

SPELTHORNE BREASTFEEDING FRIENDS

England & Wales · Charity number 1188340

Details

Status Registered

Legal form CIO

Registered 2020-03-04

Register [View on the Charity Commission register](#)

Contact

Address 137 Lincoln Avenue
Twickenham
TW2 6NJ

Phone 07970745485

Email spelthornebff@gmail.com

Website <https://spelthornebff.co.uk>

Activities

Objects: THE ADVANCEMENT OF HEALTH, FOR THE PUBLIC BENEFIT, THROUGH THE PROVISION OF INFORMATION, SKILLED HELP AND SUPPORT CONCERNING BREASTFEEDING TO FAMILIES WHO BREASTFEED, OR WISH TO BREASTFEED THEIR BABIES.

Activities: Spelthorne Breastfeeding Friends is a community group that has been established to contribute to the promotion, protection and continuation of breastfeeding within the Borough of Spelthorne by providing peer support to women and their supporters primarily around the feeding of their babies as well as other practical support, with increased activity in targeted areas to address health inequalities.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, The General Public/mankind

Geography

- Surrey

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£548	£643	-	-
2024-03-31	£225	£1,486	-	-
2023-03-31	£1,115	£1,751	-	-
2022-03-31	£5,646	£2,349	-	-
2021-03-31	£5,413	£3,697	-	-

Trustees

Name	Role	Appointed
Hazel Meyer	Chair	2020-03-04
Jennifer Susan Sansom		2020-03-04
Kathy Emma O' Callaghan-Brown		2021-02-26
Louise Davies		2021-05-07
Mojidola Ade-Onojobi		2020-03-04
Rachel Smith		2020-03-04

SPELTHORNE BREASTFEEDING FRIENDS

England & Wales - Charity number 1188340

Accounts

**1 April 2024 -
31 March 2025**

ANNUAL
REPORT

PREPARED BY :

Hazel Meyer
Chair

Spelthorne Breastfeeding Friends

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1. WHO ARE WE?

2. VOLUNTEER ACTIVITY

3. TRAINING

4. FINANCIAL REPORT



WHO ARE WE?



Spelthorne Breastfeeding Friends is a charitable group established to contribute to the promotion, protection and continuation of breastfeeding within the Borough of Spelthorne.

Our objectives are to:

Promote volunteering of mothers of any age who have breastfed their own baby/s or are still breastfeeding and have the unique quality of being able to relate to mothers from a similar community, culture and values sets

Develop capabilities, competencies, skills, understanding and employability of volunteers

Act as a source of up-to-date information about breastfeeding and feeding-related issues, the practical task of looking after babies and the importance of attunement, attachment and empathy

Provide mother-to-mother breastfeeding and other practical support for new mothers

Work closely with other organisations in Spelthorne who are supporting new parents

Help promote the benefits of breastfeeding to women less likely to breastfeed and providing appropriate support

VOLUNTEER ACTIVITY

Breast pump hire scheme

Our free breast pump hire scheme has continued to be accessed from parents in Spelthorne and the surrounding boroughs although the demand has been much less than in previous years. The day-to-day administration is run by a volunteer and two other volunteers are acting as pump hire agents - organising the collection/delivery of pumps and offering expressing and breastfeeding support to mothers hiring the pumps. The scheme is actively promoted at Ashford and St Peter's Hospital and the midwives have told us how valuable parents find it when they are working on establishing breastfeeding.

**THIS YEAR WE HIRED
OUT AROUND 25 PUMPS**

**FREE
BREAST PUMP
HIRE**

Spelthorne Breastfeeding Friends has a number of breast pumps to loan to residents of Spelthorne Borough

Only £10 per personal, sterile collection kit **Loan up to 4 weeks**

For more information go to our website or email spelthornebffpumps@gmail.com

FAMILY CENTRE Facebook @SpelthorneBreastfeedingFriends
<https://spelthornebreastfeedingfriends.wordpress.com/>

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Bags of Help

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TRAINING

We have put training on hold for the present time choosing only to focus on the breastpump hire scheme for now

FINANCIAL REPORT

Financial Report for Spelthorne Breastfeeding Friends as of 31/3/2025

Income

Grants	0.00
Donations	0.00
Fundraising	0.00
Breastpump loan scheme	548.17
Total Income	548.17

