



SHINE PND SUPPORT  
ANNUAL REPORT AND FINANCIAL STATEMENTS  
for the year ended 31 AUGUST 2022

Registered Office: 4 Elm View, Somerford Keynes, CIRENCESTER, Gloucestershire GL7 6DH

Website: <https://www.shine-support.org>

Telephone Number: 07886 570933

SHINE PND Support: Registered in England. Charity Number 1185585

**SHINE PND Support (Registered Charity No. 1185585)**  
**Annual Report of the Trustees for the year ended 31 August 2022**

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The Trustees present their annual report, together with the independently examined financial statements for the year ended 31 August 2022. The financial statements have been prepared in accordance with statutory requirements and with the Charity's governing document.

**LEGAL OBJECTS**

The Charity is a public benefit entity. The objects of Shine PND Support are:

- a. To provide support to people suffering from postnatal depression by the provision of services including, protection, advice, guidance, counselling, education, relief of sickness, and the promotion of good mental and physical health;
- b. To provide support services to people with postnatal depression, including workshops, art and other therapies, drop in facilities, creches and such other facilities as may be determined to be valuable in the treatment or recovery from postnatal depression;
- c. To advance the awareness of, and education in matters relating to postnatal depression among the general public and support professionals;
- d. To liaise and work with health professionals, charities and local authorities working in the field of, or providing services in respect of, postnatal depression;

**FUNDING**

During the year we are extremely grateful for the funding received from the following bodies:

National Lottery Community Fund	£30,055
Swindon Borough Council	£32,500 (Year 2 of 2)
NHS Fund	£17,000
Gloucester County Council	£5,000
The Henry Smith Charity	£6,550
St James's Place	£2,500

**ANNUAL REPORT BY THE CHAIR OF TRUSTEES**

This year saw a significant rise in the services we have been able to offer, now running our Shine Creative and wellbeing courses from Fairford, Dursley, 2 venues in Cirencester and 3 venues across Swindon. We have also extended our Shine Drop Ins to all venues in Swindon, and now have a Drop in running weekly from Central Cirencester. We have been able to support 189 new mothers experiencing maternal mental illness directly with our courses, and 110 new Mums across our Drop In facilities. Our Peer Support pages now support over 1000 Mums across Swindon and Gloucestershire.

We continued to work closely with Swindon Borough Council and the Big Lottery Community Fund, our main source of funding for this financial year. We have also been working with Glos NHS and now work closely alongside the perinatal teams as a much needed referral pathway. Within our Swindon community we have responded to the wide diversity of the area making links with organisations such as the Nelsons Trust, enabling us to signpost our most vulnerable service users to the support they need. As a whole we have become a well known and well respected charity within our areas and continue to receive referrals from Health professionals across the board, now well known to a number of social prescribers and health trusts and organisations.

## **ANNUAL REPORT BY THE CHAIR OF TRUSTEES (continued)**

We began 2021 in a strong position. Our income was excellent, workshops had been able to begin again face to

We know from monitoring, using the Warwick–Edinburgh Mental Well-being Scale and testimonials from Mums that we have been able to provide real help to, and improve the lives of, many families. Our work has a positive impact, not just on mothers but on the children of women with Post Natal Depression.

We launched our website in November 2019 and have maintained a strong social media presence and engagement throughout the year. Our profile with local health professionals has improved and I was able to speak at University for the West of England educating health professionals around perinatal mental health.

Sadly again our exciting fundraiser, a Fire Walk, could not proceed although we have promises of over £10,000

## **FINANCIAL REVIEW**

The year was extremely successful from a financial point of view. We received payments from Swindon Borough Council, Big Lottery Community Fund, Henry Smith Fund and we were successful with bids to Gloucestershire Suicide Prevention Fund and Gloucestershire Perinatal NHS as well as online giving commitments that give us a base for the next year. Our costs have risen from last year as we were able to return to face to face workshops, our funders have been supportive and understanding as we have varied our provisions to fit with fluctuating restrictions. We began our relationship with Hearts and Mind Partnership with the aim of mapping the UK with grassroots perinatal organisations and services and supporting smaller organisations in their growth. We are passionate about new Mums being able to receive the support they deserve.

