduction of the first Senior Leadership Team composed of the CEO role, plus a Business Manager and Operations Manager funded by the National Lottery. This will increase the capacity of the organisation to match the unplanned growth and demand for services that has arisen during and following the pandemic and as a result of changes within our local system and to the perinatal mental health pathway. We intend to build on capacity and begin work to diversify income streams. There will also be a move to a new premises in a well resourced community building providing a psychological safe environment for families and staff, and better resourced therapy and office spaces.

We will continue to support approximately 800 families a year through our core support services and discreet projects. We will continue our National work with the Tommy's National Centre for Maternity Improvement and the Bristol Trials Unit. As a number of our funding streams will be coming to an end we will concentrate on raising funds for our core services and will take part in the ICB procurement process for the perinatal mental health non-statutory community redesign.

Funds Received as Agent or Funds Held as Custodian Trustee

There are no assets, classes of assets or categories of assets held on behalf of other entities.

Statement of Responsibilities of the Board of Trustees

The Board of Trustees who are also the charity trustees have prepared financial statements for the financial year, which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the net online income or expenditure, of the charitable company for the year. In preparing the financial statements, the Board of Trustees has fulfilled the requirements set out by the SORP Accounting for Charities, which are as follows:

1. Select suitable accounting policies and apply them consistently.
2. Observe the methods and principles in the applicable Charities SORP.
3. Make judgements and estimates that are reasonable and prudent.
4. State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
5. Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

MOTHERS FOR MOTHERS

TRUSTEES’ ANNUAL REPORT

YEAR ENDED 31 MARCH 2024

The Board of Trustees is responsible for keeping proper accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the financial statements comply with the Companies Act 2006.

The Board of Trustees is also responsible for safeguarding the assets of the charity, and hence for taking reasonable steps for the prevention and detection of fraud and any other irregularities. The Board of Trustees confirm that to the best of their knowledge there is no information relevant to the independent examination of which the examiners are unaware.

The Board of Trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant examination information and that this information has been communicated to the independent examiners.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of guarantees at 31st March 2024 was twelve. The Charity CEO is also a member of the board.

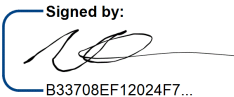
The Board of Trustees are members of the charity, but this entitles them only to voting rights. The Board of Trustees have no beneficial interest in the charity.

Independent Examiners

Joanne Trowbridge was appointed as the charitable company’s independent examiner during the year. Joanne Trowbridge is a member the Association of Accounting Technicians.

17/10/2024

Approved by the Board of Trustee on and signed on its behalf

Signed by:


by: B33708EF12024F7... Natalie Anne Campbell - Chair

Mothers for Mothers

MOTHERS FOR MOTHERS

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 31 MARCH 2024

I report on the accounts of the company for the year ended 31st March 2024 which are set out on pages 8 - 23.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

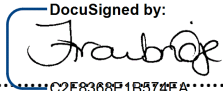
Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Association of Accounting Technicians, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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

Joanne Trowbridge MAAT

DocuSigned by:

 C2F8368E1B574EA.....

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

21/10/2024

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MOTHERS FOR MOTHERS**STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)****YEAR ENDED 31 MARCH 2024**

		General Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	Note	£	£	£	£
Incoming and Endowments from:					
<i>Incoming resources from generated funds</i>					
Donations and legacies	2	37,333	239,855	277,188	167,639
Charitable activities	3	10,218	107,983	118,201	128,880
Other trading activities	4	-	-	-	1,000
Investment income	5	6,133	-	6,133	1,834
Total		53,684	347,838	401,522	299,353
Expenditure On:					
Charitable activities	7	2,236	273,155	275,391	274,828
Other	8	11,716	43,706	55,422	30,672
Total		13,952	316,861	330,813	305,500
Net income/(expenditure)		39,732	30,977	70,709	(6,147)
Transfers between funds	15	17,000	(17,000)	-	-
Net income/(expenditure) before other gains and losses		56,732	13,977	70,709	(6,147)
Net movement in funds		56,732	13,977	70,709	(6,147)
Total funds brought forward		142,128	148,004	290,132	296,279
Total Funds Carried Forward	15	198,860	161,981	360,841	290,132

All of the activities of the charity are classed as continuing

The notes on pages 10 to 23 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.

MOTHERS FOR MOTHERS**BALANCE SHEET****YEAR ENDED 31 MARCH 2024**

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	12	32	43
Current assets			
Debtors	13	250	40,386
Cash at bank and in hand		372,580	255,217
<i>Total current assets</i>		372,830	295,603
Creditors : Amounts falling due within one year	14	(12,021)	(5,514)
<i>Net current assets or liabilities</i>		360,809	290,089
Total net assets or liabilities		360,841	290,132
The Funds of the Charity	15		
Restricted funds		161,981	148,004
Unrestricted funds		198,860	142,128
		360,841	290,132

The directors are satisfied that the company is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

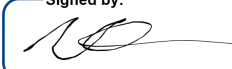
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

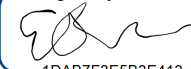
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

17/10/2024

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

Signed by:

B33708EF42024F7..
 Natalie Anne Campbell- Chair

Signed by:

1DAB7F3E5B3E413..
 Elizabeth Joan Scourse - Treasurer

The notes on pages 10 to 23 form part of these financial statements

MOTHERS FOR MOTHERS

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) and the Companies Act 2006.

The accounts have been prepared on the assumption that the charitable company 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 charitable company's ability to continue as a going concern.

The trustees consider that 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 and has therefore taken the advantage of the disclosure exemption available to it in relation to presentation of a cash flow statement.

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.

MOTHERS FOR MOTHERS

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

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

MOTHERS FOR MOTHERS

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

Income and Endowments From:

2 Grants, Donations and Legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Local Authority grants	-	131,460	131,460	9,456
Fundraising and other income	19,833	1,440	21,273	19,090
Other grants	17,500	106,955	124,455	139,093
	<u>37,333</u>	<u>239,855</u>	<u>277,188</u>	<u>167,639</u>

Donations and legacies - prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Local Authority Grants	9,456	-	9,456
Fundraising and other income	19,090	-	19,090
Other grants	-	139,093	139,093
	<u>28,546</u>	<u>139,093</u>	<u>167,639</u>

3 Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Statutory NHS Funding	-	107,983	107,983	128,880
Collaboration income	10,218	-	10,218	-
	<u>10,218</u>	<u>107,983</u>	<u>118,201</u>	<u>128,880</u>

Charitable Activities - prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Statutory NHS Funding	87,590	41,290	128,880
	<u>87,590</u>	<u>41,290</u>	<u>128,880</u>

MOTHERS FOR MOTHERS
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

4 Other Trading Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Earned income	-	-	-	1,000
	-	-	-	1,000
<i>Other Trading Activities - prior year</i>	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds 2023 £</i>	
<i>Earned income</i>	<i>1,000</i>	<i>-</i>	<i>1,000</i>	
	<i>1,000</i>	<i>-</i>	<i>1,000</i>	

5 Investment income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Bank and savings interest	6,133	-	6,133	1,834
	6,133	-	6,133	1,834
<i>Raising Funds - prior year</i>	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds 2023 £</i>	
<i>Bank and savings interest</i>	<i>1,834</i>	<i>-</i>	<i>1,834</i>	
	<i>1,834</i>	<i>-</i>	<i>1,834</i>	

6 Government Grants

The charity receives government grants, defined as funding from Bristol City Council, South Gloucestershire Council and North Somerset Council to fund charitable activities. The total value of such grants in the period ending 31 March 2024 was £131,460 (2023: £9,456). There are no unfulfilled conditions or contingencies attaching to these grants in the year ended 31 March 2024.

MOTHERS FOR MOTHERS**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2024****Expenditure on:****7 Charitable Activities**

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£
Salaries	833	227,092	227,925	204,851
Telephone	-	2,762	2,762	2,622
Project Costs	128	7,112	7,240	24,313
IT	-	3,857	3,857	3,647
Training and supervision	-	7,727	7,727	9,459
Printing, postage and stationery	49	972	1,021	944
Website	-	765	765	270
Travel	-	3,785	3,785	4,224
Room hire	-	1,580	1,580	2,135
Volunteer expenses	46	1,313	1,359	1,940
Sessional fees	-	7,422	7,422	1,440
Trustee costs	-	197	197	451
Refreshments	-	38	38	-
Rent	-	5,000	5,000	5,000
Bank charges	62	-	62	72
Insurance	-	1,883	1,883	1,904
Repairs and renewals	-	686	686	9,801
Sundry expenses	(58)	239	181	405
Subscriptions	1,165	725	1,890	1,336
Depreciation	11	-	11	14
	2,236	273,155	275,391	274,828

Continued...

MOTHERS FOR MOTHERS**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2024**

<i>Charitable Activities - prior year</i>	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds 2023 £</i>
<i>Salaries</i>	<i>90,548</i>	<i>114,303</i>	<i>204,851</i>
<i>Telephone</i>	<i>-</i>	<i>2,622</i>	<i>2,622</i>
<i>Project Costs</i>	<i>157</i>	<i>24,156</i>	<i>24,313</i>
<i>IT</i>	<i>281</i>	<i>3,366</i>	<i>3,647</i>
<i>Training and supervision</i>	<i>155</i>	<i>9,304</i>	<i>9,459</i>
<i>Printing, postage and stationery</i>	<i>-</i>	<i>944</i>	<i>944</i>
<i>Website</i>	<i>-</i>	<i>270</i>	<i>270</i>
<i>Travel</i>	<i>-</i>	<i>4,224</i>	<i>4,224</i>
<i>Room hire</i>	<i>390</i>	<i>1,745</i>	<i>2,135</i>
<i>Volunteer expenses</i>	<i>-</i>	<i>1,940</i>	<i>1,940</i>
<i>Sessional fees</i>	<i>-</i>	<i>1,440</i>	<i>1,440</i>
<i>Trustee costs</i>	<i>451</i>	<i>-</i>	<i>451</i>
<i>Rent</i>	<i>-</i>	<i>5,000</i>	<i>5,000</i>
<i>Bank charges</i>	<i>72</i>	<i>-</i>	<i>72</i>
<i>Insurance</i>	<i>-</i>	<i>1,904</i>	<i>1,904</i>
<i>Repairs and renewals</i>	<i>-</i>	<i>9,801</i>	<i>9,801</i>
<i>Sundry expenses</i>	<i>-</i>	<i>405</i>	<i>405</i>
<i>Subscriptions</i>	<i>809</i>	<i>527</i>	<i>1,336</i>
<i>Depreciation</i>	<i>-</i>	<i>14</i>	<i>14</i>
	<i>92,863</i>	<i>181,965</i>	<i>274,828</i>

8 Other

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Legal and professional	10,383	43,556	53,939	29,817
Independent examinations including accountancy fees	1,333	150	1,483	855
	11,716	43,706	55,422	30,672

<i>Other - prior year</i>	<i>Unrestricted Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds 2023 £</i>
<i>Legal and professional</i>	<i>20,323</i>	<i>9,494</i>	<i>29,817</i>
<i>Accountancy fees</i>	<i>239</i>	<i>616</i>	<i>855</i>
	<i>20,562</i>	<i>10,110</i>	<i>30,672</i>

MOTHERS FOR MOTHERS

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

9 Net incoming resources for the year

This is stated after charging:

	2024	2023
	£	£
Depreciation	11	14
Independent Examination	696	855
	<u>696</u>	<u>855</u>

10 Staff costs and numbers

The aggregate payroll costs were:

	2024	2023
	£	£
Wages and salaries	214,020	191,426
Social security costs	8,228	8,068
Pension costs	5,677	5,357
	<u>227,925</u>	<u>204,851</u>

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

The average monthly head count was 14 staff (2023: 14 staff)

Total employee benefits paid to key management personnel during the year were £38,271

Trustee expenses

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2023: £nil) One trustee was reimbursed expenses of £14 during the year (2023: £nil). No charity trustee received payment for professional or other services supplied to the charity (2023: £nil).

11 Related Party Transactions

Mothers for Mothers have entered into a collaboration agreement with a number of parties and the University of Bristol relating to the PARTNER Trial. Mother for Mothers are therefore considered a collaborator and the CEO is a co-applicant in the Trial. Mothers for Mothers receives a quarterly payment to represent the CEO time in the PARTNER Trial. Christy Burden, a Trustee/Director of Mothers for Mothers is the Chief Investigator in the PARTNER Trial.

Other than disclosed above, there were no other related party transactions in the year.

MOTHERS FOR MOTHERS
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

12 Tangible fixed assets

	Fittings & Equipment £	Total £
Cost		
At 1 April 2023	6,010	6,010
At 31 March 2024	<u>6,010</u>	<u>6,010</u>
Depreciation		
At 1 April 2023	5,967	5,967
Charge for the year	11	11
At 31 March 2024	<u>5,978</u>	<u>5,978</u>
Net book value		
At 31 March 2024	<u>32</u>	<u>32</u>
At 1 April 2023	<u>43</u>	<u>43</u>

13 Debtors

	2024 £	2023 £
Trade debtors	250	40,386
	<u>250</u>	<u>40,386</u>

14 Creditors: amounts falling due within one year

	2024 £	2023 £
Sundry Creditors	7,053	5,229
Accruals	4,968	285
	<u>12,021</u>	<u>5,514</u>

MOTHERS FOR MOTHERS**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2024****15 Movement in funds**

	At 01-Apr 2023 £	Incoming resources £	Outgoing resources £	Transfers £	At 31-Mar 2024 £
Restricted funds					
BNSSG ICB Client Care	38,898	107,982	(112,608)		34,272
Avon & Wiltshire MH partnership	34,850	-	(34,850)	-	-
The National lottery RC comm. Fund	4,162	37,389	(33,036)	-	8,515
The National lottery Awards for All	3,066	-	(3,066)	-	-
Children in Need	10,000	10,000	(10,000)	-	10,000
Nisbet Trust	5,000	10,000	(9,167)	-	5,833
Newby Trust	10,000	-	-	(10,000)	-
Garfield Weston	25,000	-	(25,000)	-	-
Northwick	5,000	-	-	(5,000)	-
McFarlane Walker	1,000	-	(1,000)	-	-
Albert Hunt	2,000	-	-	(2,000)	-
Doughty	2,000	-	(2,000)	-	-
NHS Art Psychotherapy	2,400	-	(2,400)	-	-
Quartet Express	4,628	5,000	(4,628)	-	5,000
Quartet Express		1,000	(1,000)		-
Quartet Catalyst	-	5,060	(1,362)		3,698
Quartet Wesleyan	-	6,646	(2,670)		3,976
Bristol City Council	-	79,304	(25,724)	-	53,580
Feeding Bristol	-	3,300	(3,300)	-	-
Medlock	-	5,000	(5,000)	-	-
North Somerset Council	-	40,000	(20,000)	-	20,000
South Gloucestershire Council	-	12,157	(9,726)	-	2,431
St James Place	-	10,000	(3,324)	-	6,676
St Stephen & St James Trust	-	5,000	-	-	5,000
Jack Lane	-	2,000	(2,000)	-	-
J & M Britton	-	2,000	-	-	2,000
Society of Merchant Venturers	-	5,000	(5,000)	-	-
Tesco	-	1,000	-	-	1,000
Total restricted funds	148,004	347,838	(316,861)	(17,000)	161,981
Unrestricted funds					
General funds	2,653	53,684	(13,952)	(39,298)	3,087
Designated:					
Staff Contingency Reserve	14,475	-	-	6,298	20,773
3 months running costs	75,000	-	-	50,000	125,000
Staff restructure & development	50,000	-	-	-	50,000
Total unrestricted funds	142,128	53,684	(13,952)	17,000	198,860
Total funds	290,132	401,522	(330,813)	-	360,841

Notes:**Transfer between funds**

Contribution from restricted funds for core costs

Purpose of Designated funds

Funds held for futures running costs and restructuring and development of the organisation in the event of a reduction in funding as detailed in the reserves policy on page 4.

