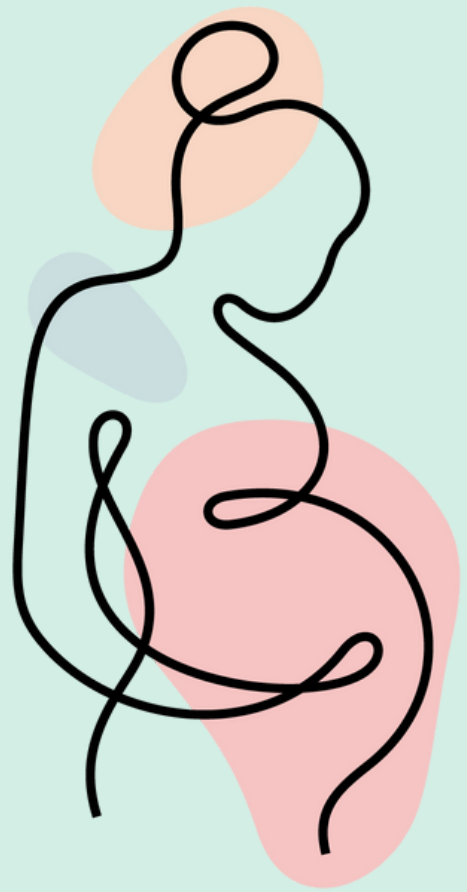




Elayos

Annual Report and Accounts

**for the year ended
30th September 2022**

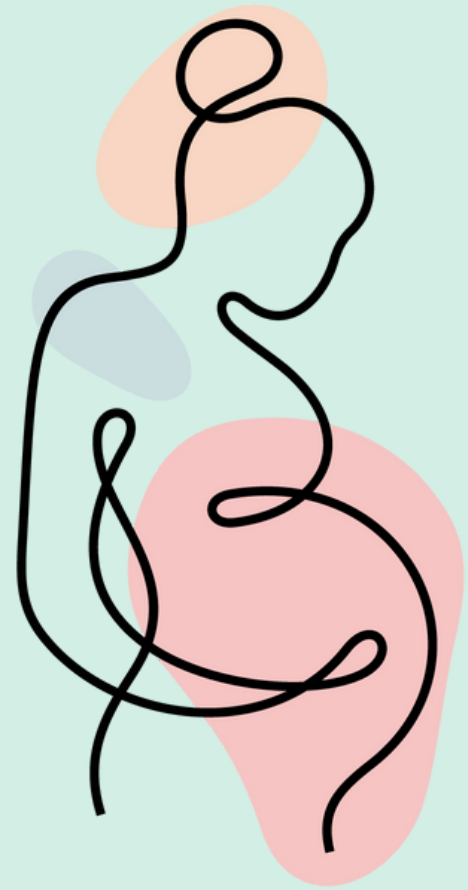


TABLE OF CONTENTS

1	Reference & Administration information
2	Mission Statement
3 - 20	Trustees Annual Report
21	Structure, Governance and Management
22 - 23	Independent Examiners Statement
24	Financial Report
26	Trustee Declaration

Trustees' Annual Report

Elayos is the legal name of a Charitable Incorporated Organisation (CIO) granted charitable status on 23/09/2019

Charity Number: 1185455

Charity's Principle Address: Elayos % Southfields Farm, Packington Lane, Coleshill, Warwickshire, B46 3EJ

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

John Andrew Hart - Chair (Sept 2019 - current)

Lorraine Harper (Sept 2019 - June 2023)

Rachel Hughes (Sept 2019 - June 2023)

Emily Cooke (Sept 2019 - June 2023)

Maggie Coleman (Dec 2020 - current)

Abigail Vedder (Dec 2020 - current)

Financial Advisor:

Frank Harper

29 Meriden Rd

Hampton in Arden

B92 0BS

Bank:

Barclays Bank Plc, 38 Hagley Rd, Birmingham B16 8PE

Year ended 30th September 2022

Elayos Mission Statement

Elayos exists to bring compassion, support and advocacy to vulnerable and isolated birthing people in Birmingham. As doulas, we come alongside, build relationships, listen and equip with the information needed to empower our clients to have a positive and informed pregnancy, birth and postnatal period.