Expenditure

Training	0.00
Venue Hire	0.00
Volunteer expenses	0.00
Insurance	0.00
Promotion	0.00
Photocopying, stationery	0.00
Refreshments	0.00
Resources and Equipment	0.00
Sundries	0.00
Breastpump loan scheme	642.90
Graduation event	0.00
Total Expenditure	642.90

Balances

Funds carried forward from last year (if any)	1,424.46
Funds received in year	548.17
Funds spent in year	642.90
Current balance	1,329.73
Funds held in bank	1,329.73
Funds held as cash	-
Total	1,329.73
Grant funds held (total)	1,329.73
General funds held	0.00
Total	1,329.73



CHARITY COMMISSION
FOR ENGLAND AND WALES

Spelthorne Breastfeeding Friends

1188340

Receipts and payments accounts

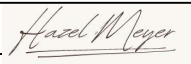
CC16a

For the period from	01/04/2024	To	31/03/2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Balance brought forward	1,425.00	-	-	1,425	
Breastpump rental fee	548	-	-	548	
Grants	-			-	
Donation for breast pump rental scheme	-			-	
Lottery Grant	-			-	
	-			-	
	-			-	
Sub total (Gross income for AR)	1,973	-	-	1,973	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total receipts	1,973	-	-	1,973	-
A3 Payments					
pump kits for loan scheme	643	-	-	643	-
		-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	643	-	-	643	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	643	-	-	643	-
Net of receipts/(payments)	1,330	-	-	1,330	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	1,330	-	-	1,330	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Balance	1,330	-	-
		-	-	-
		-	-	-
	Total cash funds	1,330	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
			Hazel Meyer	13/01/2026

SPELTHORNE BREASTFEEDING FRIENDS

England & Wales - Charity number 1188340

Accounts

**1 April 2023 -
31 March 2024**

ANNUAL
REPORT

PREPARED BY :

Hazel Meyer
Chair

Spelthorne Breastfeeding Friends

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2. VOLUNTEER ACTIVITY

3. TRAINING

4. WHAT'S NEXT?

5. FINANCIAL REPORT



WHO ARE WE?



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Breast pump hire scheme

Our free breast pump hire scheme has continued to be accessed from parents in Spelthorne and the surrounding boroughs although the demand has been much less than in previous years. The day-to-day administration has been taken over by one of our volunteers and three other volunteers are acting as pump hire agents - organising the collection/delivery of pumps and offering expressing and breastfeeding support to mothers hiring the pumps. The scheme is actively promoted at Ashford and St Peter's Hospital and the midwives have told us how valuable parents find it when they are working on establishing breastfeeding.

**THIS YEAR WE HIRED
OUT AROUND 15 PUMPS**

**FREE
BREAST PUMP
HIRE**

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For more information go to our website or email spelthornebffpumps@gmail.com

FAMILY CENTRE Facebook @SpelthorneBreastfeedingFriends
<https://spelthornebreastfeedingfriends.wordpress.com/>

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TRAINING

We did commission a training course for volunteers this year but we found it very difficult to recruit many people as it seems like the capacity for parents to offer their time for free is becoming limited. Unfortunately none of the recruits completed the training due to various factors.

We will be putting any training programmes on hold as we reconsider the future of the charity.

WHAT'S NEXT?

Next year we will continue to run our pump hire loan scheme but will be dicussing the viability of running the charity in the future especially.

FINANCIAL REPORT

Financial Report for Spelthorne Breastfeeding Friends as of 31/3/2024

Income

Grants	0.00
Donations	0.00
Fundraising	0.00
Breastpump loan scheme	225.00
Total Income	225.00

Expenditure

Training	720.00
Venue Hire	0.00
Volunteer expenses	0.00
Insurance	0.00
Promotion	0.00
Photocopying, stationery	0.00
Refreshments	0.00
Resources and Equipment	0.00
Sundries	0.00
Breastpump loan scheme	765.56
Graduation event	0.00
Total Expenditure	1,485.56

Balances

Funds carried forward from last year (if any)	2,685.02
Funds received in year	225.00
Funds spent in year	1,485.56
Current balance	1,424.46
Funds held in bank	1,424.46
Funds held as cash	-
Total	1,424.46