MOTHERS FOR MOTHERS

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

Purpose of restricted funds

BNSSG ICB Client Care	Provide support for women suffering with Maternal Mental Health and emotional wellbeing needs.
Avon & Wiltshire MH partnership	Staff salaries
The National lottery RC comm. Fund	Art Psychotherapy Year 2 of 3
The National lottery Awards for All	South Gloucestershire Home visiting service
Children in Need	Play Support Worker
Nisbet Trust	Core costs
Newby Trust	Core costs
Garfield Weston	Core costs
Northwick	Art Psychotherapy
McFarlane Walker	Core costs
Albert Hunt	Supporting women living in disadvantaged areas of Bristol who are challenged by
Doughty	Core Costs
NHS Art Psychotherapy	Art Psychotherapy
Quartet Express	Groups
Quartet Catalyst	Dads and Partners Peer Support Group
Quartet Wesleyan	Antenatal Group
Bristol City Council	HV and Art Psych
Feeding Bristol	Project Costs
Medlock	North Somerset
North Somerset Council	Mental Health Community Grant for work in NS
South Gloucestershire Council	Part fund peer support groups
St James Place	SEND Support
St Stephen & St James Trust	Groups
Jack Lane	South Gloucestershire
J & M Britton	Support in the Bristol area
Society of Merchant Venturers	Core costs
Tesco	North Somerset

MOTHERS FOR MOTHERS**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2024****16 Analysis of net assets between funds**

	General Fund £	Designated Funds £	Restricted Funds £	Total £
Tangible Fixed Assets	32	-	-	32
Cash at Bank and in Hand	14,826	195,773	161,981	372,580
Other Net Current Assets/(Liabilities)	(11,771)	-	-	(11,771)
Total	3,087	195,773	161,981	360,841

Analysis of net assets between funds - prior year

	<i>General Fund £</i>	<i>Designated Funds £</i>	<i>Restricted Funds £</i>	<i>Total £</i>
<i>Tangible Fixed Assets</i>	<i>43</i>	<i>-</i>	<i>-</i>	<i>43</i>
<i>Cash at Bank and in Hand</i>	<i>(32,262)</i>	<i>139,475</i>	<i>148,004</i>	<i>255,217</i>
<i>Other Net Current Assets/(Liabilities)</i>	<i>34,872</i>	<i>-</i>	<i>-</i>	<i>34,872</i>
Total	2,653	139,475	148,004	290,132

17 Company limited by guarantee

The company is limited by guarantee and as such has no issued share capital. In the event of the company being wound up the liability of the members is limited to £1 each.

MOTHERS FOR MOTHERS**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2024****18 Analysis of prior year funds, as required by paragraph 4.2. of the SORP**

	<i>Prior Year Unrestricted Funds 2023 £</i>	<i>Prior Year Restricted Funds 2023 £</i>	<i>Prior Year Total Funds 2023 £</i>
<i>Income and Endowments From:</i>			
Donations and legacies	28,546	139,093	167,639
Charitable activities	87,590	41,290	128,880
Other trading activities	1,000	-	1,000
Investment income	1,834	-	1,834
Total	118,970	180,383	299,353
<i>Expenditure On:</i>			
Charitable activities	92,862	181,966	274,828
Other	20,562	10,110	30,672
Total	113,424	192,076	305,500
<i>Net income/(expenditure)</i>	5,546	(11,693)	(6,147)
<i>Transfers between funds</i>	-	-	-
<i>Net movement in funds</i>	5,546	(11,693)	(6,147)
<i>Reconciliation of Funds:</i>			
Total funds brought forward	136,582	159,697	296,279
Total funds carried forward	142,128	148,004	290,132

MOTHERS FOR MOTHERS**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2024****19 Movement in material funds for previous period**

	At 01-Apr 2022 £	Incoming resources £	Outgoing resources £	Transfers £	At 31-Mar 2023 £
Restricted funds					
BNSSG ICB Client Care	-	38,898	-	-	38,898
Avon & Wiltshire MH partnership	-	34,850	-	-	34,850
The national lottery RC comm. Fund	-	31,835	(27,673)	-	4,162
The national lottery awards for all	-	9,800	(6,734)	-	3,066
Children in Need	-	10,000	-	-	10,000
Nisbet Trust	-	5,000	-	-	5,000
Newby Trust	-	10,000	-	-	10,000
Garfield Weston	-	25,000	-	-	25,000
Northwick	-	5,000	-	-	5,000
McFarlane Walker	-	1,000	-	-	1,000
Albert Hunt	-	2,000	-	-	2,000
Doughty	-	2,000	-	-	2,000
Bristol City Council	55,406	-	(55,406)	-	-
NHS Art Psychotherapy	9,000	-	(6,600)	-	2,400
NHS client care	25,276	-	(25,276)	-	-
NHS Peer Support	8,000	-	(8,000)	-	-
NHS SEND	15,000	-	(15,000)	-	-
NHS antenatal	5,000	-	(5,000)	-	-
Quartet N Somerset	11,248	-	(11,248)	-	-
Quartet resilience	9,964	-	(9,964)	-	-
Quartet Express	422	5,000	(794)	-	4,628
CBRE (Chelsea)	20,381	-	(20,381)	-	-
Total restricted funds	159,697	180,383	(192,076)	-	148,004
Unrestricted funds					
General funds	7,929	118,970	(113,424)	(10,822)	2,653
Designated:					
Staff Contingency Reserve	8,653	-	-	5,822	14,475
3 months running costs	75,000	-	-	-	75,000
Staff restructure & development	45,000	-	-	5,000	50,000
Total unrestricted funds	136,582	118,970	(113,424)	-	142,128
Total funds	296,279	299,353	(305,500)	-	290,132

Notes:

Accounts



Mothers for Mothers
(A company limited by guarantee)

Report for the year ending 31st March 2023

Charity number 1185281
Company number 08764052

Report of the Trustees for the year ending 31 March 2023

The Trustees present the report for the year ended 31 March 2023. The audited financial report is presented separately.

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1 Reference and administrative information

2 Objectives and activities

3 Structure, governance and management

4 Achievement and performance

5 Case study

6 Ambition and long-term strategy

7 Financial review

1. Reference and Administrative Information

Company name: Mothers for Mothers

Charity registration number: 1185281

Company registration number: 08764052

Registered office and

Operational address: New Fulford Family Centre

237-239 Gatehouse Avenue

Bristol

BS13 9AQ

Trustees

Natalie Campbell Chair

Laura Ward Vice Chair

Ilona Kutrzeba Treasurer

Kelly Avis-Hay Secretary

Annette Lang

Caroline Scrase

Christy Burden

Mel Lloyd

Suzy Stollery

Kym Birtwell-Thompson

Claire Storey

Nicky Pedwell Resigned

Amanda Clarke Resigned

Senior Management Team

Maria Viner CEO

Justine Rowe Finance Manager

Bankers: CAF Bank Ltd 25 kings Hill Avenue, Kings Hill, West Mailing, Kent, ME19 4JQ

Solicitors: Orrick, Herrington & Sutcliffe, 107 Cheapside, London, EC2V 6DN

2. Objectives and activities

Purpose and Aims

Since 1981 Mothers for Mothers (Charity Commission No: 1185281) has supported families affected by maternal mental health issues across Bristol, South Gloucestershire and North Somerset. We support women and birthing people during pregnancy and until their youngest child attends school, from illness to wellness. Our services work together to provide peer support, promoting wellbeing and reducing social isolation to ensure women and children are well, enjoy healthy relationships and can engage in the wider community.

Our services are designed, developed and delivered by women with lived experience. Our staff and volunteers are women of lived experience and are passionate about the importance of the work we do and the needs of the families we work with. They are DBS checked and trained in all aspects of Maternal Mental Health (including suicide first aid, self-harm and trauma informed care), listening skills, confidentiality, safeguarding, infant feeding, prevent, infant social and emotional development, and staff receive clinical supervision according to recognised good practice.

We aim to achieve the following outcomes for the women and families we work with:

- Improved confidence, resilience and relationships with children and family, leading to faster recovery.
- Improving children's emotional development by supporting Mothers to be sensitive and responsive in their relationships with their children
- Reduced social isolation and improved social and support networks.
- More awareness of Perinatal Mental Illness and the support available.
- Improved care and services for maternal mental illness.

We are passionate about providing the right care in the right place at the right time for the families we work with; supporting families affected by perinatal mental health problems or a history of mental illness, including post-partum psychosis. Up to 20% of women experience a mental health issue during pregnancy or after giving birth¹. Symptoms include feelings of despondency, guilt, anxiety and isolation, panic attacks and maternal Obsessive Compulsive Disorder (OCD.) Some mental health conditions are on-going, some are dormant but may exacerbate and others are new episodes. New episodes that develop during the perinatal period are most commonly depression, anxiety and post-traumatic stress disorder. Maternal mental health issues can inhibit a mother's ability to bond with her baby and provide sensitive and responsive care, affecting the emotional, cognitive and physical development and long-term health of her children¹. The first step to recovery is for women to recognise they are unwell and be prepared to talk about how they feel². However, half of new mothers' mental health problems do not get picked up by a health professional, and 34% of women fear their baby will be taken away if they disclose their feelings². This suffering can go unnoticed and undiagnosed particularly as there may be isolation, stigma and fear around disclosure. Around 3,000 women in the Bristol area suffer from moderate to more serious Perinatal mental illness every year.¹

The challenges faced by women experiencing maternal mental health issues are compounded by the additional burdens that are all too apparent in our local area. The effects of their illness can be worse for women who are also faced with other issues which contribute to and exacerbate their anxiety and distress. Services for women can be variable, especially for the most vulnerable and deprived

¹ **Perinatal Mental Health Experiences of Women and Health Professionals, Boots Family Trust Alliance, October 2013**

communities. Our premises and groups are in areas of extreme deprivation, where people are most in need of our services. We are increasingly working with women and families who are experiencing issues which include domestic abuse, uncertain housing, abuse and exploitation, uncertainty about their leave to remain as well as financial hardship and food/digital poverty. This added complexity requires Mothers for Mothers staff and volunteers to be increasingly skilled and resilient in offering peer support services to these families. The robust safeguarding system that lies at the heart of all our services is essential and demonstrates the benefits that can come from good multiagency working between statutory agencies and third sector organisations.

Whenever possible we try to work with the whole family. Perinatal mental illness may lead to family disharmony, breakdown of relationships, problems bonding which can disadvantage the whole family. Our services try to minimise the disruption experienced by the family and improve family relationships. The average cost to society of one case of perinatal depression is around £74,000, of which £23,000 relates to the mother and £51,000 relates to impacts on the child. By working with women at an early stage the detrimental effect on the future wellbeing of a child is minimised.²

None of this would be possible without the team of dedicated and skilled volunteers who show such commitment to ensuring that peer support is available to families across the area. They not only provide the life blood of the organisation, but they remind us of our heritage as an organisation and keep us firmly rooted in the values of women of lived experience supporting other women and families.

3. Structure, governance, and management

Mothers for Mothers is a company limited by guarantee.

The nature of the governing document is Articles of Association altered by Special Resolution on 10 January 2019 and 16 July 2020.

There is a Board of Trustees made up of up to 12 women of lived experience and others who bring specific professional skills to the board.

A small staff team is led by CEO Maria Viner. Also led by Maria Viner is the team of volunteers providing the Helpline Service and some of the support services.

The Board has shown ongoing commitment to maintaining the values and ethos of the charity whilst at the same time evolving to meet the ever-changing context in which we operate.

There have been changes to the Board of Trustees in this reporting period, and thanks for donating their time, commitment, and passion for the aims of the organisation must go to those who have stepped down from their roles:

- Nicky Pedwell
- Amanda Clarke

² Bristol, North Somerset and South Gloucestershire Clinical Commissioning Groups Maternity Transformation Plan 2017-2021

Thanks must also go to the new Trustees who have joined the Board this year:

- Kym Birtwell-Thompson
- Ilona Kutrzeba
- Claire Storey

Potential trustees are identified by current trustees or the CEO dependent on their knowledge, skills and substantive role. New trustees are invited to join the board by the current board of trustees.

4. Achievements and performance

Quantitative Feedback from Service Users

Below is a range of quantitative collective feedback from people using Mothers for Mothers services. This gives an indication of service quality across the organisation.

95% of women Strongly Agreed or Agreed that as a result of using MfM service they feel more reassured about what they have been experiencing.

65% of women Strongly Agreed or Agreed that as a result of using MfM service the relationship or bond between them and their child has improved.

100% of women rated the support received from their home visitor as 'excellent' or 'good'

As a result of the MBU peer support service, 100% of women rated the support received as 'excellent' or 'good'.

100% of women rated their connection with their therapist as excellent or good

100% of women agreed or strongly agreed that they could better recognise their feelings and how they link to their life experience.

100% of women rated the Antenatal and Wellbeing in Pregnancy Group as Excellent/Good

92% of women feel more able to explain the way they feel and why to family members

84% of women Strongly Agreed or Agreed that as a result of using MfM service they feel more hopeful about the future.

Equality

Considering equality, diversity and inclusion across MfM services is always on the agenda, to ensure that services are appropriate and supportive to all women and birthing people. A selection of feedback from clients below indicates how MfM performed this year.

21% of Reach clients in 2022/23 were from a black or minority ethnic background. This is higher than across the local population – 7% in South Gloucestershire, 3% in North Somerset and 14% in Bristol city.

“Mothers for Mothers were alive to the fact that ethnic minority mothers are at a disadvantage in pregnancy, labour and beyond, and raised it as an issue of equality. I was signposted to research on this. All people should be treated with dignity. MfM were aware and alive to this issue which is incredibly important. Because of these conversations I have reached out to other women of colour and found similar experiences. I wonder about the statistics and the collective experiences – I feel that this could be fed back to the trusts from the safe spaces created by Mothers for Mothers, where women feel able to talk honestly about their experiences.”

13% of Reach clients in 2022/23 told us that they had a disability in addition to their mental health needs.

78% of clients surveyed about SEND support felt better able to access other services regarding the needs of their SEND child.

“[The support worker] signposts and lets me know of other organisations and their coffee mornings, and she introduces me to other people such as SEND and You.”

6% of Reach clients in 2022/23 told us that they identified as LGBTQIA+. While data on sexual minority families in BNSSG is limited, nationally in 2021 only 3.2% of people identified in this way.

Case study:

We supported C with her application for temporary accommodation through the Council and with her partner's status as a refugee (this was successful, and they moved), we referred C to Womankind for therapy, referred the family to Incredible Kids (SEND support for her child), benefits were brought up to date (backdated money received, items from baby bank, sofa project etc were sourced). We then supported the family to get onto 'Home Choice' and to start bidding (antisocial issues - drug use, prostitution, etc - in and around the street where they were housed were an ongoing problem for the family and they needed to move). Supporting letters from Health Visitor, GP and school to help push up the process were collected. We also managed to arrange a holiday through the Family Holiday Association.