Our staff and volunteers offer continuity of care as we assist with emotional, practical and physical needs. Where appropriate, we signpost and collaborate with other organisations to ensure that the greatest range of support is given.

Aims

- To come alongside our clients and meet clients where they are at
- To support them through pregnancy, birth and the postnatal period
- To provide practical and emotional support
- Promote self care and good wellbeing
- Build community by signposting to local groups and organisations
- Boost self worth, self confidence, self esteem through the empowerment of unbiased information
- To advocate
- Provide a listening ear
- Continuity of care

Objectives

Our qualified doulas & trained volunteers provide continuity of care by offering a wide range of one to one support to our service users who are referred to us by NHS professionals, support workers, charities and others that work with displaced families.

We work to relieve the needs of women in particular, but not exclusively, vulnerable and/or isolated women by the provision of one to one support, advocacy, distributing essential equipment for mum and baby, providing unbiased information, referrals to partner organisations and other relevant activities as is decided by the trustees.

Practical Objectives

- Meet with clients regularly during pregnancy to build rapport and a relationship on call for birth to ensure they are not alone
- One key worker for every client who will support them throughout the whole journey with Elayos, promoting Continuity of Care
- Provide volunteers alongside key workers to broaden the support they receive
- Maintain our baby bank storage unit to supply service users with essential equipment (nappies, prams, Moses' Baskets, bottles, formula, hospital items for themselves and the baby) specifically for those that do not have the means to buy these essentials themselves
- Attending appointments with them, where possible, to ensure they are being heard and are understanding their treatment plans
- From the 38th week of pregnancy be on 24/7hr call
- Support to establish breastfeeding or bottle feeding (whichever the client decides to do)
- Post birth debriefs to help them process their experiences emotionally and promote good wellbeing
- Support beneficiaries to explore their local communities with their baby. Inc going to the supermarket and park
- Help around the home with laundry & general house-keeping
- Signposting to other organisations and groups to help integrate into the local community

Elayos currently employs 3 doulas and another 1 is funded from overseas. Unfortunately working with volunteers reduced significantly post-Covid as per restrictions in hospitals and other spaces.

Activities

Giving Unbiased Information: from the point of referral we arrange to meet and support you in preparing for the birth of your baby. From writing down birth preferences to going through the physiological changes that will occur in the body. Pain management, touch preferences, movement during birth etc

Practical / physical support: accompanying to antenatal scans and appointments, advocating in the room, often translating from English into the beneficiaries' first language. Many times picking the client up, driving them to an important medical appointment that they would otherwise miss because they can't afford to get their themselves.

Advocacy: Attending meetings held by Social Services as advocate support: as an impartial party we are in the unique position to be able to advocate for our clients during Child Protection meetings and Child In Need Meetings

Translation: Translation was needed for 15 beneficiaries and we were able to provide that. This presents in a variety of forms - either having someone with us in person who can translate, using google translate on our phones, having someone on the phone to translate during labour & delivery and/or having key leaflets translated.

Providing essential items: The majority of our clients do not have access to Public Funds and they cannot afford the essential items that they need. Therefore, we find out what items the client needs for their hospital bag, for the baby and for the postnatal period.

(Including: maternity items, hospital bag, nappies, bottles, bottle steriliser, formula, baby clothes, Moses basket, car seat, prams) We are able to provide these items free of charge from our self stocked baby bank storage unit. This is managed by a Super Volunteer Amy, who takes note of stock levels, arranges drop offs and pick ups from the general public who so generously respond when we ask for certain items and Amy also puts together complete packages providing items from newborn up to 9-12months.