CHARITY COMMISSION
FOR ENGLAND AND WALES

Spelthorne Breastfeeding Friends

1188340

Receipts and payments accounts

CC16a

For the period
from

4/1/2023

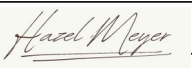
To

3/31/2024

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					
Balance brought forward	2,685.02	-	-	2,685	
Breastpump rental fee	225	-	-	225	
Grants	-	-	-	-	
Donation for breast pump rental scheme	-	-	-	-	
Lottery Grant	-	-	-	-	
	-	-	-	-	
	-	-	-	-	
Sub total (Gross income for AR)	2,910	-	-	2,910	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total receipts	2,910	-	-	2,910	-
A3 Payments					
Training package	720	-	-	720	-
pump kits for loan scheme	766	-	-	766	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,486	-	-	1,486	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	1,486	-	-	1,486	-
Net of receipts/(payments)	1,424	-	-	1,424	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	1,424	-	-	1,424	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Balance	1,424	-	-
		-	-	-
		-	-	-
	Total cash funds	1,424	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Hazel Meyer	1/20/2025	

SPELTHORNE BREASTFEEDING FRIENDS

England & Wales - Charity number 1188340

Accounts

**1 April 2022 -
31 March 2023**

ANNUAL
REPORT

PREPARED BY :

Hazel Meyer
Chair

Spelthorne Breastfeeding Friends

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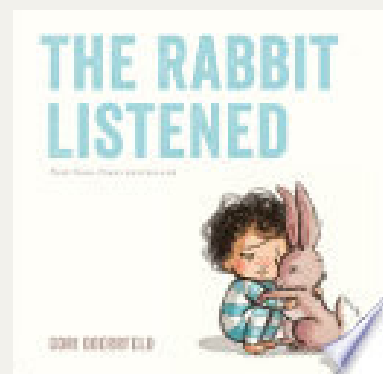
4. WHO ARE WE?

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6. WHAT'S NEXT?



LETTER FROM THE CHAIR



WHO ARE WE?



Spelthorne Breastfeeding Friends is a charitable group established to contribute to the promotion, protection and continuation of breastfeeding within the Borough of Spelthorne.

Our objectives are to:

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VOLUNTEER ACTIVITY

Breast pump hire scheme



Our free breast pump hire scheme has gone from strength to strength. The day-to-day administration has been taken over by one of our volunteers and four other volunteers are acting as pump hire agents - organising the collection/delivery of pumps and offering expressing and breastfeeding support to mothers hiring the pumps. The scheme is actively promoted at Ashford and St Peter's Hospital and the midwives have told us how valuable parents find it when they are working on establishing breastfeeding.

**THIS YEAR WE HIRED
OUT AROUND 90 PUMPS**

Parents
told us

*Very easy to collect pump
especially during Covid with no
contact collection*

*I never felt pressured about timing of giving it
back, I was asked if I'd finished and when would
suit me so never felt rushed*

*It's an amazing service and can't
thank you guys enough*

**FREE
BREAST PUMP
HIRE**

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Only £10 per personal, sterile collection kit **Loan up to 4 weeks**

For more information go to our website or email spelthornebffpumps@gmail.com

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TESCO
Bags of Help

Made with PosterMyWall.com

VOLUNTEER ACTIVITY

Volunteers Ashford and St Peter's Hospital



Our amazing volunteer in St Peter's Hospital

WHAT'S NEXT?

Next year we will look at training more volunteers alongside our pump hire loan scheme

FINANCIAL REPORT

Financial Report for Spelthorne Breastfeeding Friends as of 31/3/2023

Income

Grants	0.00
Donations	335.00
Fundraising	0.00
Breast pump loan scheme	780.00

Total Income **1,115.00**

Expenditure

Training	827.50
Venue Hire	0.00
Volunteer expenses	59.00
Insurance	321.21
Promotion	0.00
Photocopying, stationery	4.99
Refreshments	0.00
Resources and Equipment	0.00
Sundries	80.00
Breastpump loan scheme	314.40
Graduation event	143.74

Total Expenditure **1,750.84**

Balances

Funds carried forward from last year (if any)	3,279.85
Funds received in year	1,115.00
Funds spent in year	1,750.84
Current balance	2,644.01