Impact on Mothers and Families

Reduced isolation

81% of women Strongly Agreed or Agreed that as a result of using MfM services they feel less isolated or lonely.

Early motherhood can be a uniquely isolating time, and this is exacerbated when someone is struggling with low mood, challenging life circumstances, or a mental health difficulty. Clients described the radical difference that MfM made in reducing loneliness within that perinatal context. There is a theme running through the testimonials that someone understanding from a lived experience perspective, through peer support was particularly beneficial.

“The most helpful thing is having the calls weekly knowing I have someone to talk to and look forward to being able to say how I feel”

"In a time that felt lonely and empty for myself, I was able to open up to my home visitor about how difficult I was finding things. I will always be extremely grateful for their understanding, listening and non-judgemental approach and for giving me a space in which I felt safe enough to talk."

"Meeting other people in similar life situations and talking through our upcoming journeys together"

Increased confidence

78% of women Strongly Agreed or Agreed that as a result of using MfM service they feel more confident in parenting their child.

85% of women Strongly Agreed or Agreed that as a result of MfM they feel more confident to access other MfM services.

82% of women Strongly Agreed or Agreed that as a result of using MfM service they feel more confident to access other support if needed.

Clients described increased confidence in themselves and their parenting as a result of engaging with MfM:

"Having the calls weekly have helped me alot at first I was nervous but now I feel more confident. I am looking forward to starting counselling next month"

"Today I feel more confident, my home visitor really changed my life."

"The service is great and is helpful with mums who haven't got the confidence."

This confidence translates into demonstrable improvements in health and quality of life for mothers and families:

"I'm kinder to myself as a mother. I have more confidence in myself as a mother. And I feel an overall sense that a weight has been lifted."

"As well as helping me as a mother, the support from Mothers for Mothers has led me to seek my own referral for ASD. I am happier, more confident as a mum and more relaxed around my son. It's really been a vital service for me."

Increased self-care and self-knowledge

86% of women Strongly Agreed or Agreed that as a result of using MfM service they know more about what they need in their life to be well and what works for them.

72% of women Strongly Agreed or Agreed that as a result of using MfM service they give more importance and time to self care.

Client feedback emphasised the individualised nature of self-care – the fact that we are all different and what self-care looks like will be different for each of us. Clients highlighted the importance of

developing boundaries and understanding their feelings in order to acknowledge them with compassion.

"I have more boundaries, in a good way."

"Having to talk about how I was feeling on a particular day made me confront and challenge some of my thoughts and beliefs that weren't helpful to me and revise them."

"Understanding the layers of my feelings and putting that learning to practice. The cards and images are brilliant."

Reduced sense of stigma

95% of women Strongly Agreed or Agreed that as a result of using MfM service they feel more reassured about what they have been experiencing.

We live in a society where stigma can impact the way we live and often means that people avoid looking for support if they need it. Many mothers who experience emotional or mental health difficulties in pregnancy or postnatally can stigmatise themselves, feeling intense shame and guilt. MfM provides a powerful peer led model of work to encourage destigmatising, validating and normalising these experiences. This applies across all services.

"Being able to open up to someone about things I haven't really talked about before with anyone else."

"Being able to discuss issues and problems that I felt I couldn't discuss with others."

Talking to my therapist helped me realise things that without therapy I would not have. Fact I was offered extra sessions and never felt rushed. Close to home which was convenient for childcare."

"There's such a shame attached to admitting that you need help or support, especially as a mother. Just spending time around others who are going through the same and worse than me and who have been brave enough to talk freely about it, makes me feel like I can ask for help. The volunteers are also such a big support in this: Seeing such strong, intelligent and well put together women talk openly about their own struggles really helps you to feel that it doesn't make you weak or less of a person for needing help."

Improved mental health symptoms

74% of women Strongly Agreed or Agreed that as a result of using MfM service they feel less stressed or anxious

77% of women Strongly Agreed or Agreed that as a result of using MfM service their general mood has improved and they have felt less depressed.

Clients believed that MfM services had prevented them from developing a mental health difficulty that they would have experienced without that support, or they believed that MfM services had stopped a pre-existing mental health difficulty from getting worse. They also felt better equipped to prevent or manage any mental health issue they might experience in future. Many felt that their days generally felt better, and they had a better understanding of their own mental health.

"So much better, massive improvement. not feeling so down these days. Ongoing support if needed."

"I am not feeling suicidal any more. It's a work in progress, I manage the lows better and I have more ok days now."

"Talking was so helpful, having someone who understands. how emotions can change when I do things for myself, I was given strategies to manage my emotions. less guilt in doing things for myself. Forgot who I was but feeling like myself again."

Prevention and early intervention are two aspects of healthcare that reduce both public spending on services and unnecessary human suffering, but they are also aspects that an underfunded NHS struggles to prioritise. MfM addresses this need. There is further economic benefit when, after using MfM services, mothers are well enough to return to work.

Improved relationships with babies and children

65% of women Strongly Agreed or Agreed that as a result of using MfM service the relationship or bond between them and their child has improved.

Clients described how MfM services have helped them to be kinder and more compassionate towards themselves, linking this directly with being kinder and more compassionate towards their children. They also described how MfM services had taught practical parenting skills which they were using and found effective to connect with their children, and to support their children with their own feelings.

"She helped me get more confident to go out with kids."

"My feelings being validated and decisions I made being respected. Having someone consistently hold a space for me to be honest and completely truthful has made me value myself more and has improved my relationships with people, including my Husband and Daughter."

"I am able to accept myself and my past., the trauma of my child's birth and to allow myself to connect with my baby more. To also not give myself a hard time."

"I am a calmer, gentler, less uptight and cross parent and can be a better role model to my daughter."

"I feel I am a better mother since coming to therapy. I am kinder to myself and I cope better on the 'difficult days' with parenting"

"My mental health would have seriously declined without these services and my bond with my baby would have suffered. The mothers for mothers services had a hugely positive experience on my life and I cannot thank you enough."

5. Case Study

I had experienced a 6-day long traumatic labour, my aftercare was confusing and sporadic with so many different midwives and health visitors. It dawned on me that I was not ok with myself mentally and I put my hand up to say I am suffering, I'm struggling and I'm traumatised. I had no idea what had really happened to me, what had gone wrong and why I had been treated in the way I had. I felt surrounded by negativity and judgement from my family, I felt isolated and vulnerable. I don't even remember how I ended up in contact with Mothers for Mothers, which midwife it was that referred me or what the first contact was but I ended up with a regular support call from XX and a regular home visit from XX. The help was immediate and it became essential.

Primarily, Mothers for Mothers just listened (and that was in the form of a telephone call and a face-to-face visit). The fact that someone would come out specially to see me, to give me a forum to speak and not shut me down meant so much. I was given the opportunity to follow up on opportunities to connect with other services and to start to think about looking into the circumstances of my birth. Outside of the space held by Mothers for Mothers I felt suffocated, ignored, and invalidated. In their space there was time to just be me, to cry and say how I really felt. I was shown that there was nothing wrong with that. I was so vulnerable, so broken and you gave me so much. I felt like I was in a hole, I was trying to get out of it – crawling like a crab, and you helped me out.

The words and concepts that I didn't necessarily understand I could work through with XX. We were able to talk about what had happened and she was able to give consideration to what could have been done differently. It meant a lot to hear that from someone as I had felt let down by. I do understand the pressure of working in that environment but there were decisions made, actions taken and words used that were not right. XX was able to tell me what to expect when I take things further with a complaint, she gave me a balanced understanding of the process and how I could go about accessing my notes. She had patience and understanding when I could not face doing it earlier and has offered support when I am ready. I know that I will have the strength to do this soon as I have been 'seen' through my work with MfM.

I may have been surrounded by people but I felt so alone. Mothers for Mothers always checked in when they hadn't heard from me, there was an element of seeing me as human being there. The service is professional, but I never felt that I was on a time schedule. I felt I could talk about anything, that nothing was off the table. Life is not neat, and there are all kinds of elements that contribute to a person's mental health – I was able to talk about anything with them. Nothing was too much trouble, and the soft element of contact was what I needed - I was so very fragile. The work we did together gave me back some dignity following an experience that stripped me of it. I loved speaking to XX as she would always ask me to end on a positive and to think of something good that had happened that week – that was really helpful.

Mothers for Mothers were responsive and so built trust and a connection filling the gap between referral and the start of therapy with Vitamins. I felt that with other services if I did not meet an extreme criterion, I would not get help – i.e., if I did not express plans for suicide I would not be taken on, Mothers for Mothers was different.

With XX I was inspired to write how I was feeling. I started to use a diary to record my thoughts and feelings no matter how strong and I learnt not to be fearful of those feelings. It was so good to have

someone actually see my baby, to witness her growth and development and to reassure me of how well I was doing. I had not had a consistent eye from any other service and having a trusted person come in and see the changes was really useful."

Because I was listened to...

- I've grown in confidence and finally I'm going to make the access request to get my birth notes.*
- I am able to talk openly about what had happened to me.*
- I am getting my old self back. I have found my determination and tenacity again.*

Work with Mothers for Mothers helped me to think about my treatment during my birth – I was able to consider whether I had been treated differently because of my ethnicity. Mothers for Mothers were alive to the fact that ethnic minority mothers are at a disadvantage in pregnancy, labour and beyond and raised it as an issue of equality. I was signposted to research on this. All people should be treated with dignity, MfM were aware and alive to this issue which is incredibly important. Because of these conversations I have reached out to other women of colour and found similar experiences. I wonder about the statistics and the collective experiences – I feel that this could be fed back to the trusts from the safe spaces created by Mothers for Mothers, where women feel able to talk honestly about their experiences. As an organisation keeping an eye on regular trends is a really good thing as you can feed back.

I have realised that other people have trauma (other family members for example and that this will affect how they treat me and others), I can't change other people but I can work on myself. I feel that I am on the up and I am very grateful for the service. I have a healthy daughter but I am OK with saying, 'I am not OK' and that's due to being listen to without judgement (I can say I am not coping and not feel like a failure). I found my own way to parent

I am considering doing some charitable collections for Mothers for Mothers. Looking at £5 and under type sales for baby equipment and toys etc (and donating % to MfM for example). Looking to include everyone and to make things available to all. Decent quality items shouldn't only be for certain people.

Before finding MfM I felt like I just couldn't talk to anyone. I wasn't being heard by professionals, and some family too. Its too hard to think about. I would have been in a more serious state of depression without MfM support I think. I may have ended up self-harming. I have tendency to scratch/itch and that could have been a lot worse. I would not have been present for my baby. Through MfM I have been able to acknowledge what has happened at my own pace. Fundamentally I have had my confidence restored.

I had to fight not to be discharged by my community midwives, I had to fight services not to be let go. With standard services you have no time to recover, it's about survival - a battle. To have an ongoing service that does not just end arbitrarily is amazing. You have given me tools to go forward to do things myself. It helps that you are mothers yourselves. You are a real person that I am speaking to – it puts me at ease.

6. Ambition and Long-Term Strategy

Our primary objective is to maintain and develop a sustainable peer support organisation which provides high quality services to meet the emotional health needs of clients and their families from pregnancy until the youngest child reaches school age. We do this with great care, particularly focusing on authenticity, meeting our organisational aims and values, and with a great emphasis on safety and compassion, both for clients and the staff working with them.

We have begun to look at opportunities for growing the senior leadership team in the organisation, due to the increased size in team and demand, particularly due to the increased client numbers since the pandemic and more recently since the closure of another maternal mental health service in the area.

Mothers for Mothers is currently working with the Cranfield Trust to produce a new five-year strategic plan. This will help them to consider further the nature and quality of the services that they currently deliver and how these might be developed and improved in future. In light of client feedback in the full impact report for 2022-23, and particularly the challenges and limitations described above, the following recommendations are suggested for future consideration:

- Pursuit of a higher level of funding to ensure consistent quality of services, reduce waiting times, improve accessibility and relieve burden on volunteers.
- Exploration of how MfM might allow mothers to continue one-to-one therapeutic support beyond 12 weeks if needed.
- Exploration of how MfM might enable mothers to book specific regular time slots for telephone support.
- Exploration of how MfM might ensure a broader geographical spread of peer support, antenatal groups, counselling and art therapy venues.
- Exploration of childcare provision for groups and one-to-one support, such as a mobile creche, childcare vouchers, or partnership with a local children's centre or playgroup.
- Exploration of approaches for combining online and face-to-face support so that mothers can access multiple forms of either, depending on individual circumstances.
- A review of how support and relationships are ended when children turn four, with a view to redesigning this process.
- Further training and support for volunteers around managing boundaries and witnessing trauma without a detrimental impact on their own wellbeing. This should go beyond light-touch approaches and may require psychologist input.

These recommendations should be implemented in conversation with clients and volunteers. It is likely that further research and feedback will be needed to ascertain the best approach.

7. Financial Review

Our audited annual accounts for the reporting period are attached. Mothers for Mothers holds a general reserve to cover funding shortfalls and interruption to normal operating activities. This is included in the Financial Policy & Procedures. The level is based on 3 months' budgeted core operating costs for the following financial year, which in this reporting period is £75,000.

MOTHERS FOR MOTHERS

(A Company Limited by Guarantee)

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

Registered Charity Number: 1185281
Company Number: 08764052



**TYRRELL
PROCTER**

**Chartered Accountants
Business Advisors**

Beaufort House
113 Parson Street
Bristol
BS3 5QH

MOTHERS FOR MOTHERS

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

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COMPANY INFORMATION

FOR THE YEAR ENDED 31 MARCH 2023

Administrative Information

Charity Name:	Mothers for Mothers
Charity Number:	1185281
Company Number:	08764052
Registered office and Operational address:	New Fulford Family Centre 237-239 Gatehouse Avenue Bristol BS13 9AQ

Directors and Trustees

Natalie Anne Campbell	Chair
Annette Lang	
Laura Kathleen Ward	Vice chair
Ilona Kutrzeba	Treasurer
Melanie Lloyd	
Dr Christy Burden	
Dr Caroline Louise Scrase	
Kelly Jane Avis-Hay	Secretary
Suzanne Clare Stollery	
Kym Birtwell-Thompson	
Claire Storey	

Accountants

TYRRELL PROCTER
Chartered Accountants
Beaufort House
113 Parson Street
Bristol,
BS3 5QH

REPORT OF THE DIRECTORS AND TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their directors' report and financial statements for the year ended 31 March 2023.

Trustees Statement

Since 1981 Mothers for Mothers has supported families affected by maternal mental illness across Bristol, South Gloucestershire and North Somerset. We offer support to women during pregnancy and until their youngest child attends school, from illness to wellness, through our support services: Reach helpline/support calls, Home Visiting, Art Psychotherapy and Counselling, Peer Support Groups/Antenatal Groups and SEND support.

Our services are delivered by women with lived experience of perinatal mental illness.

We aim to achieve the following outcomes for the women and families we work with:

- Improved confidence, resilience and relationships with children and family, leading to faster recovery.
- Improving children's emotional development by supporting mothers to be sensitive and responsive in their relationships with their children.
- Reduced social isolation and improved social and support networks.
- More awareness of perinatal mental illness and the support available
- Improved care and services for maternal mental illness.