Physical/practical support during labour and delivery: From the 38th week of pregnancy our doulas are "On-Call" to be ready to join the mum in hospital when she goes into labour.

They will remain with mum until she is moved to the Postnatal ward or until feeding has been established.

Acting as birth advocates for the mother to ensure that she achieves the birth she desires.

Working in tandem alongside the midwives. Often providing interpretation services to the many women who don't speak English.

Breastfeeding Support: As trained Breastfeeding Peers our doulas are able to assist with latch issues, demonstrating different positions & offering suggestions to support with feeding

Postnatal practical support (usually the mother is living alone):

Regular visits to check on well being of mum and baby

Hold baby whilst mum has a drink / food

Take mum to go and register the birth

Sort out HMRC forms now that circumstances have changed

Signposting to other relevant organisations

Achievements and Performance

This was Elayos' first full year post-lockdown and it felt as though things had changed significantly. During the period of this report we *did* support less women than in 20/21. That is because one of our doulas was on maternity leave until January and we had to stop taking referrals several times during this period because we had more clients than we we had doulas.

As with the previous year, we saw an increase in the following issues which were exacerbated by the pandemic, as demonstarted in the following reasons being given for referrals:

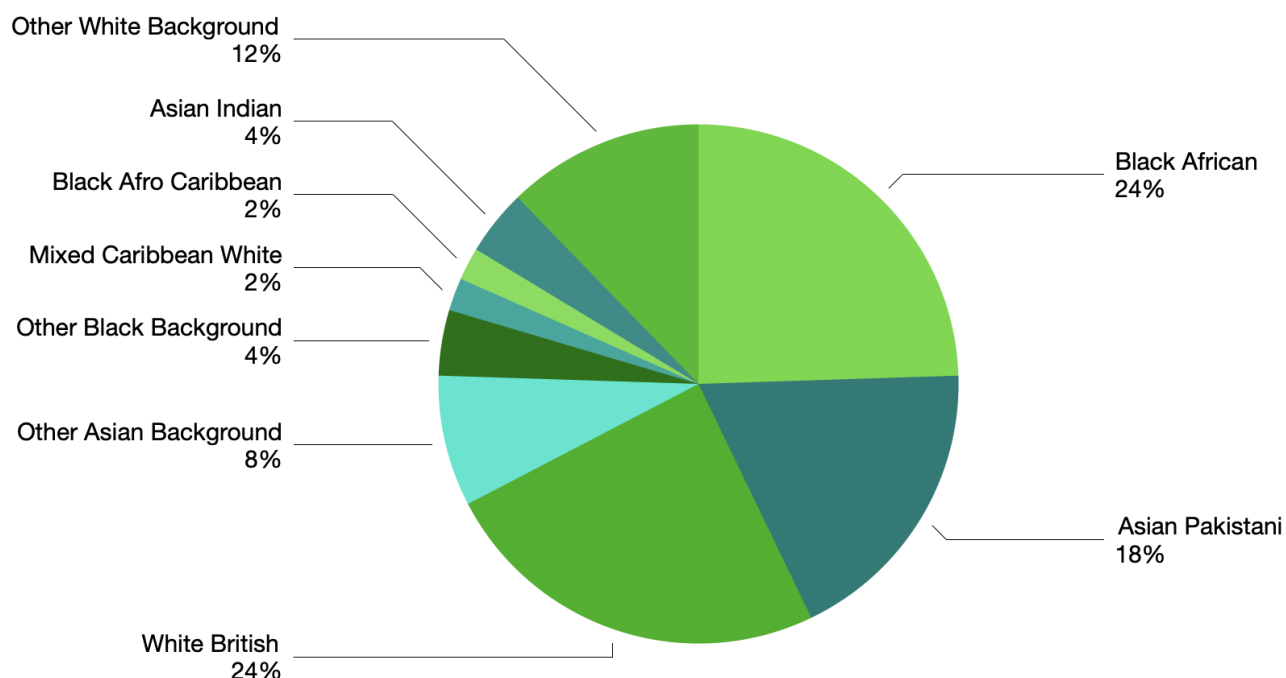
- Isolation
- Lack of income / financial difficulties
- Mental Health illnesses
- Domestic Violence