Funds held in bank	2,644.01
Funds held as cash	-
Total	2,644.01

Grant funds held (total)	2,309.01
General funds held	335.00
Total	2,644.01



CHARITY COMMISSION
FOR ENGLAND AND WALES

Spelthorne Breastfeeding Friends

1188340

Receipts and payments accounts

CC16a

For the period
from

4/1/2022

To

3/31/2023

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					
Balance brought forward	3,280	-	-	3,280	
Breastpump rental fee	780	-	-	780	
Grants				-	
Donation for breast pump rental scheme	335			335	
Lottery Grant				-	
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	4,395	-	-	4,395	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	4,395	-	-	4,395	-
A3 Payments					
Liability insurance	321	-	-	321	-
childcare for training	59	-	-	59	-
graduation event	144	-	-	144	-
pump kits for loan scheme	314	-	-	314	-
Training package	828	-	-	828	-
sundries	80	-	-	80	-
photocopying and stationery	5	-	-	5	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,751	-	-	1,751	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,751	-	-	1,751	-
Net of receipts/(payments)	2,644	-	-	2,644	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	2,644	-	-	2,644	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Balance	2,644	-	-
		-	-	-
		-	-	-
	Total cash funds	2,644	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	Hazel Meyer	Hazel Meyer	1/25/2024	

SPELTHORNE BREASTFEEDING FRIENDS

England & Wales - Charity number 1188340

Accounts

**1 April 2021 -
31 March 2022**

ANNUAL
REPORT

PREPARED BY:

Hazel Meyer
Chair

Spelthorne Breastfeeding Friends

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6. WHAT'S NEXT?



LETTER FROM THE CHAIR

The words of Dr Tedros Adhanom Ghebreyesus, Director-General, of the World Health Organization at the end of 2021 sum up the difficult year that we all faced.

"As 2021 draws to a close, it's a good time to look back and to look forward. This has been another tough year, but there's also a lot to be grateful for"

And I can definitely reflect on how grateful I have been to have the support of a dedicated team of Trustees and Volunteers who were prepared to rise about their personal struggles and continue to support parents to feed their babies.

Looking back I am amazed at how much we achieved from the continued development of our free breast pump hire scheme, trialling face-to-face feeding support again alongside Stanwell Foodbank, recommencing our training programme which saw the graduation of 4 new peer supporters and getting the first volunteers on the postnatal ward at Ashford and St Peter's Hospital.

I want to also thank Comic Relief and The National Lottery Community Fund for supporting us financially.

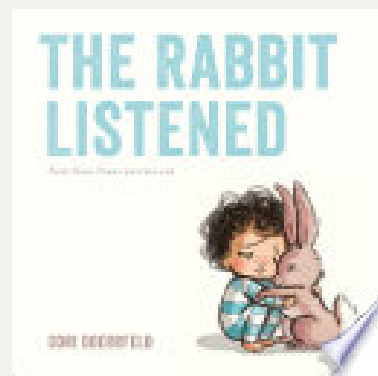
I attended the last session of our training course and Mary read the picture book, *The Rabbit Listened* to the trainees which is about how to comfort and heal the people in your life, by taking the time to carefully, lovingly, and gently listen.

I can't think of anything better to sum up what we aim to do as an organisation - hold space for those that need time to talk and to be listened to!

Thank you to all our volunteers for taking this time.

Hazel Meyer

Chair, Spelthorne Breastfeeding Friends



WHO ARE WE?



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Promote volunteering of mothers of any age who have breastfed their own baby/s or are still breastfeeding and have the unique quality of being able to relate to mothers from a similar community, culture and values sets

Develop capabilities, competencies, skills, understanding and employability of volunteers

Act as a source of up-to-date information about breastfeeding and feeding-related issues, the practical task of looking after babies and the importance of attunement, attachment and empathy

Provide mother-to-mother breastfeeding and other practical support for new mothers

Work closely with other organisations in Spelthorne who are supporting new parents

Help promote the benefits of breastfeeding to women less likely to breastfeed and providing appropriate support

ACHIEVEMENTS FOR 2021

TRAINING

In February we launched our third training course as an organisation run by Mary Soane. We are very grateful to have Mary on board as she has worked in Spelthorne for many years and has an understanding of the needs of parents in the local area. This course had fewer attendees than previous courses we have run, reflecting the reduction of capacity for volunteering as a result of the pandemic but they made up for the lack of numbers with their enthusiasm.

This course included 30 hours of group tutorial-based study on the following topics, plus independent study and reflection:

- Effective Listening and Communication
- Understanding Milk Supply
- Barriers to Breastfeeding
- Principles of Safe Collection and Storage of Breastmilk
- Understanding Normal Breastfeeding including evidence-based positioning and attachment theory
- Understanding the Boundaries and the Role of a Peer Supporter

Attendees also attended the Durham University and Sleep Centre Online Conference in March 2022 and completed their safeguarding training and DBS checks. We all enjoyed the Graduation Event at Teddington Town cricket club on a sunny May Bank holiday where the new volunteers and families get to meet the existing team.