During the accounting period, to deliver the above services Mothers for Mothers has employed 12 members of staff.

Mothers for Mothers has trained and supported a team of volunteers to include student placements.

During this accounting period Mothers for Mothers has received Pro Bono Support from The Cranfield Trust and has used Staple Hill Family Hub for 2 hours per week free of charge.

Funds to deliver the services are raised from statutory funding; grants, foundations and trusts, fundraising events and donations.

REPORT OF THE DIRECTORS AND TRUSTEES (continued)**FOR THE YEAR ENDED 31 MARCH 2023**

Structure, Governance and Management

Mothers for Mothers began work as a voluntary organisation in January 1981. It was originally registered as a charity on 10 July 1992 (1012642). A charitable company limited by guarantee was incorporated on 6 November 2013 and on 1st April 2020 the charity has restructured into the legal form of a company limited by guarantee and began to operate under the new charity number: 1185281. The original charity's funds and assets were gifted to the successor charitable company which has taken on the charitable activities. The final "zero" position accounts were submitted to the Charity Commission on 23rd February 2022.

The original charity number will be closed down upon agreement by the Charity Commission.

The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The directors of the company are also the charity's trustees for the purposes of charity law.

Responsibilities of the Trustees

Under charity and company law, the Trustees are responsible for preparing financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing these financial statements, generally accepted accounting practice entails that the trustees:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are responsible and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue its activities.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act. The Trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities

REPORT OF THE DIRECTORS AND TRUSTEES (continued)

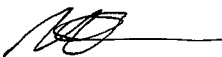
FOR THE YEAR ENDED 31 MARCH 2023

Responsibilities of the Directors

The Directors, regulated by company law are also trustees for the purposes of charity law, who served during the year and up to the date of this report are set out on page 2. In accordance with company law, as the company directors, we certify that:

- so far as we are aware, there is no relevant information of which the company's examiners are unaware; and
- as the directors of the company we have taken all the necessary steps that we ought to have taken in order to make ourselves aware of any relevant information necessary for the independent examination and to establish that the charity's examiners are aware of that information; and
- the Statement of Recommended Practice ("Accounting by Charities") have been followed, subject to any material departures disclosed and explained in the financial statements.

Approved by the Trustees



Natalie Anne Campbell (Sep 21, 2023,
9:36am)
Natalie Anne Campbell

..21-Sep-2023.....Dated

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

We have examined the financial statements set out on page 6.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of accounts. The charity's members consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is our responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to our attention.

Basis of independent examiner's report

Our examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

This report is made to you in accordance with the terms of our engagement and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the trustees, for our work or for this report.

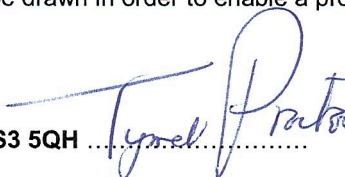
Independent examiner's statement

In connection with our examination, no matter has come to our attention:

1. which gives us reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act and the Regulations have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

TYRRELL PROCTER
Chartered Accountants

Beaufort House 113 Parson Street Bristol BS3 5QH



STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2023

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
INCOME AND EXPENDITURE:				
Income Resources:				
Local Authority Grants	-	9,456	9,456	89,321
Fund Raising and Other Income	20,090	-	20,090	24,280
Investment Income	1,834	-	1,834	35
Statutory NHS funding	-	128,880	128,880	127,726
Other Grants	-	139,093	139,093	58,571
CBRE – RHS Chelsea flower show	-	-	-	37,455
TOTAL INCOMING RESOURCES	21,924	277,429	299,353	337,388
RESOURCES EXPENDED:				
Direct Charitable Expenditure	82,752	192,075	274,827	197,014
Management, Administration and Support of the Charity	30,672	-	30,672	10,345
TOTAL RESOURCES EXPENDED	113,424	192,075	305,499	207,359
NET INCOMING RESOURCES	(91,500)	85,354	(6,146)	130,029
Balance of Funds – Brought Forward	136,582	159,697	296,279	166,250
Balance of Funds – Carried Forward	45,082	245,051	290,132	296,279

MOTHERS FOR MOTHERS

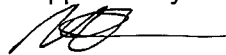
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BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Tangible Assets	2	43	57
CURRENT ASSETS			
Debtors	3	40,386	899
Balance at Bank		255,217	298,980
		295,603	299,879
CURRENT LIABILITIES			
Creditors falling due within one year	4	(5,514)	(3,657)
NET CURRENT ASSETS		290,089	296,222
NET ASSETS		290,132	296,279
Represented by:			
UNRESTRICTED FUNDS	5		
GENERAL		2,653	7,929
DESIGNATED - Staff contingency		14,475	8,653
- 3 months running costs		75,000	75,000
- Staff restructure & development		50,000	45,000
RESTRICTED FUNDS		148,004	159,697
		290,132	296,279

Approved by the Board of Trustees and signed on its behalf:




– Chair

– Treasurer

Ilona Kutrzeba (Sep 21, 2023, 11:42am)

21.Sep.2023.....21.Sep.2023..... Date

The notes on pages 9 to 12 form part of these accounts.

NOTES TO THE FINANCIAL STATEMENTS**FOR THE YEAR ENDED 31 MARCH 2023**

1. PRINCIPAL ACCOUNTING POLICIES

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year.

(a) Basis of Accounting

The financial statements have been prepared under the historical cost convention, and in accordance with the Statement of Recommended Practice.

(b) Fund Accounting

- (i) Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- (ii) Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes.
- (iii) Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(c) Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

- (i) Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- (ii) Donated services and facilities are included at the value to the charity where this can be quantified.
- (iii) The value of services provided by volunteers has not been included in these accounts.
- (iv) Investment income is included when receivable.
- (v) Incoming resources from charitable trading activity are accounted for when earned.
- (vi) Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

NOTES TO THE FINANCIAL STATEMENTS (continued)**FOR THE YEAR ENDED 31 MARCH 2023**

(d) Resources Expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered.

- (i) Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.
- (ii) Charitable expenditure comprises the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.
- (iii) Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.
- (iv) All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

(e) Fixed Assets

Tangible fixed assets are written off over the expected useful life of the asset, at 25% per annum on the reducing balance basis.

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2023

2. TANGIBLE FIXED ASSETS

	2023 £	2022 £
COST		
Balance Brought Forward	6,010	6,010
Additions during the Year	-	-
	6,010	6,010
DEPRECIATION		
Balance Brought Forward	5,953	5,934
Charge for the Year	14	19
	5,967	5,953
NET BOOK VALUE CARRIED FORWARD	43	57
NET BOOK VALUE BROUGHT FORWARD	57	76

3. DEBTORS

	2023 £	2022 £
Trade Debtors	40,386	899
HMRC	-	-
	40,386	899

4. CREDITORS – FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Payroll	-	-
Sundry Creditors	5,229	3,372
Accruals	285	285
	-	-
	5,514	3,657

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2023 continued

5. MOVEMENTS IN FUNDS

	Balance 01.04.2022	Incoming	Outgoing	Funds Transfer	Balance 31.03.2023
<u>Restricted Funds</u>					
BNSSG ICB Client Care		38,898		-	38,898
Avon & Wiltshire MH partnership		34,850		-	34,850
The national lottery RC comm. fund		31,835	27,673	-	4,162
The national lottery awards for all		9,800	6,734	-	3,066
Children in Need		10,000		-	10,000
Nisbet Trust		5,000		-	5,000
Newby Trust		10,000		-	10,000
Garfield Weston		25,000		-	25,000
Northwick		5,000		-	5,000
McFarlane Walker		1,000		-	1,000
Albert Hunt		2,000		-	2,000
Doughty		2,000		-	2,000
Bristol City Council	55,406		55,406	-	-
NHS Art Psychotherapy	9,000		6,600	-	2,400
NHS client care	25,276		25,276	-	-
NHS Peer Support	8,000		8,000	-	-
NHS SEND	15,000		15,000	-	-
NHS Antenatal	5,000		5,000	-	-
Quartet N Somerset	11,248		11,248	-	-
Quartet resilience	9,964		9,964	-	-
Quartet Express	422	5,000	794	-	4,628
CBRE (Chelsea)	20,381		20,381	-	-
Total	159,697	180,383	192,075	-	148,004
<u>Unrestricted Funds</u>					
<u>Designated</u>					
Staff Contingency Reserve	8,653	-	-	5,822	14,475
3 months running costs	75,000	-	-	-	75,000
Staff restructure & development	45,000	-	-	5,000	50,000
General Funds	7,929	118,970	113,424	(10,822)	2,653
Total	136,582	118,970	113,424	-	142,128
Total	296,279	299,353	305,499	-	290,132

MOTHERS FOR MOTHERS

(A Company Limited by Guarantee)

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

Registered Charity Number: 1185281
Company Number: 08764052



**TYRRELL
PROCTER**

**Chartered Accountants
Business Advisors**

Beaufort House
113 Parson Street
Bristol
BS3 5QH

MOTHERS FOR MOTHERS

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

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Trustees Only:	
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COMPANY INFORMATION

FOR THE YEAR ENDED 31 MARCH 2023

Administrative Information

Charity Name:	Mothers for Mothers
Charity Number:	1185281
Company Number:	08764052
Registered office and Operational address:	New Fulford Family Centre 237-239 Gatehouse Avenue Bristol BS13 9AQ

Directors and Trustees

Natalie Anne Campbell	Chair
Annette Lang	
Laura Kathleen Ward	Vice chair
Ilona Kutrzeba	Treasurer
Melanie Lloyd	
Dr Christy Burden	
Dr Caroline Louise Scrase	
Kelly Jane Avis-Hay	Secretary
Suzanne Clare Stollery	
Kym Birtwell-Thompson	
Claire Storey	

Accountants

TYRRELL PROCTER
Chartered Accountants
Beaufort House
113 Parson Street
Bristol,
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REPORT OF THE DIRECTORS AND TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their directors' report and financial statements for the year ended 31 March 2023.

Trustees Statement

Since 1981 Mothers for Mothers has supported families affected by maternal mental illness across Bristol, South Gloucestershire and North Somerset. We offer support to women during pregnancy and until their youngest child attends school, from illness to wellness, through our support services: Reach helpline/support calls, Home Visiting, Art Psychotherapy and Counselling, Peer Support Groups/Antenatal Groups and SEND support.

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- Reduced social isolation and improved social and support networks.
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During the accounting period, to deliver the above services Mothers for Mothers has employed 12 members of staff.

Mothers for Mothers has trained and supported a team of volunteers to include student placements.

During this accounting period Mothers for Mothers has received Pro Bono Support from The Cranfield Trust and has used Staple Hill Family Hub for 2 hours per week free of charge.

Funds to deliver the services are raised from statutory funding; grants, foundations and trusts, fundraising events and donations.

REPORT OF THE DIRECTORS AND TRUSTEES (continued)**FOR THE YEAR ENDED 31 MARCH 2023**

Structure, Governance and Management

Mothers for Mothers began work as a voluntary organisation in January 1981. It was originally registered as a charity on 10 July 1992 (1012642). A charitable company limited by guarantee was incorporated on 6 November 2013 and on 1st April 2020 the charity has restructured into the legal form of a company limited by guarantee and began to operate under the new charity number: 1185281. The original charity's funds and assets were gifted to the successor charitable company which has taken on the charitable activities. The final "zero" position accounts were submitted to the Charity Commission on 23rd February 2022.

The original charity number will be closed down upon agreement by the Charity Commission.

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The directors of the company are also the charity's trustees for the purposes of charity law.

Responsibilities of the Trustees

Under charity and company law, the Trustees are responsible for preparing financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing these financial statements, generally accepted accounting practice entails that the trustees:

- select suitable accounting policies and then apply them consistently;
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- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue its activities.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act. The Trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities

REPORT OF THE DIRECTORS AND TRUSTEES (continued)

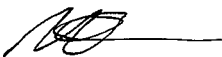
FOR THE YEAR ENDED 31 MARCH 2023

Responsibilities of the Directors

The Directors, regulated by company law are also trustees for the purposes of charity law, who served during the year and up to the date of this report are set out on page 2. In accordance with company law, as the company directors, we certify that:

- so far as we are aware, there is no relevant information of which the company's examiners are unaware; and
- as the directors of the company we have taken all the necessary steps that we ought to have taken in order to make ourselves aware of any relevant information necessary for the independent examination and to establish that the charity's examiners are aware of that information; and
- the Statement of Recommended Practice ("Accounting by Charities") have been followed, subject to any material departures disclosed and explained in the financial statements.

Approved by the Trustees



Natalie Anne Campbell (Sep 21, 2023,
9:36am)
Natalie Anne Campbell

..21-Sep-2023.....Dated

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

We have examined the financial statements set out on page 6.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of accounts. The charity's members consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is our responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to our attention.

Basis of independent examiner's report

Our examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

This report is made to you in accordance with the terms of our engagement and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the trustees, for our work or for this report.

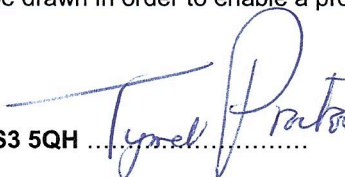
Independent examiner's statement

In connection with our examination, no matter has come to our attention:

1. which gives us reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act and the Regulations have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

TYRRELL PROCTER
Chartered Accountants

Beaufort House 113 Parson Street Bristol BS3 5QH



STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2023

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
INCOME AND EXPENDITURE:				
Income Resources:				
Local Authority Grants	-	9,456	9,456	89,321
Fund Raising and Other Income	20,090	-	20,090	24,280
Investment Income	1,834	-	1,834	35
Statutory NHS funding	-	128,880	128,880	127,726
Other Grants	-	139,093	139,093	58,571
CBRE – RHS Chelsea flower show	-	-	-	37,455
TOTAL INCOMING RESOURCES	21,924	277,429	299,353	337,388
RESOURCES EXPENDED:				
Direct Charitable Expenditure	82,752	192,075	274,827	197,014
Management, Administration and Support of the Charity	30,672	-	30,672	10,345
TOTAL RESOURCES EXPENDED	113,424	192,075	305,499	207,359
NET INCOMING RESOURCES	(91,500)	85,354	(6,146)	130,029
Balance of Funds – Brought Forward	136,582	159,697	296,279	166,250
Balance of Funds – Carried Forward	45,082	245,051	290,132	296,279

MOTHERS FOR MOTHERS

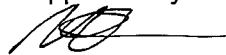
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BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Tangible Assets	2	43	57
CURRENT ASSETS			
Debtors	3	40,386	899
Balance at Bank		255,217	298,980
		295,603	299,879
CURRENT LIABILITIES			
Creditors falling due within one year	4	(5,514)	(3,657)
NET CURRENT ASSETS		290,089	296,222
NET ASSETS		290,132	296,279
Represented by:			
UNRESTRICTED FUNDS	5		
GENERAL		2,653	7,929
DESIGNATED - Staff contingency		14,475	8,653
- 3 months running costs		75,000	75,000
- Staff restructure & development		50,000	45,000
RESTRICTED FUNDS		148,004	159,697
		290,132	296,279

Approved by the Board of Trustees and signed on its behalf:




– Chair

– Treasurer

Ilona Kutrzeba (Sep 21, 2023, 11:42am)

21.Sep.2023.....21.Sep.2023..... Date

The notes on pages 9 to 12 form part of these accounts.