Dealing with the fallout of the pandemic played a large role in our life as a charity this past year as well. With the NHS Trusts still dictating that only one person should attend the delivery suite with the birthing person (to lessen the spread of the virus), we realised that we had to further narrow our referral criteria. This was to ensure that we were fulfilling our role as a *doula* charity, not just a baby bank charity that provided clients with items.

We continued with the implementation of tight safety restrictions for our employees and volunteers - in terms of mask wearing, social distancing and taking regular Antigen tests prior to visiting clients.

From October 2021 - 30 September 2022 we received 49 referrals in total

Who Are Elayos' Beneficiaries?



We can compare this to last year's report that showed that are beneficiaries were:

Asian Pakistani - **25%**

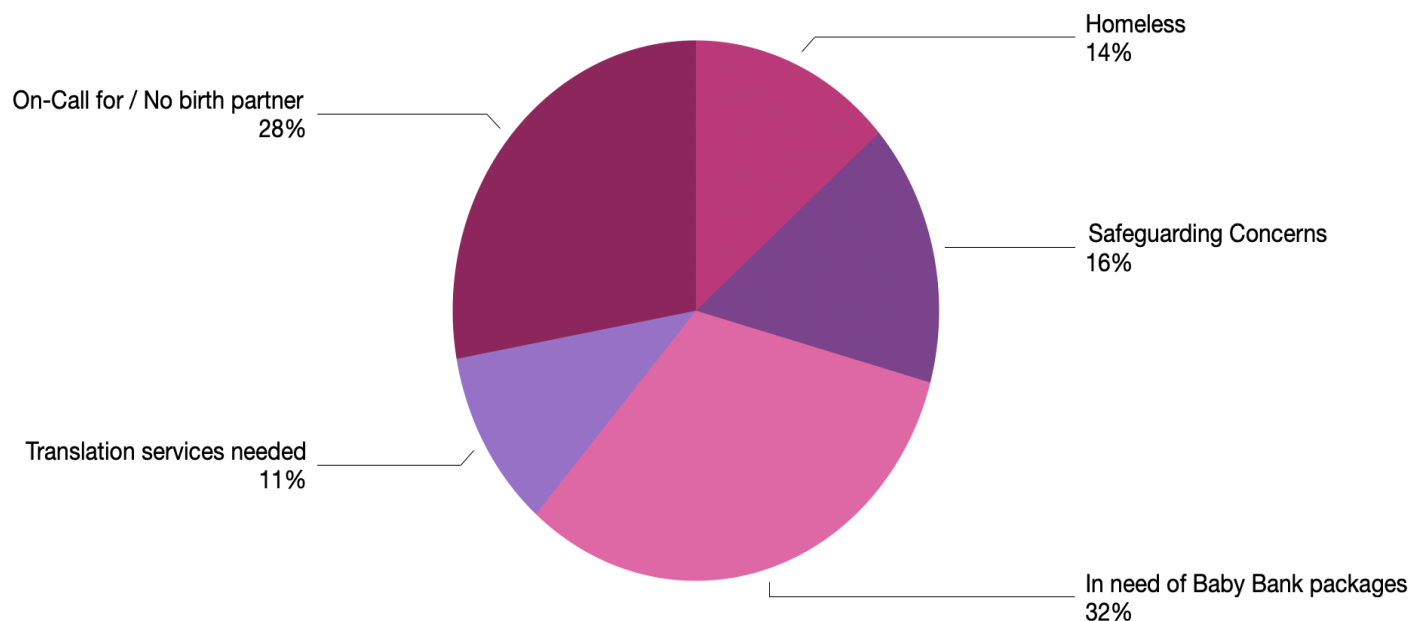
White British - **25%**

Black African - **19%**

We can conclude that the highest level of need for doula support remains with Asian Pakistani, White British and Black African women in Birmingham.

