



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

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)

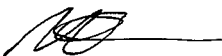
FOR THE YEAR ENDED 31 MARCH 2023

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.

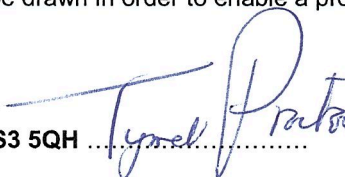
Independent examiner's statement

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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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)

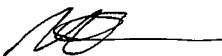
FOR THE YEAR ENDED 31 MARCH 2023

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.

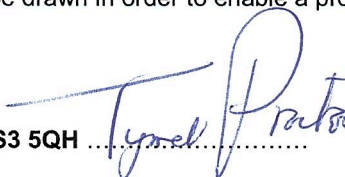
Independent examiner's statement

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

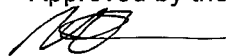

8

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