NOTES TO THE FINANCIAL STATEMENTS**FOR THE YEAR ENDED 31 MARCH 2023**

1. PRINCIPAL ACCOUNTING POLICIES

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year.

(a) Basis of Accounting

The financial statements have been prepared under the historical cost convention, and in accordance with the Statement of Recommended Practice.

(b) Fund Accounting

- (i) Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- (ii) Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes.
- (iii) Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(c) Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

- (i) Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- (ii) Donated services and facilities are included at the value to the charity where this can be quantified.
- (iii) The value of services provided by volunteers has not been included in these accounts.
- (iv) Investment income is included when receivable.
- (v) Incoming resources from charitable trading activity are accounted for when earned.
- (vi) Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

NOTES TO THE FINANCIAL STATEMENTS (continued)**FOR THE YEAR ENDED 31 MARCH 2023**

(d) Resources Expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered.

- (i) Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.
- (ii) Charitable expenditure comprises the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.
- (iii) Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.
- (iv) All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

(e) Fixed Assets

Tangible fixed assets are written off over the expected useful life of the asset, at 25% per annum on the reducing balance basis.

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2023

2. TANGIBLE FIXED ASSETS

	2023 £	2022 £
COST		
Balance Brought Forward	6,010	6,010
Additions during the Year	-	-
	6,010	6,010
DEPRECIATION		
Balance Brought Forward	5,953	5,934
Charge for the Year	14	19
	5,967	5,953
NET BOOK VALUE CARRIED FORWARD	43	57
NET BOOK VALUE BROUGHT FORWARD	57	76

3. DEBTORS

	2023 £	2022 £
Trade Debtors	40,386	899
HMRC	-	-
	40,386	899

4. CREDITORS – FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Payroll	-	-
Sundry Creditors	5,229	3,372
Accruals	285	285
	-	-
	5,514	3,657

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2023 continued

5. MOVEMENTS IN FUNDS

	Balance 01.04.2022	Incoming	Outgoing	Funds Transfer	Balance 31.03.2023
<u>Restricted Funds</u>					
BNSSG ICB Client Care		38,898		-	38,898
Avon & Wiltshire MH partnership		34,850		-	34,850
The national lottery RC comm. fund		31,835	27,673	-	4,162
The national lottery awards for all		9,800	6,734	-	3,066
Children in Need		10,000		-	10,000
Nisbet Trust		5,000		-	5,000
Newby Trust		10,000		-	10,000
Garfield Weston		25,000		-	25,000
Northwick		5,000		-	5,000
McFarlane Walker		1,000		-	1,000
Albert Hunt		2,000		-	2,000
Doughty		2,000		-	2,000
Bristol City Council	55,406		55,406	-	-
NHS Art Psychotherapy	9,000		6,600	-	2,400
NHS client care	25,276		25,276	-	-
NHS Peer Support	8,000		8,000	-	-
NHS SEND	15,000		15,000	-	-
NHS Antenatal	5,000		5,000	-	-
Quartet N Somerset	11,248		11,248	-	-
Quartet resilience	9,964		9,964	-	-
Quartet Express	422	5,000	794	-	4,628
CBRE (Chelsea)	20,381		20,381	-	-
Total	159,697	180,383	192,075	-	148,004
<u>Unrestricted Funds</u>					
<u>Designated</u>					
Staff Contingency Reserve	8,653	-	-	5,822	14,475
3 months running costs	75,000	-	-	-	75,000
Staff restructure & development	45,000	-	-	5,000	50,000
General Funds	7,929	118,970	113,424	(10,822)	2,653
Total	136,582	118,970	113,424	-	142,128
Total	296,279	299,353	305,499	-	290,132

Accounts

MOTHERS FOR MOTHERS

(A Company Limited by Guarantee)

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

Registered Charity Number: 1185281

Company Number: 08764052



**TYRRELL
PROCTER**

**Chartered Accountants
Business Advisors**

Beaufort House
113 Parson Street
Bristol
BS3 5QH

MOTHERS FOR MOTHERS

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

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COMPANY INFORMATION**FOR THE YEAR ENDED 31 MARCH 2022**

Administrative Information

Charity Name:	Mothers for Mothers
Charity Number:	1185281
Company Number:	08764052
Registered office and Operational address:	New Fulford Family Centre 237-239 Gatehouse Avenue Bristol BS13 9AQ

Directors and Trustees

Belinda Cox	Chair
Mrs Annette Lang	
Ms Pip A'Ness – left during year	
Mrs Laura Ward	Vice chair
Mrs Emily Matthews – left during year	
Nicky Pedwell	
Amanda Clarke	Treasurer
Mel Lloyd	
Dr Christy Burden	Miss Karen Joash – left during year
Dr Caroline Scrase	Kelly Avis-Hay Secretary
Suzy Stollery – joined during the year	

Accountants

TYRRELL PROCTER
Chartered Accountants
Beaufort House
113 Parson Street
Bristol,
BS3 5QH

REPORT OF THE DIRECTORS AND TRUSTEES**FOR THE YEAR ENDED 31 MARCH 2022**

The Trustees present their directors' report and financial statements for the year ended 31 March 2022.

Trustees Statement

Since 1981 Mothers for Mothers has supported families affected by maternal mental illness across Bristol, South Gloucestershire and North Somerset. We offer support to women during pregnancy and until their youngest child attends school, from illness to wellness, through four arms of our support services: Reach helpline/support calls, Home Visiting, Art Psychotherapy and Counselling and Peer Support/Antenatal Groups. Our services are delivered by women with lived experience of perinatal mental illness. We aim to achieve the following outcomes for the women and families we work with:

- Improved confidence, resilience and relationships with children and family, leading to faster recovery.
- Improving children's emotional development by supporting mothers to be sensitive and responsive in their relationships with their children.
- Reduced social isolation and improved social and support networks.
- More awareness of perinatal mental illness and the support available.
- Improved care and services for maternal mental illness.

During the accounting period, to deliver the above services Mothers for Mothers has employed 12 members of staff. This has included an administration assistant with full financial support from the kickstart scheme. Mothers for Mothers has trained and supported a team of volunteers to include student placements.

During this accounting period Mothers for Mothers has received Pro Bono Support from OR Pro Bono and from Project Giving Back. Mothers for Mothers has also received financial support from CBRE for the garden at RHS Chelsea flower show alone. The financial support from CBRE has not been used in service delivery or charity core costs.

Funds to deliver the services are raised from statutory funding; grants, foundations and trusts, fundraising events and donations.

REPORT OF THE DIRECTORS AND TRUSTEES (continued)**FOR THE YEAR ENDED 31 MARCH 2022**

Structure, Governance and Management

Mothers for Mothers began work as a voluntary organisation in January 1981. It was originally registered as a charity on 10 July 1992 (1012642). A charitable company limited by guarantee was incorporated on 6 November 2013 and on 1st April 2020 the charity has restructured into the legal form of a company limited by guarantee and began to operate under the new charity number: 1185281. The original charity's funds and assets were gifted to the successor charitable company which has taken on the charitable activities. The final "zero" position accounts were submitted to the Charity Commission on 23rd February 2022.

The original charity number will be closed down upon agreement by the Charity Commission.

The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The directors of the company are also the charity's trustees for the purposes of charity law.

Responsibilities of the Trustees

Under charity and company law, the Trustees are responsible for preparing financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing these financial statements, generally accepted accounting practice entails that the trustees:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are responsible and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue its activities.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act. The Trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

REPORT OF THE DIRECTORS AND TRUSTEES (continued)

FOR THE YEAR ENDED 31 MARCH 2022

Responsibilities of the Directors

The Directors, regulated by company law are also trustees for the purposes of charity law, who served during the year and up to the date of this report are set out on page 2.

In accordance with company law, as the company directors, we certify that:

- so far as we are aware, there is no relevant information of which the company's examiners are unaware; and
- as the directors of the company we have taken all the necessary steps that we ought to have taken in order to make ourselves aware of any relevant information necessary for the independent examination and to establish that the charity's examiners are aware of that information; and
- the Statement of Recommended Practice ("Accounting by Charities") have been followed, subject to any material departures disclosed and explained in the financial statements.

Approved by the Trustees



Belinda Cox (Oct 19, 2022, 5:22pm)

Belinda Cox

....18 Oct.2022.....Dated

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

We have examined the financial statements set out on page 6.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of accounts. The charity's members consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is our responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to our attention.

Basis of independent examiner's report

Our examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

This report is made to you in accordance with the terms of our engagement and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the trustees, for our work or for this report.

Independent examiner's statement

In connection with our examination, no matter has come to our attention:

1. which gives us reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act and the Regulations have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

TYRRELL PROCTER
Chartered Accountants

Beaufort House 113 Parson Street Bristol BS3 5QH 21/10/2022

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2022

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
INCOME AND EXPENDITURE:				
Income Resources:				
Local Authority Grants	89,321	-	89,321	19,236
Fund Raising and Other Income	24,280	-	24,280	16,662
Investment Income	35	-	35	63
Statutory NHS funding	127,726	-	127,726	58,000
Other Grants	-	58,571	58,571	117,695
CBRE – RHS Chelsea flower show		37,455	37,455	-
TOTAL INCOMING RESOURCES	241,362	96,026	337,388	211,656
RESOURCES EXPENDED:				
Direct Charitable Expenditure	89,782	116,722	206,504	160,851
Management, Administration and Support of the Charity	855	-	855	855
TOTAL RESOURCES EXPENDED	90,637	116,722	207,359	161,706
NET INCOMING RESOURCES	150,725	(20,696)	130,029	49,950
Balance of Funds – Brought Forward	102,053	64,197	166,250	116,300
Balance of Funds – Carried Forward	252,778	43,501	296,279	166,250

The notes on pages 8 to 12 form part of these accounts.

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	2021 £
FIXED ASSETS			
Tangible Assets	2	57	76
CURRENT ASSETS			
Debtors	3	899	10,441
Balance at Bank		298,980	158,710
		299,879	169,151
CURRENT LIABILITIES			
Creditors falling due within one year	4	(3,657)	(2,976)
NET CURRENT ASSETS		296,222	166,175
NET ASSETS		296,279	166,250
Represented by:			
UNRESTRICTED FUNDS	5		
GENERAL		7,929	17,053
DESIGNATED - Staff contingency		8,653	5,000
- 3 months running costs		75,000	50,000
- Staff restructure & development		45,000	30,000
RESTRICTED FUNDS		159,697	64,197
		296,279	166,250

Approved by the Board of Trustees and signed on its behalf:


 !  5:22pm)

– Chair

– Acting Treasurer

Amanda Clarke (Oct 19, 2022, 8:45pm)
 18 Oct 2022 19 Oct 2022 Date

The notes on pages 8 to 12 form part of these accounts.

NOTES TO THE FINANCIAL STATEMENTS**FOR THE YEAR ENDED 31 MARCH 2022**

1. PRINCIPAL ACCOUNTING POLICIES

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year.

(a) Basis of Accounting

The financial statements have been prepared under the historical cost convention, and in accordance with the Statement of Recommended Practice.

(b) Fund Accounting

- (i) Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- (ii) Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes.
- (iii) Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(c) Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

- (i) Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- (ii) Donated services and facilities are included at the value to the charity where this can be quantified.
- (iii) The value of services provided by volunteers has not been included in these accounts.
- (iv) Investment income is included when receivable.
- (v) Incoming resources from charitable trading activity are accounted for when earned.
- (vi) Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

NOTES TO THE FINANCIAL STATEMENTS (continued)**FOR THE YEAR ENDED 31 MARCH 2022**

(d) Resources Expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered.

- (i) Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.
- (ii) Charitable expenditure comprises the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.
- (iii) Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.
- (iv) All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

(e) Fixed Assets

Tangible fixed assets are written off over the expected useful life of the asset, at 25% per annum on the reducing balance basis.

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2022

2. TANGIBLE FIXED ASSETS

	2022 £	2021 £
COST		
Balance Brought Forward	6,010	6,010
Additions during the Year	-	-
	6,010	6,010
DEPRECIATION		
Balance Brought Forward	5,934	5,909
Charge for the Year	19	25
	5,953	5,934
NET BOOK VALUE CARRIED FORWARD	57	76
NET BOOK VALUE BROUGHT FORWARD	76	101

3. DEBTORS

	2022 £	2021 £
Trade Debtors	899	10,441
HMRC	-	-
	899	10,441

4. CREDITORS – FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Payroll	-	-
Sundry Creditors	3,372	2,691
Accruals	285	285
	-	-
	3,657	2,976

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2022 continued

5. MOVEMENTS IN FUNDS

	Balance 01.04.2021	Incoming	Outgoing	Funds Transfer	Balance 31.03.2022
<u>Restricted Funds</u>					
Children in Need	8,333	-	8,333	-	
James Tudor Foundation	300	5,000	5,300	-	-
Garfield Weston	10,000	-	10,000	-	-
Evelyn May	3,344	-	3,344	-	-
Quartet	10,000	-	10,000	-	-
St James Place	10,000	-	10,000	-	-
NHS #213	5,000	-	5,000	-	-
Newby	5,000	-	5,000	-	-
Above & Beyond	3,700	-	3,700	-	-
TNL Awards for All	8,520	-	8,520	-	-
Bristol City Council	-	72,531	17,125	-	55,406
NHS Art Psychotherapy	-	9,000	-	-	9,000
NHS client care	-	25,276	-	-	25,276
NHS Peer Support	-	8,000	-	-	8,000
NHS SEND	-	15,000	-	-	15,000
NHS Antenatal	-	5,000	-	-	5,000
Quartet N Somerset	-	19,996	8,748	-	11,248
Quartet resilience	-	9,964	-	-	9,964
Quartet Express	-	5,000	4,578	-	422
CBRE (Chelsea)	-	37,455	17,074	-	20,381
Total	64,197	212,222	116,722	-	159,697
<u>Unrestricted Funds</u>					
<u>Designated</u>					
Staff Contingency Reserve	5,000	-	-	3,653	8,653
3 months running costs	50,000	-	-	25,000	75,000
Staff restructure & development	30,000	-	-	15,000	45,000
General Funds	17,053	125,166	90,637	(43,653)	7,929
Total	102,053	125,166	90,637	-	136,582
Total	166,250	337,388	207,359	-	296,279

MOTHERS FOR MOTHERS

England & Wales - Charity number 1185281

Accounts



Mothers for Mothers

(A company limited by guarantee)

Report for the year ending 31st March 2021

Charity number 1185281

Company number 08764052

Report of the Trustees for the year ending 31 March 2021

The Trustees present the report for the year ended 31 March 2021. The audited financial report is presented separately.