What were the main real-life issues facing Elayos' Beneficiaries / What specific support did they need from Elayos?

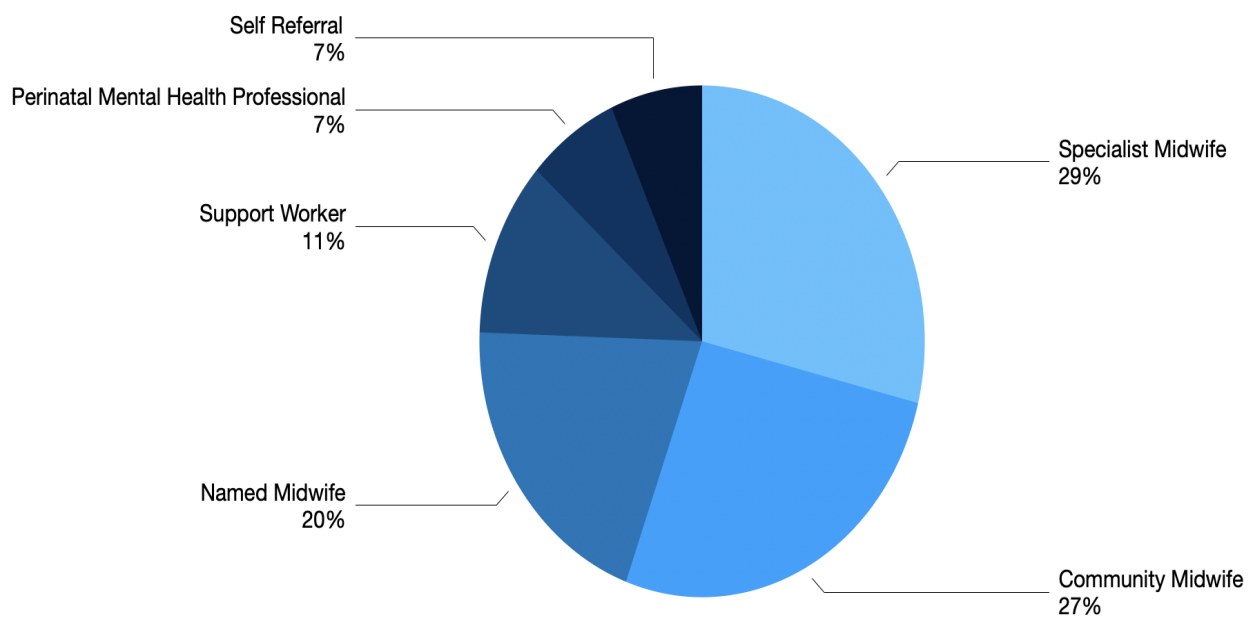
- We were On-Call to attend the births of **39** clients
- **19** were classed as homeless & were living in shelters or hotels/B&Bs
- **15** clients required translation services which we were able to provide
- **22** clients had Safeguarding concerns as mentioned on their referral forms
- We provided **45** clients with maternity, newborn and 0-6month packages - this means that these clients did not have sufficient funds to buy essentials for themselves and their newborns. Packages included all of our a variation of the following: prams, carseats, nappies, wipes, hospital bags, bottles, formula, clothes, Moses' baskets. All of the items came from our own Baby Bank storage unit that is stocked with pre-loved items from the general public



In comparison to last year the need for baby bank packages decreased along with safeguarding concerns and translation services. However the number of