## **ADMINISTRATIVE DETAILS**

The Charity is administered by a Board of Trustees. The following people served as Trustees from 1 September 2019 to the date this report was approved (unless shown otherwise):

**Lauraine Cheesman** (CHAIR)

**Kate Young** (SECRETARY) (Policies, Staff Liaison)

Retired December 21

**Sally Prosser** (TREASURER) Designated Safeguarding Lead

From December 2020

**Rebecca Kimberley** (Artists, Creative Ideas and Standards)

**Amber Powell** (NHS, Midwives, Health Visitors)

From 30 June 2020

**Emma Johnson** (Website, Publications, Social Media)

From 30 June 2020 Retired March 22

**Clair Robinson Kirk** (Armed Forces, Therapeutic Counselling)

**ADMINISTRATIVE DETAILS (Continued)**

Registered Office	4 Elm View, Somerford Keynes, Cirencester, Glos. GL7 6DH
Independent Examiner	Helen Jones, McGills Chartered Accountants Oakley House, Tetbury Road, Cirencester, Gloucestershire, GL7 1US
Bankers	National Westminster Bank plc, Cirencester Branch, 32 Market Place, Cirencester, Glos, GL7 2NU Lloyds Bank plc Cirencester Branch
Insurers	Markel International Insurance Co Ltd through Access Insurance Services, Selsdon House, 212 - 220 Addington Road, South Croydon, London, CR2 8LD

**STRUCTURE AND GOVERNANCE**

The Charity is governed by a Board of Trustees. Detail of membership can be found on the previous page of this report. The Board meets regularly to discuss the operation and direction of the Charity.

Day to day operations of the Charity are run by the Project Manager, the most senior member of staff. (This person is also the Chair of Trustees but will be stepping down from the board next year). All staff, including Project Leads are managed by, and report to, the Project Manager. Decisions on whether to undertake any fundraising activity or bid for grants are delegated to the Project Manager. The Chair and Secretary are signatories on the charity's bank accounts. The Project Manager reports regularly to Trustees at Board Meetings.

Rates of pay for staff are determined by the Trustees. Performance of staff is reviewed annually.

**PAYMENTS MADE TO TRUSTEES AND RELATED PARTY TRANSACTIONS**

During the year the following payments were made to Trustees:

Rebecca Kimberley (Artists, Creative Ideas and Standards)	£1,036.99 was paid to Rebecca for Artist services through her company "Cotswold Cre8"
Lauraine Cheesman (Chair)	Lauraine was paid £19,292.90 as Project Manager during this period. However £1,472.00 related to the last financial year

**Independent Examiner's Report to the  
Trustees of SHINE PND Support**

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I report to the trustees on my examination of the financial statements of Shine PND Support ('the charity') for the year ended 31 August 2022.

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

I have completed my examination. I confirm that, other than the issue already brought to the Trustees attention with regard to the drop in account, no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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



Mrs H Jones ACA  
McGills

Independent Examiner

Oakley House  
Tetbury Road  
Cirencester  
Gloucestershire  
GL7 1US

**1. GOING CONCERN**

The Trustees have reviewed the anticipated performance of the charity for a period of at least 12 months from the date of approval of the financial statements and concluded that there is no material uncertainty regarding the charity's ability to meet its liabilities as they fall due, and to continue as a going concern. On this basis the financial statements have been prepared on a going concern basis.

**2. ACCOUNTING POLICIES**

Since the income of the charity is less than £250,000, and is unlikely to exceed this figure in the next two years, the Trustees have adopted the 'receipts and payments' basis for the preparation of the accounts.

**3. RESERVES POLICY**

Total reserves fell by £1,331 during the year while free reserves rose from £8,117 to £12,787. The Trustee's policy on reserves is to maintain sufficient free reserves to cover salary and other fixed costs for a minimum of six months. This requirement is met. The Trustees have considered the likely/known income streams and the expected costs of operation in a normal year and are confident that the Charity will be sufficiently well funded to operate for the next financial year

**4. ASSETS POLICY**

The Charity holds no significant capital assets. Should it become necessary to acquire assets in the future, a policy regarding capitalisation, depreciation and replacement will be developed.

**6. DROP IN ACCOUNT\***

The Charity maintains a bank account for the activities of its "Drop In" Facilities.