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3	Structure, governance and management	5
4	Achievement and performance	6
5	Case study	17
6	Ambition and long-term strategy	18
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1. Reference and Administrative Information

Company name: Mothers for Mothers

Charity registration number: 1185281

Company registration number: 08764052

Registered office and
Operational address: New Fulford Family Centre
237-239 Gatehouse Avenue
Bristol
BS13 9AQ

Trustees

Belinda Cox	Chair	Joined January 2021
Laura Ward	Vice Chair	
Amanda Clarke	Treasurer	
Emily Matthew	Secretary	
Annette Lang		
Caroline Scrase		
Nicky Pedwell		
Pip A'Ness		
Christy Burden		Joined 12 November 2020
Karen Joash		Joined 4 December 2020
Kelly Avis-Hay		Joined 12 November 2020
Mel Lloyd		Joined 12 November 2020
Sarah Tyndall	Chair	Resigned Autumn 2020
Karly Hunter	Treasurer	Resigned Autumn 2020
Linda Hicken		Resigned Autumn 2020

Senior Management Team

Maria Viner	CEO
Justine Rowe	Finance Manager

Bankers: CAF Bank Ltd 25 kings Hill Avenue, Kings Hill, West Mailing, Kent, ME19 4JQ

Solicitors: Orrick, Herrington & Sutcliffe, 107 Cheapside, London, EC2V 6DN

2. Objectives and activities

Purposes and Aims

Our Primary objective is to maintain and develop a sustainable peer support organisation which provides high quality services to meet the emotional health needs of clients and their families from pregnancy until the youngest child reaches school age.

Our charity's purposes as set out in the objects contained in the company's Articles of Association are:

- the advancement of mental health for mothers, particularly through the care of those suffering from emotional or psychiatric disorder or mental illness associated with pregnancy and childbirth and those affected by their conditions, including their children, spouses, partners and other family members;
- and
- the advancement and promotion of high standards of education and care in all matters concerning emotional or psychiatric disorder or mental illness associated with pregnancy and childbirth.

The services cover the Bristol, South Gloucestershire, and North Somerset areas.

Ensuring our work delivers our aims

We review our aims and objectives in line with our 3-year development plan. The current plan runs from April 2019 – March 2022. However, due to the pandemic the focus has been on ensuring the service has been able to deliver our aims while following COVID guidance and ensuring the safety of the beneficiaries and staff.

Why our work is needed

Pre-pandemic, up to 20% of women experience a mental health issue during pregnancy or after giving birth¹. Symptoms include feelings of despondency, guilt, anxiety and isolation, panic attacks and maternal Obsessive Compulsive Disorder (OCD.) Maternal mental health can inhibit a mother's ability to bond with her baby and provide sensitive and responsive care, affecting the emotional, cognitive and physical development and long-term health of her children².

The pandemic has increased isolation during the perinatal period, made it more difficult for women to access support, and has led to a decrease in mental wellbeing³.

The first step to recovery is for women to recognise they are unwell and be prepared to talk about how they feel. However, half of new mothers' mental health problems do not get picked up by a health professional, and 34% of women fear their baby will be taken away if

¹ NHS – Perinatal Mental Health <https://www.england.nhs.uk/mental-health/perinatal/>

² Quartet Community Foundation Vital Signs Report 2017

³ Maternal mental health during a pandemic: A rapid evidence review of Covid 19's impact, Maternal Mental Health Alliance, March 2021

they disclose their feelings⁴. Around 3,000 women in the Bristol area suffer from moderate to more serious maternal mental health every year⁵.

The challenges faced by women experiencing maternal mental health are compounded by additional factors and we are working with women and families who are experiencing domestic abuse, uncertain housing, abuse and exploitation, uncertainty about their leave to remain as well as financial hardship. Adopting a trauma-informed approach supports this work across all our services underpinned by a robust safeguarding system. The complexity of this work requires skill and resilience in the staff and volunteer team as well as good working relationships with multiagency partners to ensure that clients and families receive the services they require.

As the figures in this report demonstrate, each of the services provided by Mothers for Mothers has been affected by the increased complexity of keeping clients and staff safe from infection by the SARS-CoV-2 virus.

None of this would be possible without the team of dedicated and skilled volunteers who show such commitment to ensuring that peer support is available to families across the area. They not only provide the life blood of the organisation, but they remind us of our heritage as an organisation and keep us firmly rooted in the values of women of lived experience supporting other women and families.

3. Structure, governance, and management

Mothers for Mothers is a company limited by guarantee.

The nature of the governing document is Articles of Association altered by Special Resolution on 10 January 2019 and 16 July 2020.

There is a Board of Trustees made up of up to 12 women of lived experience and others who bring specific professional skills to the board.

A small staff team is led by CEO Maria Viner. Also led by Maria Viner is the team of volunteers providing the Helpline Service and some of the support services.

The Board has shown ongoing commitment to maintaining the values and ethos of the charity whilst at the same time evolving to meet the ever-changing context in which we operate.

There have been changes to the Board of Trustees in this reporting period, and thanks for donating their time, commitment, and passion for the aims of the organisation must go to those who have stepped down from their roles:

- Sarah Tyndall Chair
- Kirsty Hunter Treasurer
- Linda Hicken Trustee

⁴ Perinatal Mental Health Experiences of Women and Health Professionals, Boots Family Trust Alliance, October 2013

⁵ Bristol, North Somerset & South Gloucestershire Clinical Commissioning Groups Maternity Transformation Plan 2017-2021

Thanks must also go to the new Trustees who in addition to me, have joined the Board this year:

- Amanda Clark Treasurer
- Mel Lloyd
- Christy Burden
- Karen Joash
- Kelly Avis-Hay

I know that Sarah and Maria continued to enjoy a strong and productive working relationship until the time commitment of Sarah's substantive role forced her resignation from the Chair. I joined the Board in the final quarter of this reporting year, and Maria and I have begun to develop what I anticipate will be an equally effective relationship.

Potential trustees are identified by current trustees or the CEO dependent on their knowledge, skills and substantive role. New trustees are invited to join the board by the current board of trustees.

4. Achievements and performance

Pandemic Response

Of course, the pandemic has been at the forefront of the challenges over the 2020-21 reporting period, demanding reactive and rapid changes to the services over days rather than weeks, carried forward by Maria's exceptional leadership and a committed and competent team of staff working on the front line, and supported by Nadia in her administrative role and Justine keeping the books in order.

The delivery of each of the services was impacted on by lockdown restrictions, becoming virtual, and then moving onto a blended service when government guidance allowed. Staff and volunteers were working mainly from home. Maria set up regular online meetings to ensure isolation of staff and volunteers was minimised and mental wellbeing was supported.

Despite the pandemic, the combination of good leadership, a strong staff team and an equally capable volunteer team has enabled the delivery of services to support women and their families to continue, but with restrictions to some, and extensions to others.

We participated in another Maternal Mental Health week, ensuring a strong social media presence in the absence of organised activities due to lockdown.

The Board development work funded by the Lloyds Bank Foundation, which was commenced in the previous reporting period and delayed due to the pandemic was picked up again at towards end of this reporting period.

A series of zoom meetings gave the trustees an opportunity to understand their roles, responsibilities and what they offer to the organisation. The trustees found it useful and interesting to hear fellow trustees responses on the subjects discussed. This will continue into the 2021-22 year and outcomes will reported after completion of the project in the next reporting period.

Maria's participation with the Royal College of Obstetricians and Gynaecologists and Maria and Christy's involvement with Tommy's National Centre for Maternity Improvement offer numerous opportunities to advocate for, and increase the understanding of, the needs of families experiencing the impact of maternal mental health. It also provides a platform to highlight the excellent work that Mothers for Mothers is doing.

Legal structure

The work to restructure into the legal form of a company limited by guarantee was completed, and the charity's funds and assets were gifted to the successor company which has taken on the charitable activities. Work is currently ongoing with Orrick providing *pro-bono* advice to review and update the Articles of Association.

Inclusion

Mothers for Mothers is committed to encouraging equality, diversity, and inclusion among our workforce, and to eliminating unlawful discrimination. Our aim is for our workforce to be truly representative of all sections of society, and for all employees to feel respected at work, and able to give their best. Mothers for Mothers is also committed to avoiding unlawful discrimination towards service users, or members of the public.

In February 2021, staff and volunteers attended a two-day cultural competency workshop with Mars Lord. This workshop enabled us to address unconscious bias, how it effects our practice and to learn skills to make meaningful changes.

We have an Equality and Diversity Policy and are committed to ensuring that all staff and volunteers understand and know how to implement the policy. The policy will be updated following the CEO's attendance at a workshop in June 2021. We will take action to challenge any discrimination that may arise. We continue to have conversations with the other organisation we work closely with and will share learning to further reduce discrimination or victimisation.

In our service delivery we take actions to remove barriers and enable increased participation by taking our support service into communities to connect with women we know have struggled to access our services and we pro-actively work with specialist organisations to engage with diverse groups to ensure our work is accessible, for example during lockdown we worked with Bristol Bangladeshi Women's Health Project to make our services more accessible to Southern Asian women.

We engage with the knowledge and connections of our link peer support workers from minority communities and ensure that this informs all our services. This has also enabled us to include the celebration of cultural festivals within our service delivery. We only use accessible venues, and we ensure these are on good public transport routes. Most of our services take place during the day when older siblings are at school however due to requests from our participants our antenatal / wellbeing in pregnancy group has a weekly evening session.

We will continue to have conversations with the other organisations we work closely with and ensure that we are all working towards greater inclusion; we hope that we can continue to build further on our reach to other groups who find our services difficult to access.

We will continue to ensure the competency of our staff and volunteer team through our training programme. Our Trustee, Karen Joash will be leading a session on The Psychological Impact of Racism in the next reporting period.

Mothers for Mothers could not do this work without the support of our funders, and we have continued to benefit from ongoing relationships with some long-standing funders as well as gaining new funding during this year. We are immensely grateful for the commitment shown by all our funders and the benefits that their investment brings to families across Bristol, South Gloucestershire and North Somerset. I am confident that this report will demonstrate the difference that this investment makes.

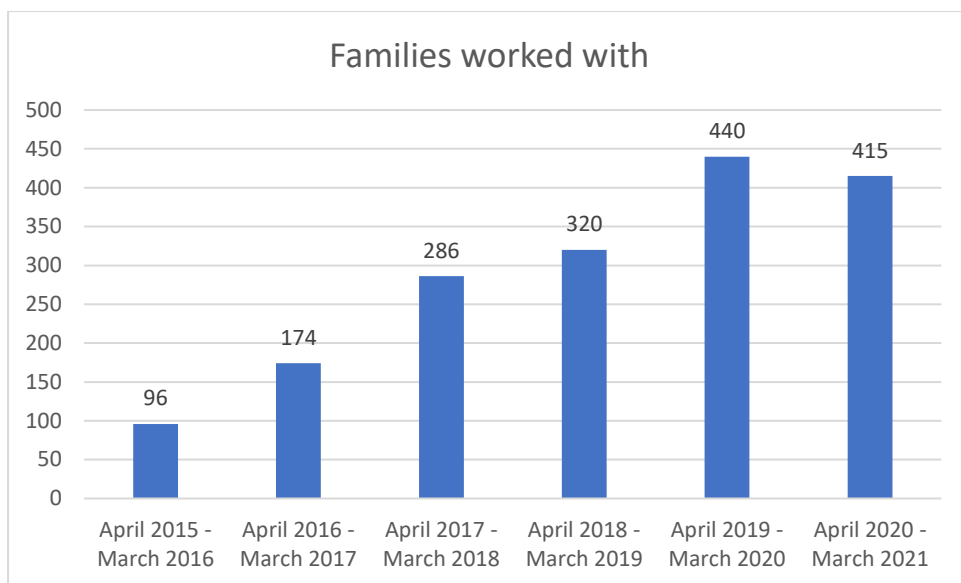
Mothers for Mothers is an exceptional organisation which, as we notch up 40 years as a peer support organisation, remains firmly committed to its founding vision. The recognition of the value of women of lived experience offering peer support to other women and their families remains at the heart of all that we do. This core value has been maintained whilst the organisation has grown and adapted in response to increasing demand and changing contexts. The commitment to a shared vision is embodied in an amazing staff and volunteer team who achieve an astonishing amount of high-quality work and this report evidences something of the extent of that achievement. Last but by no means least, our clients and families who show such courage in sharing their vulnerability and engaging in the hard work that leads back to health. Their voices echo through this report and I am confident that the inclusion of a small sample of the feedback will illuminate the importance and impact of all the services which Mothers for Mothers provides.

Impact and value of the services Mothers for Mothers delivers

This section of the report will detail both quantitative and qualitative data to illustrate the extent, impact, and value of the work that we do. The figures showing the number of clients in our services are collected on a continual basis and the qualitative feedback is obtained through regular completion of feedback forms and focus groups with clients. This feedback is compiled to inform quality improvement of our services as well as meeting the monitoring requirements of our funders.

With the isolation, changed birth choices and experiences of women brought about by the pandemic, the instances of Maternal Mental illness and trauma increased as has the additional burden of poverty in our client population. Our open services and support via social media have given clients a sense of connection, knowing that they are cared for and supported, that they are not alone and that they are understood.

The number of families we worked with decreased slightly due to the pandemic. However, there were 257 new families to the service and overall, the complexity was hugely increased. That coupled with the changes to other services negated the capacity to take on new families. Discussions are taking place regarding how new families will be able to access services during the 2021-22 year.



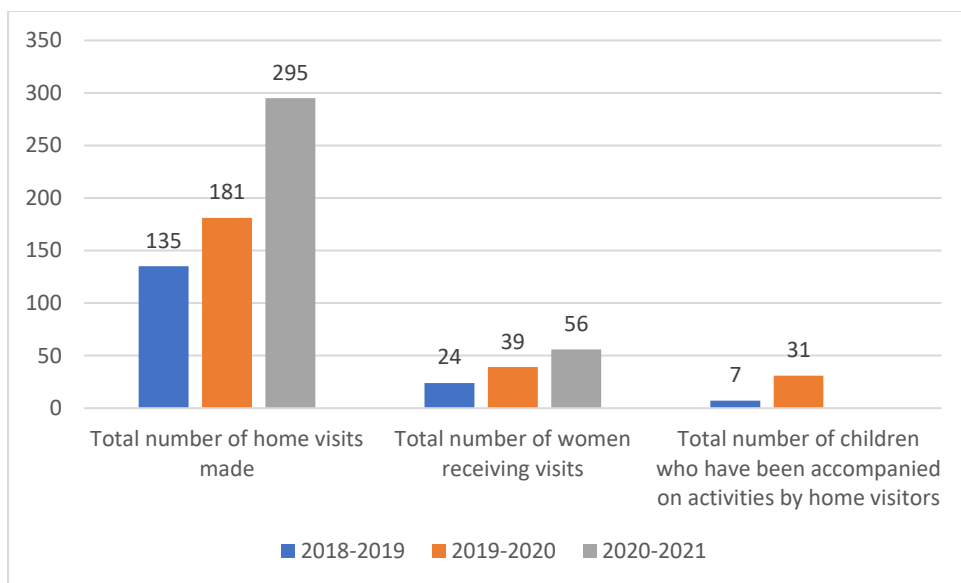
Home visiting service

The home visiting service is aimed at women who are too unwell to attend a group or access counselling but feel the need for face-to-face support. Our Home Visitors offer listening and planning visits and work with women to decide what will be most helpful for their individual circumstances. This service can help increase emotional wellbeing and resilience and have a positive effect for the whole family. The service helps women to increase their confidence and progress to accessing other services such as support groups or other activities in their own communities.

Due to lockdown restrictions and the need to keep clients and staff safe, the first half of this year saw no new families being taken on by the home visiting service and support being offered through long telephone calls, video calls and texts. However, once restrictions were relaxed socially distanced face-to-face visits were able to commence. The data below demonstrates a significantly increased demand for this service caring for the most unwell women during this year.