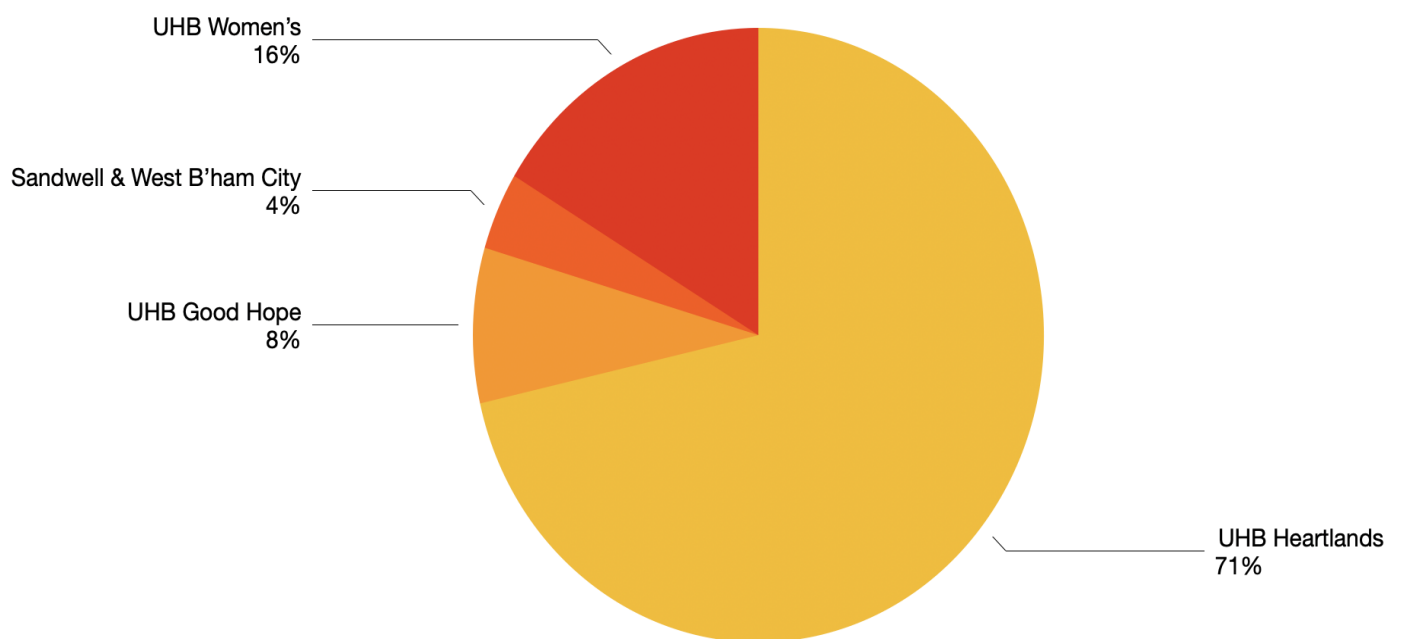
beneficiaries that are classed as homeless increased, as did the number of those that we were required to be On-Call for.

Where do our referrals come from/What are the occupations of those that refer to Elayos?



Once again the figures show that the NHS is the professional body that refers to us the most. With the number of referring Specialist Midwives and Community Midwives increasing on last years' number.

Which Birmingham hospitals are our Service Users booked in to?



In keeping with last year's numbers we received the largest number of our referrals for women living within the ward of UHB Heartlands. This correlates with the statistic that the East of Birmingham has the highest level of poverty in comparison to the rest of the city.

Other achievements

In September 2021, as a result of the large number of refugees fleeing their country, after it was handed back to the Taliban, we were asked by the Refugee and Homeless Midwife at UHB Heartlands Hospital to be “On-Call” as Birth Doulas for any Afghani refugees that may be new to the area

Christmas 2021 we set up an appeal so that we could gift each of our beneficiaries with a £20 One4all voucher that they could use in a variety of shops and restaurants.