**7. EXPENDITURE ANALYSIS**

Project Managers  
Creche Workers  
Venue Hire  
Artists/practitioners  
Accountancy  
Insurance  
Website  
Sundry  
Drop Ins

**SHINE PND Support (Registered Charity No. 1185585)****Statement of Financial Activities for the year ended 31 August 2022**

Account	2022 Designated Funds	2022 Restricted Funds	2022 Undesignated Funds	2022
<b>Turnover</b>				
200 - National Lottery Community Fund	0.00	0.00	90.50	90.50
201 - Swindon Borough Council Fund	0.00	32,500.00	0.00	32,500.00
204 - St James's Place Fund	0.00	2,500.00	0.00	2,500.00
205 - Gloucester County Council Fund	0.00	5,000.00	0.00	5,000.00
206 - NHS Fund	0.00	17,000.00	0.00	17,000.00
208 - PayPal Giving	0.00	0.00	0.00	0.00
211 - Sundry Donations and Contributions	8,004.50	0.00	2,710.83	10,715.33
212 - Drop In (Cirencester)	85.00	0.00	37.00	122.00
213 - Amazon Donation	0.00	0.00	106.83	106.83
214 - Main Grant	0.00	30,054.50	0.00	30,054.50
215 - The Henry Smith Charity	0.00	6,550.00	0.00	6,550.00
260 - Other Revenue	0.00	0.00	2,000.00	2,000.00
<b>Total Turnover</b>	<b>8,089.50</b>	<b>93,604.50</b>	<b>4,945.16</b>	<b>106,639.16</b>
<b>Gross Profit</b>	<b>8,089.50</b>	<b>93,604.50</b>	<b>4,945.16</b>	<b>106,639.16</b>
<b>Administrative Costs</b>				
400 - Advertising & Marketing	37.30	0.00	0.00	37.30
401 - Audit & Accountancy fees	342.00	0.00	0.00	342.00
402 - Trust Application Fees	1,820.00	0.00	0.00	1,820.00
420 - Venue Hire	0.00	10,066.36	0.00	10,066.36
421 - Health & Safety	0.00	198.00	0.00	198.00
425 - Postage, Freight & Courier	0.00	23.36	0.00	23.36
429 - Sundry Expenses	0.00	768.51	231.10	999.61
433 - Insurance	174.48	0.00	0.00	174.48
461 - Printing & Stationery	0.00	0.00	44.06	44.06
463 - IT Software and Consumables	1,551.37	427.03	0.00	1,978.40
473 - Artist Fees	0.00	495.00	0.00	495.00
474 - Workshop Fees	0.00	21,452.42	0.00	21,452.42
475 - Project Lead	4,529.50	3,754.00	0.00	8,283.50
476 - Development Work	6,960.00	0.00	0.00	6,960.00
477 - Project Co-Ordinator Salary	0.00	19,292.90	0.00	19,292.90
478 - Creche Workers	0.00	31,732.29	0.00	31,732.29
480 - Staff Training	0.00	504.00	0.00	504.00
482 - Pensions Costs	0.00	391.00	0.00	391.00
491 - Drop Ins	596.39	794.69	0.00	1,391.08
493 - Travel - National	0.00	695.48	0.00	695.48
495 - Drop In (Cirencester) Costs	1,088.64	0.00	0.00	1,088.64
<b>Total Administrative Costs</b>	<b>17,099.68</b>	<b>90,595.04</b>	<b>275.16</b>	<b>107,969.88</b>
<b>Net Income/Expenditure</b>	<b>(9,010.18)</b>	<b>3,009.46</b>	<b>4,670.00</b>	<b>(1,330.72)</b>
Funds Brought Forward	10,241.76	7,187.86	8,116.58	25,546.20
<b>Funds Carried Forward</b>	<b>1,231.58</b>	<b>10,197.32</b>	<b>12,786.58</b>	<b>24,215.48</b>

**Drop In Account\***

The NatWest account has been transferred to a new Lloyds account during Jan 2022.

SHINE PND Support (Registered Charity No. 1185585)

Statement of Financial Activities for the year ended 31 August 2022

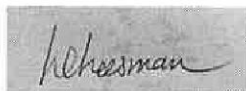
BALANCE SHEET	Aug-20 £	Aug-21 £	Aug-22 £
Undesignated Fund	13,116.58	8,116.58	12,786.58
Designated Fund	1,979.57	10,241.76	1,231.58
Restricted Fund	5,428.00	7,187.86	10,197.32
Total	20,524.15	25,546.20	24,215.48

REPRESENTED BY

Cash In Hand	229.85	-	-
Drop In Account	1,979.57	1,723.18	1,939.08
Main Bank Accounts	18,314.73	23,823.02	22,276.40
Cash at Bank	20,524.15	25,546.20	24,215.48

We approve the financial statements set out on pages 5 to 7 in respect of the year ended 31st August 2022 and confirm that we have made available all relevant records and information for their preparation.

Signed on behalf of the board of trustees



Lauraine Cheesman  
Chairman



Sally Prosser  
Treasurer