The number of children accompanied on activities by the home visiting team were not collated for this year as they were very small numbers due to no soft play areas etc. being open to visit.

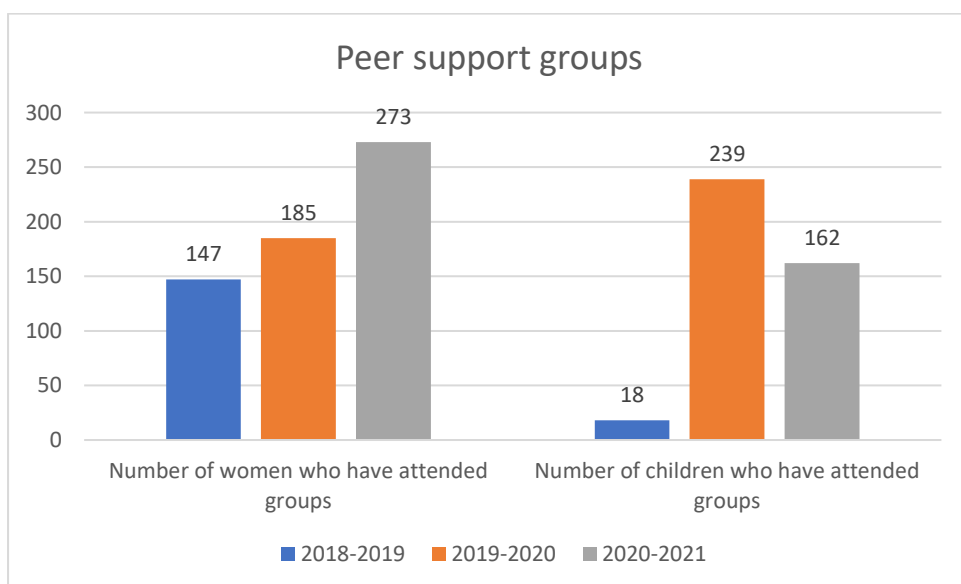
A total of 100 women from across all services, including the 59 accessing the home visiting service, received delivery to their home items such as kettles, nappies, activities for children, and wellbeing-focused items for women. This work allowed us to spend some time face-to-face with some of our families most in need, assessing how well they were coping, ascertaining further needs and giving hope for recovery. Grateful thanks must go to Bristol Charities Community Chest for funding the purchase of the items.



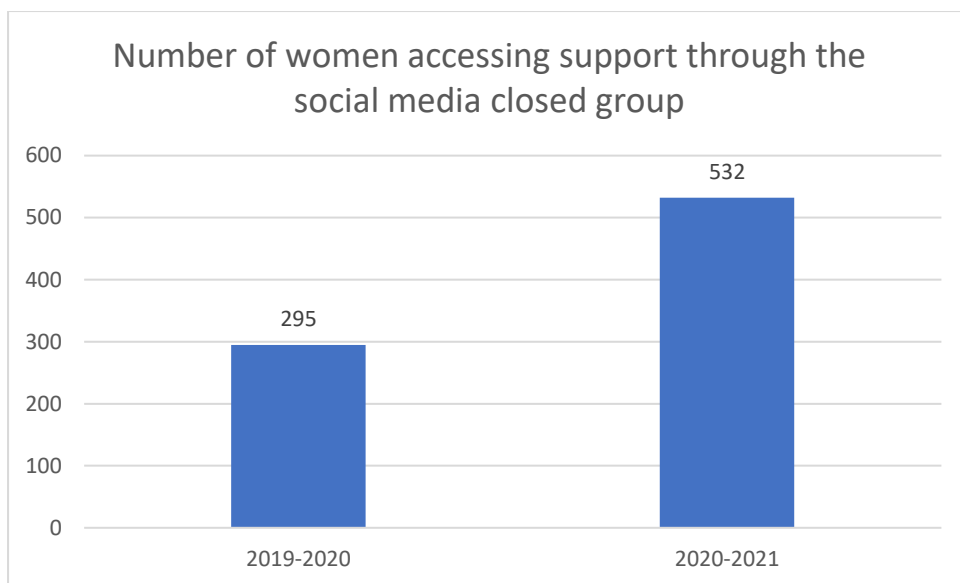
Peer support groups

190 peer support groups took place over the year and there is no duplication of numbers – a woman is only counted once even if she attends all 190 sessions. There were 166 sessions in the previous reporting year.

Due to the lockdown restrictions, it was not possible to continue delivering the peer support groups as physical meetings. In the first part of the year the groups met virtually, and once restrictions were relaxed they were delivered as walking groups visiting parks across the service area. The data here demonstrates that the demand for peer support groups increased significantly during the reporting year.



Additionally, the MfM social media closed group was used by a significantly increased number of women for peer support and other activities such as Music with Mummy and Star Jumpers.



Counselling services and art psychotherapy

Art Psychotherapy is a talking therapy allowing women to express and communicate emotions through the creative process. It can help support clients to take ownership of their experiences and change their view of current challenges they may face. The art psychotherapists offer clients non-judgemental and compassionate support through the process. Some clients can feel nervous about using the art materials, perhaps because they aren't familiar with them or fear that they are not good enough, however many find that they build in confidence and enjoyment using the materials and some continue using these new skills after the therapy has ended.

Sessions can usually take place face-to-face or via zoom, with art packs provided for those attending remotely. This breaks down the barriers of travel and childcare. At the beginning of the pandemic the service moved to only online until relaxed restrictions allowed more flexibility.

Qualified and placement student Art Psychotherapists and Counsellors provide sessions to clients who have maternal mental illness and are experiencing many other life complexities and socio-economic disadvantages which further contribute to anxiety and distress; all of which have been exacerbated by the pandemic and restrictions.

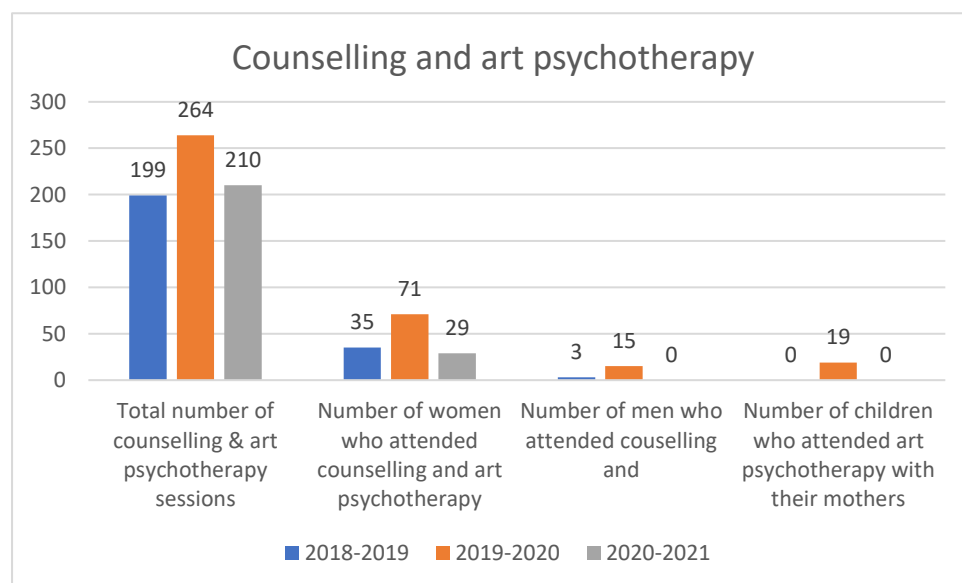
The service is co-ordinated by a qualified Art Psychotherapist. Women take part in a full assessment prior to sessions beginning. Part of the assessment addresses whether Art Psychotherapy or Counselling is more appropriate for the individual.

Art Psychotherapy enhances the difference we already make by improving women's confidence, resilience and relationships with children and family, leading to faster recovery from their maternal mental illness. This can improve the mothers capacity to parent responsively and to build healthy attachments which lead to better mental health outcomes benefitting the whole family.

Creative therapies such as Art Therapy are often reserved for more wealthy communities, and MfM is the only organisation in the area providing this therapy free of charge, so enabling women with deprived socio-economic circumstances to access a therapeutic service usually only accessible to those with funds.

Sessions are delivered in line with the British Association of Art Therapists (BAAT) and British Psychological Society (BPS) guidelines. Art materials are provided for use in their sessions and beyond the therapy. Clients are given the opportunity to engage in the sessions without the need for existing artistic 'skill' or previous art experience. With the compassionate support of the registered art psychotherapist, clients are encouraged to utilise the art making process to express and communicate their emotional states, the increased challenges they face in the current climate and to develop tools to regulate and maintain their wellbeing. Crucially this project aims to support the development of a sense of connectivity.

This service ensures that the clients facing the most challenges have a therapeutic intervention alongside the peer support provided by the rest of the MfM team, and therefore our peer supporters are not providing the only means of support to women living with high levels of complexity.



Helpline and support calls

The helpline provides an opportunity for women to talk to someone who understands what they are going through. It can be a lifeline for women suffering from postnatal illness. It can help to 'normalise' their symptoms and the reassurance that 'you will get better' is validated by the recovery of the volunteers they are speaking to. The helpline is often the first step for a mother in accessing other services provided by Mothers for Mothers or in their community. We can also sign post to other services when appropriate.

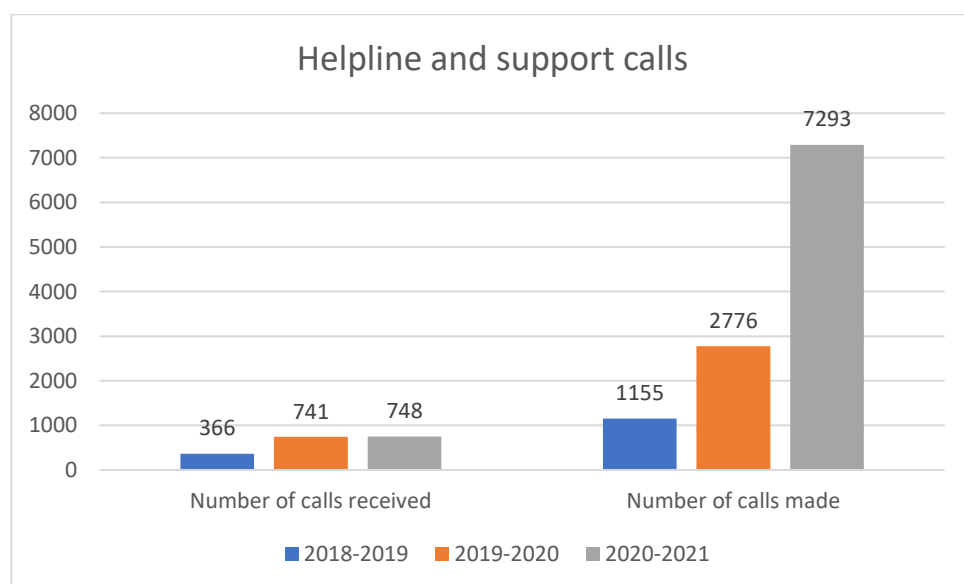
The support line offers women a regular weekly support call or text. This is a confidential listening and planning service. The calls also work to increase resilience to enable women to

access the most appropriate services available to meet their current needs. Mothers for Mothers can facilitate help women identify and make contact with other services they may find helpful.

The helpline and support calls operate five days a week and are staffed by an amazing group of volunteers. Additionally, during the pandemic every staff member worked in the Reach service on the helpline and making support calls.

During the pandemic the demand for helpline and support call services rose by 162.7%, and for the first time in the history of MfM the support call list had to be closed to new women accessing the service. Maria and the Trustees worked really hard to mitigate any impact on the wellbeing of staff and volunteers, but it was inevitable that due to the increased demand and complexity of the beneficiaries' needs staff and volunteers became tired. Some volunteers stepped away due to increased demands in the substantive or home life due to the pandemic.

New volunteers were able to be recruited and trained in the second half of the reporting period.



Whilst the figures show how many people are accessing our services the qualitative feedback that we gather adds powerful evidence of the impact the services have. A report compiled in April 2021 looked at the evidence that we were meeting our stated objectives on the basis of the qualitative feedback for 2020-21 and I include highlights of that report here.

We aim to achieve the following outcomes for the women and families we work with:

- Improved confidence, resilience and relationships with children and family, leading to faster recovery.
- Improving children's emotional development by supporting mothers to be sensitive and responsive in their relationships with their children
- Reduced social isolation and improved social and support networks.
- More awareness of maternal mental health and the support available.
- Improved care and services for maternal mental illness.

Improved confidence, resilience and relationships with children and family, leading to faster recovery

The feedback strongly evidences an increase in confidence and resilience with significant numbers also reporting an improvement in their mental health.

- Mothers for Mothers were available on the **phone** instantly when I needed help. They were helpful and available. I wasn't with MfM very long but when I needed help they were there for me.
- **Support calls** offered by Mothers for Mother's have been a life saver! During the pandemic and during my most recent mental health crisis, my support calls with Rachel have been the only reliable support. They have been great listeners, provided practical ideas to help and general emotional support. It has saved my life.
- The most useful thing for me with my **home visitor** was to gain confidence getting back out into the community and public places by going out for walks and meeting in cafes. Everything you have done and continue to do is perfect, I am so grateful for everything.
- **Support group** is where my healing began. I'll forever be grateful for mother's for mother's
- **Counselling** - I'm kinder to myself while parenting. I know it's not the end of the world if something goes wrong. Also, now I take time in stressful situations and understand that it's a phase, a temporary situation It will pass.
- Realising that I lacked boundaries, or the understanding as to why I have struggled with them; accessing therapy has enabled me to understand the root causes and start implementing them in my life. **[Art] Therapy** has been amazing in allowing me to realise this. The artwork has been brilliant in allowing me to tap into my emotions and that now I have finished the sessions I have physical, positive reminders in the art to remember the therapy and to continue in my progress. This will continue to be a source of ongoing self-care. Honestly it has been life changing. Thank you.
- **[Counsellor]** encouraged me to challenge myself and truly reflect on what would be the best for me and my family in the long run, this in turn helped me to feel strong (and not so scared) to make decisions with potentially very big ramifications for my family. The improvement of my self-confidence, self-awareness and self-love. The provision of the space every week to dedicate to myself. Encouragement of self-care.

Improving children's emotional development by supporting mothers to be sensitive and responsive in their relationships with their children

- The support was excellent. Prior to the support life was awful was debating whether I had to put the children in to respite care. We were living on takeaways. Now we are making homemade pasta! Now I can be a mother to them enjoying them rather than just surviving the day. Everything is different now. I was nearly losing them. Now with the support from M4M I'm able to keep them. It was helpful being able to have someone to talk to, someone who can relate. Helped me learn how to play with M. I

watched how R would play and I copied it. Its saved us as a family. Wouldn't be here without the intervention of you guys.

- I have been able to re-bond with my eldest son and I am a lot more present for him. It has been revolutionary for my youngest son; I've been able to bond with him. Feeling less depressed and connected to myself has enabled me to bond and love him.
- I definitely feel a more confident mum and this has rubbed off on my son; as he is not picking up on my emotional states. I feel that our bond is stronger and that we are a team, whereas before I thought I was messing up his life. I feel now I am doing right by him, by doing right by me.
- It enabled me to be less angry towards my child. My feelings of resentment have reduced through being kinder to myself. I feel I am now a better mum on the whole and that I am noticing my daughter is becoming more settled.