Also at Christmas we were invited to team up with Keystone Foundation, a West Midlands charity with the aim to “empower families to break the cycle of poverty and homelessness”. They provided Christmas presents for each of the children of the families that we work with <https://www.keystonefoundation.org.uk/>

We welcomed Co-Founder and Co-Director Amelia back from maternity leave in January 2022

We were given the incredible opportunity to talk about the work of Elayos at The Blue Coat School in Birmingham (<https://www.thebluecoatschool.com/>)
The Orchard Women Conference (<https://theorchardwomen.com/about>)

We had a website refresh in May with new team photos being taken of each of us

Funding

We received funding from the **Aviva Community Fund** - their new key area of funding was 'Build Back Better' - to actively help society to bounce back from the Covid 19 pandemic by addressing the health & wellbeing and economic impacts on communities and individuals.

Once again, we received funding from the **Arnold Clark Community Fund**.

We received funding from the **Peddimore Community Fund**.

We received funding from the **CoOp Community Fund**.

We launched the **Elayos 500 Club** - an initiative to encourage 500 people to donate £10 per month to Elayos



JOIN THE ELAYOS500 CLUB JOIN THE ELAYOS500 CLUB

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JOIN THE ELAYOS500 CLUB JOIN THE ELAYOS500 CLUB

**We need 500
people to
support Elayos
by giving just
£10 per month**

JOIN THE ELAYOS500 CLUB JOIN THE ELAYOS500 CLUB

Training

We attended various training events throughout this period namely:

Maternity Voice Partnership:

- Equity & Equality co production work
- Pelvic Health physiotherapist introduction. Perinatal Physical/Mental Health

BUMP

- Waiting Times
- Infant/Baby relationship survey from conception-Age 2 (First 1001 days)

"I am here to Listen" training with FivexMore:

- Support/Empower/Advocate
- Changing & Improving Black maternal mortality rates & healthcare outcomes

in the UK

- We MUST Remove barriers to communication - ie: Language/Translation and We MUST also CHAMPION! Value Every woman in our care.
- CALL OUT Wrong things we notice or hear spoken!

NSPCC "Look Say Sing Play" Birmingham Campaign Launch Event:

- to build your baby's brain every day

Safeguarding CoOrdinator and Designated leads training

Midlands Maternity Festival

Elayos held four Trustees Meetings between October '21 - September '22. We met virtually via Google Meet.

A beneficiary testimonial

"My story is that I am from Albania, I fell in love with someone who I thought would look after me but he ended up being a dangerous man who beat me, threatened my family and passed me around to his friends. I was used by many violent men and I was moved from city to city. I ended up in the back of a lorry and when they stopped at a petrol station they left the door open and I escaped. Somehow I had ended up in London. After being taken to a police station, the Home Office moved me to a house in Birmingham. I didn't know that I was pregnant at that time. When I was 6 months pregnant with my son, my Community Midwife asked if she could refer me to a charity that supported pregnant women like me. This is when I met my doula, she arranged to meet me at my home and she bought me some food and we got to know each other over the next few weeks. She told me that she could come with me to the hospital when I had my baby, she bought all of the items that I needed for my hospital stay and for the baby. I was scared about people touching me when I was in labour but my doula showed me that I had choices and could say what I wanted, she called it my "Birth Preferences". It was a great relief to me to have someone come alongside me at this time. Knowing that I had someone to call when it came time to have my baby boy was a relief to me. My doula stayed with me all through my labour right up until they took me to the postnatal ward. I ended up having a c/section and I was so exhausted I just wanted to sleep but my doula stayed and held my baby boy whilst I rested. My doula has come to see me at home since I had my baby and we are going to go to a group in the church over the road so that I can make new friends. I am so grateful to the charity for all that they do and I didn't know that people could be that kind."

AB

A testimonial from 2 of our referrers

“Elayos is a fantastic service that support some of our most vulnerable women, their services have such a positive impact on the women who access it and they feel well supported by the service . Elayos go above and beyond to support vulnerable women with an individualised support plan depending on their needs. The amount of women who would benefit from Elayos's services has increased and i believe they are an invaluable to support our most vulnerable patients during their pregnancies and postnatally.”

Hannah Williams - Specialist Midwife

“I work for Anawim a Women’s centre whose clients are vulnerable women. I’m so grateful Elayos exists as a service, as I’m able to refer women (who may be completely isolated and suffering from trauma) and know they will have support through a particularly important time in their lives. Working together we can look holistically at the needs of women and aim to reduce some of the harm they might have experienced otherwise.”

Holly Rackham - Support Worker from Anawim

Structure, Governance and Management

Elayos have a Constitution as it's governing document

Elayos is a Charitable Incorporated Organisation

Trustees are appointed and elected

Independent Examiner:

Colin Eric Hingston
Hon. Fellow of the Chartered Institute of Credit Management
65 Dean Garden Rise
High Wycombe
Bucks
HP11 1RF

Independent Examiner's Statement:

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

- 1. accounting records were not kept in accordance with section 130 of the Act;
or*
- 2. the accounts do not accord with those records*

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Financial Review

Brief statement of the charities policy on reserves

The charity does not currently have any significant liabilities; the trustees will keep the need for a reserves policy under review.

Independent Examiner's Report to the Trustees of Elayos

I report on the accounts of the charity for the year ended 30 September 2022.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. accounting records were not kept in accordance with section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date: 14th. July 2023



Colin Eric Hingston
Hon. Fellow of the Chartered Institute of Credit Management
65 Dean Garden Rise
High Wycombe
Bucks
HP11 1RF



Elayos				1185455		CC16a		
Receipts and payments accounts								
For the period from		10/1/21	To	9/30/22				

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Regular donations	6,409	-	-	6,409	4,816
One Off donations	10,527	-	-	10,527	5,400
Grants received	12,842	-	-	12,842	13,976
Gift Aid	- 0	-	-	-	1,311
Other	206	-	-	206	224
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
Sub total(Gross income for AR)	29,984	-	-	29,984	25,727
A2 Asset and investment sales, (see table).					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	- 0
Sub total	- 0	- 0	- 0	-	- 0
Total receipts	29,984	- 0	- 0	29,984	25,727
A3 Payments					
Fund raising fees	301	-	-	301	715
Client costs	8,411	-	-	8,411	8,615
Staff costs	21,410	-	-	21,410	16,986
Operation costs	1,382	-	-	1,382	1,516
Governance	317	-	-	317	278
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
Sub total	31,821	-	-	31,821	28,110
A4 Asset and investment purchases, (see table)					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	
Sub total	- 0	- 0	- 0	-	- 0
Total payments	31,821	- 0	- 0	31,821	28,110
Net of receipts/(payments)	- 1,837	-	-	- 1,837	- 2,383
A5 Transfers between funds	- 0	-	-	-	-
A6 Cash funds last year end	2,307	-	-	2,307	4,690
Cash funds this year end	470	-	-	470	2,307

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds	Barclays Bank	460	-	-
	PayPal	10	-	-
		-	-	-
	Total cash funds	470	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
	Details	to nearest £	to nearest £	to nearest £
B2 Other monetary assets			-	-
		-	-	-
		-	-	-

		-	-	-		
		-	-	-		
		-	-	-		
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)		
B3 Investment assets			-	-		
			-	-		
			-	-		
			-	-		
			-	-		
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)		
B4 Assets retained for the charity's own use			-	-		
			-	-		
			-	-		
			-	-		
			-	-		
			-	-		
			-	-		
			-	-		
			-	-		
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)		
B5 Liabilities			-			
			-			
			-			
			-			
			-			
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval		
	JAHart	John Andrew Hart		28/07/2023		

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signature

JAHart

Full Name

John Andrew Hart

Position (eg Secretary, Chair etc)

Chair of Trustees

Date

28/07/2023