Reduced social isolation and improved social and support networks

The home visitor was seen to play a major role in reducing isolation and improving access to networks, both Mothers for Mothers services and wider support networks in the community.

- The home visiting service helped improve my emotional wellbeing and helped me to access other services. My home visitor was a massive help in general and was a brilliant spokesperson for me when the mental health team let me down. She helped me to feel more confident and enjoy my children. My experience has been amazing and it would have been nice to have group meets but due to Covid-19 that was obviously not possible. I know groups are now back with walks etc which is great.

The groups were also seen as a vital source of social support.

- The support groups at the children's centre were very helpful and allowed time to speak openly with other Mums and feel much less lonely. Having been replaced with zoom group, this still provides very similar support again has been brilliant during these tricky times. Also very grateful for the frequency of these zoom calls. The support calls have saved my life. They have been the only consistent and reliable support I have reviewed from any service.
- The support groups and art therapy stop me from feeling isolated and make me feel like a person and not just a mother. It's helpful to see that other people are also finding things hard - I'm not the only one. It's great when I can also help other people.
- M4M was there for me. The most helpful things was going for a coffee as I needed to go out. Having a coffee with someone I trust and talking to someone in confidence was really helpful. Everything was excellent.

Consistency is important to mothers accessing the service

- The most helpful think is how constant the support was. Talking to the same person the whole way through every week means you build up a relationship. It also means you don't have to repeat the same background information to different people every week. It was brilliant.

- The support calls were nice, and great to have a listening ear every week. The support from MfM was consistent and caring. It was helpful to talk through concerns during the support calls and this gave me confidence to put better boundaries in place in my life.

Being non-judgemental is also seen as important.

- It's very 'real' and there is no barriers such as class, culture, and most importantly I can come with greasy hair and don't get judged.
- Friendly people who you can say anything to and not be judged about it. If I'm having a bad day with my anxiety generally I can't get myself to go anywhere but always made myself go to group and by the end felt loads better.
- Groups, socialising again, not feeling judged and down.
- Flexibility and no pressure, constant peer support and friendly advice always there when I needed it most.
- Just having someone who is non-judgemental to talk to. I've also made some wonderful friends within the support group.
- Mothers for Mothers is supportive of other mums with nice open ears and listening without judgement.

More awareness of maternal mental health and support available

- My [support worker] was absolutely invaluable in supporting me through an incredibly difficult pregnancy. She gave practical and emotional support and also helped me access other support. I honestly don't know if I could have continued with the pregnancy without this support. I am so grateful.
- Mothers for Mothers have saved my life. I would now be completely isolated with no support from the NHS services or other charities. They have supported me to get all the help and support I have needed.
- I feel more control over certain situations. Interacting with the kids more, they get their full potential out of me. The most helpful things was being referred to the MfM counselling service, this had a big impact on life. If it wasn't for L I wouldn't have sought counselling.

Improved care and services for maternal mental illness

There is ample evidence that the care and services provided by Mothers for Mothers were valuable

- *It is really good how you keep track of people and keep trying to get in touch. When I didn't answer my weekly support call I would still receive a call the next week. It's good how you still keep in touch with people. The fact you keep trying is key.*

What is beyond the remit of the feedback that is collected is evidence about the wider impact Mothers for Mothers may have in influencing improvements in the care provided by other providers and this needs to be included in future evaluation work.

5. Case Study

Written by a client about her journey through the MfM services

I was struggling to cope with family life and was barely functioning due to ill health. I had started to develop severe anxiety.

I had convinced myself that I was dying and I was consumed with this continuous fear of leaving my children. On top of this, I was new to Bristol and didn't have a support network. I was desperate for some help and reassurance but didn't know where to turn. Everything was so alien to me and life seemed unbearable. I remember one visit to the GP where I begged for help.

He gave me the details for Mothers for Mothers. I was too anxious to pick up the phone but was able to message them on Facebook. They quickly responded with kindness and understanding and someone phoned me for a chat.

From there they took me under their wing and arranged for me to have a weekly support call and this became my saving grace. They immediately understood what I was going through. The relief I felt at having someone understand was immense. Slowly I was able to start communicating about my health and my anxiety and make sense of what I was experiencing. They have been my rock through a very bleak time and have been able to give me the tools to help me recover both physically and emotionally.

There were days when I was too paralysed with fear to get out of my bedroom. In those darkest days I was able to call the helpline and speak to someone from Mothers for Mothers and know that I was not alone. Just knowing that the helpline is there is often enough to take away some of the loneliness of anxiety and motherhood.

I had weekly home visits and felt immediately comforted. We chatted and I realised that she had once been where I was, yet here she was helping and supporting me. I was still having consuming fear and anxiety and they offered to come with me to visit my GP and discuss the way forward. This was exactly the support I needed. Their humour and non-judgemental support has held me through the tough times and kept me going.

Mothers for Mothers have basically been my advocate when things were at their worst and I was unable to see a way forward. Even when I literally thought the world was going to end, they kept me going. They have helped to shine a light during the dark times and enable me to keep moving forward with some hope that things would get better. Things did get better and I'm now back to a fully functioning and mostly happy and content individual. I have also managed to improve my parenting skills by engaging in their online zoom group and their

Building Children's Resilience course. I will be forever grateful to this wonderful group of women from this remarkable organisation.

6. Ambition and long-term strategy

Our Primary objective is to maintain and develop a sustainable peer support organisation which provides high quality services to meet the emotional health needs of clients and their families from pregnancy until the youngest child reaches school age.

The pandemic has impacted on our ability to work strategically as detailed in our three-year development plan (2019 - 2022). As we are now towards the end of this plan's life, a new development plan will be written for the 2022-2025 period, and this will be reported on in the next Annual Report.

We continue to seek funding to match the increase in demand whilst maintaining our commitment to providing a safe, high-quality service. Mother for Mothers recognises the importance of adopting a holistic approach to perinatal mental health in which the needs of the individual are seen within their wider context and support is offered which recognises the importance of infant mental health, wider determinants of health and the impact of all these on a client's health and wellbeing.

As we journey out of the pandemic, the rich learning from delivering virtual services as a necessity during lockdown and the continued learning from moving to a blended approach as and when restrictions allowed, ensuring any step backs could be made with ease, will not be forgotten and will be fully utilised as we design and develop our future services. As always, the ethos of Mothers for Mothers as peer support, person centred organisation will put Mothers and their families at the heart of our services.

We will be seeking new opportunities to expand our Groups service in areas of high need, develop the Home Visiting Service for the families with most complex needs, offer Art Psychotherapy as one of the core services, and continue to respond to the demand for the helpline and support calls which are so often the doorway into other services.

7. Financial review

Our audited annual accounts for the reporting period are attached.

Mothers for Mothers holds a general reserve to cover funding shortfalls and interruption to normal operating activities. This is included in the Financial Policy & Procedures.

The level is based on 3 months' budgeted core operating costs for the following financial year, which in this reporting period is £50,000.

Belinda M B Cox
Chair of Trustees

MOTHERS FOR MOTHERS

(A Company Limited by Guarantee)

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

Registered Charity Number: 1185281
Company Number: 08764052



**TYRRELL
PROCTER**

Chartered Accountants

Business Advisors

Beaufort House
113 Parson Street
Bristol
BS3 5QH

MOTHERS FOR MOTHERS

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

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COMPANY INFORMATION

FOR THE YEAR ENDED 31 MARCH 2021

Administrative Information

Charity Name:	Mothers for Mothers
Charity Number:	1185281
Company Number:	08764052
Registered office and Operational address:	New Fulford Family Centre 237-239 Gatehouse Avenue Bristol BS13 9AQ

Directors and Trustees

Belinda Cox	Chairperson
Mrs Sarah Tyndall – left during year	
Mrs Annette Lang	
Ms Pip A'Ness	
Mrs Karly Hunter - left during year	
Mrs Laura Ward	Vice chairperson
Mrs Emily Matthews	
Linda Hicken – left during year	
Nicky Pedwell	
Amanda Clarke	Treasurer
Mel Lloyd	
Dr Christy Burden	Miss Karen Joash
Dr Caroline Scrase	Kelly Avis-Hay Secretary

Accountants

TYRRELL PROCTER
Chartered Accountants
Beaufort House
113 Parson Street
Bristol,
BS3 5QH

REPORT OF THE DIRECTORS AND TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2021

The Trustees present their directors' report and financial statements for the year ended 31 March 2021.

Trustees Statement

The charity has restructured into the legal form of a company limited by guarantee.

Structure, Governance and Management

Mothers for Mothers is a charitable company limited by guarantee, incorporated on 6 November 2013 and originally registered as a charity on 10 July 1992. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The directors of the company are also the charity's trustees for the purposes of charity law.

Responsibilities of the Trustees

Under charity and company law, the Trustees are responsible for preparing financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing these financial statements, generally accepted accounting practice entails that the trustees:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are responsible and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue its activities.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act. The Trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

(continued)

REPORT OF THE DIRECTORS AND TRUSTEES (continued)

FOR THE YEAR ENDED 31 MARCH 2021

Directors Responsibilities

The Directors, regulated by company law are also trustees for the purposes of charity law, who served during the year and up to the date of this report are set out on page 2.

In accordance with company law, as the company directors, we certify that:

- so far as we are aware, there is no relevant information of which the company's examiners are unaware; and
- as the directors of the company we have taken all the necessary steps that we ought to have taken in order to make ourselves aware of any relevant information necessary for the independent examination and to establish that the charity's examiners are aware of that information; and
- the Statement of Recommended Practice ("Accounting by Charities") have been followed, subject to any material departures disclosed and explained in the financial statements.

Approved by the Trustees

Belinda Cox



.....Dated

13th October 2021

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

We have examined the financial statements set out on page 6.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of accounts. The charity's members consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is our responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to our attention.

Basis of independent examiner's report

Our examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

This report is made to you in accordance with the terms of our engagement and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the trustees, for our work or for this report.

Independent examiner's statement

In connection with our examination, no matter has come to our attention:

1. which gives us reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act and the Regulations have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

TYRRELL PROCTER
Chartered Accountants
Beaufort House
113 Parson Street
Bristol BS3 5QH
.....

Tyrrell Procter
13 October 2021

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
INCOME AND EXPENDITURE:				
Income Resources:				
Local Authority Grants	19,236	-	19,236	9,455
Fund Raising and Other Income	16,662	-	16,662	11,325
Investment Income	63	-	63	156
Statutory NHS funding	58,000	-	58,000	-
Other Grants	56,475	61,220	117,695	89,799
TOTAL INCOMING RESOURCES	150,436	61,220	211,656	110,735
RESOURCES EXPENDED:				
Direct Charitable Expenditure	116,828	44,023	160,851	101,728
Management, Administration and Support of the Charity	855	-	855	845
TOTAL RESOURCES EXPENDED	117,683	44,023	161,706	102,573
NET INCOMING RESOURCES	32,753	17,197	49,950	8,162
Balance of Funds – Brought Forward	69,300	47,000	116,301	108,138
Balance of Funds – Carried Forward	102,053	64,197	166,251	116,301

The notes on pages 8 to 11 form part of these accounts.

MOTHERS FOR MOTHERS

7

BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021 £	2020 £
FIXED ASSETS			
Tangible Assets	2	76	100
CURRENT ASSETS			
Debtors	3	10,441	845
Balance at Bank		158,710	118,881
		169,151	119,726
CURRENT LIABILITIES			
Creditors falling due within one year	4	(2,976)	(3,526)
NET CURRENT ASSETS		166,175	116,201
NET ASSETS		166,250	116,300
Represented by:			
UNRESTRICTED FUNDS	5		
GENERAL		17,053	4,800
DESIGNATED - Staff contingency		5,000	4,500
- 3 months running costs		50,000	30,000
- Staff restructure & development		30,000	30,000
RESTRICTED FUNDS		64,197	47,000
		166,250	116,300

Approved by the Board of Trustees and signed on its behalf:

.....

- Chairperson

.....

- Acting Treasurer

..... Date 13th October 2021

The notes on pages 8 to 11 form part of these accounts.

NOTES TO THE FINANCIAL STATEMENTS**FOR THE YEAR ENDED 31 MARCH 2020**

1. PRINCIPAL ACCOUNTING POLICIES

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year.

(a) Basis of Accounting

The financial statements have been prepared under the historical cost convention, and in accordance with the Statement of Recommended Practice.

(b) Fund Accounting

- (i) Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- (ii) Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes.
- (iii) Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(c) Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

- (i) Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- (ii) Donated services and facilities are included at the value to the charity where this can be quantified.
- (iii) The value of services provided by volunteers has not been included in these accounts.
- (iv) Investment income is included when receivable.
- (v) Incoming resources from charitable trading activity are accounted for when earned.
- (vi) Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2020 continued

(d) Resources Expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered.

- (i) Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.
- (ii) Charitable expenditure comprises the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.
- (iii) Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.
- (iv) All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

(e) Fixed Assets

Tangible fixed assets are written off over the expected useful life of the asset, at 25% per annum on the reducing balance basis.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021 continued

2. TANGIBLE FIXED ASSETS

	2021 £	2021 £
COST		
Balance Brought Forward	6,010	6,010
Additions during the Year	-	-
	6,010	6,010
DEPRECIATION		
Balance Brought Forward	5,909	5,875
Charge for the Year	25	34
	5,934	5,909
NET BOOK VALUE CARRIED FORWARD	76	100
NET BOOK VALUE BROUGHT FORWARD	101	135

3. DEBTORS

	2021 £	2020 £
Trade Debtors	10,441	-
HMRC	-	845
	10,441	845

4. CREDITORS – FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Payroll	-	-
Sundry Creditors	2,691	3,241
Accruals	285	285
	-	-
	2,976	3,526

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021 continued

5. MOVEMENTS IN FUNDS

	Balance 01.04.2020	Incoming	Outgoing	Funds Transfer	Balance 31.03.2021
Restricted Funds					
Children in Need	8,333	10,000	10,000	-	8,333
James Tudor Foundation	-	5,000	4,700	-	300
Evelyn May	-	4,000	656	-	3,344
Quartet	-	10,000	-	-	10,000
St James Place	-	10,000	-	-	10,000
NHS #213	-	5,000	-	-	5,000
Newby	-	5,000	-	-	5,000
Above & Beyond	-	3,700	-	-	3,700
TNL Awards for All	-	8,520	-	-	8,520
Tampon Tax	9,167	-	9,167	-	-
Wesleyan Trust	10,000	-	10,000	-	-
Bromford Merlin	1,000	-	1,000	-	-
Dame Violet Wills Trust	1,000	-	1,000	-	-
Garfield Weston Foundation	10,000	-	-	-	10,000
Albert Hunt Trust	2,000	-	2,000	-	-
John James Bristol Foundation	5,000	-	5,000	-	-
Lloyd Robinson	500	-	500	-	-
Total	47,000	61,220	44,023	-	64,197
Unrestricted Funds					
Designated Funds					
Staff Contingency Reserve	4,500	-	-	500	5,000
3 months running costs	30,000	-	-	20,000	50,000
Staff restructure & development	30,000	-	-	-	30,000
General Funds	4,800	150,436	117,683	(20,500)	17,053
Total	69,300	150,436	117,683	-	102,053
Total	116,300	211,656	161,706	-	166,250