Graduates were asked to give **FEEDBACK** on the training course on what they had enjoyed about the course and what they had learnt.

***I thought I knew how to listen to people
- but I didn't***

Liked the smaller group.... easier to connect

Want to give something back

went by too quickly

Given me confidence

Good fun

Informative

Listening and not talking

Being present

**Learnt valuable active listening
skills**

Valuable breastfeeding knowledge

knowledge from other peers

Giving information NOT advice

VOLUNTEER ACTIVITY

Breast pump hire scheme



Our free breast pump hire scheme has gone from strength to strength. The day-to-day administration has been taken over by one of our volunteers and four other volunteers are acting as pump hire agents - organising the collection/delivery of pumps and offering expressing and breastfeeding support to mothers hiring the pumps. The scheme is actively promoted at Ashford and St Peter's Hospital and the midwives have told us how valuable parents find it when they are working on establishing breastfeeding.

**THIS YEAR WE HIRED
OUT AROUND 60 PUMPS**

Parents
told us

*Very easy to collect pump
especially during Covid with no
contact collection*

*I never felt pressured about timing of giving it
back, I was asked if I'd finished and when would
suit me so never felt rushed*

*It's an amazing service and can't
thank you guys enough*

**FREE
BREAST PUMP
HIRE**

Spelthorne Breastfeeding Friends has a number of breast pumps to loan to residents of Spelthorne Borough

Only £10 per personal, sterile collection kit **Loan up to 4 weeks**

For more information go to our website or email spelthornebffpumps@gmail.com

Facebook @SpelthorneBreastfeedingFriends
<https://spelthornebreastfeedingfriends.wordpress.com/>

TESCO
Bags of Help

Spelthorne Family Centre
Made with PosterMyWall.com

VOLUNTEER ACTIVITY

Volunteers Ashford and St Peter's Hospital

After a lot of hard work from all sides and some further training, we were excited to see two of our peer supporters begin to volunteer on the post-natal ward at Ashford and St Peter's Hospital, offering feeding support to parents working alongside the maternity staff,

The volunteers have settled into the team amazingly! They are such an asset to the parents and staff every time they come. Thank you for providing us with such an invaluable resource.

Liz Jennis
Infant Feeding Lead



Volunteers lunch

Volunteering this year at St Peter's has been brilliant. I've worked my way into the team and am now a recognised and valued member of 'staff'. This was a totally new work environment for me and I've enjoyed gaining experience in the setting. The main benefit is working with lots of different mums and helping in some way along their feeding journey.

VOLUNTEER ACTIVITY

Mum-to-Mum Support

In October 2021 we trialled the opening of a mum-to-mum support group at a community centre in Stanwell, working alongside Stanwell Food Bank. Unfortunately, due to a lack of volunteer capacity and limited community engagement, we decided to discontinue this group at the end of March 2022 with the aim of revisiting the idea in the future.

Our volunteers continue to support parents alongside local breastfeeding counsellors at the Breastfeeding Cafe which runs in the Claredon Children's Centre.

WHAT'S NEXT?

After some heartfelt discussions as a team of trustees, we have decided that the year ahead will be a time of consolidation and recovery as everyone realises the toll that the pandemic has had on us and our families.

We look forward to a full return to normality so we can train more volunteers and play our part in seeing more parents reach their feeding goals.

FINANCIAL REPORT

Financial Report for Spelthorne Breastfeeding Friends as at 31/3/2022

Income

Grants	3,500.00
Donations	20.00
Fundraising	0.00
Breast pump loan scheme	410.00

Total Income **3,930.00**

Expenditure

Training	1,470.00
Venue Hire	0.00
Volunteer expenses	60.00
Insurance	313.96
Promotion	0.00
Photocopying, stationery	0.00
Refreshments	0.00
Resources and Equipment	155.00
Sundries	0.00
Breastpump loan scheme	349.76
Graduation event	0.00

Total Expenditure **2,348.72**

Balances

Funds carried forward from last year (if any)	1,716.68
Funds received in year	3,930.00
Funds spent in year	2,348.72
Current balance	3,297.96

Funds held in bank	3,297.96
Funds held as cash	-
Total	3,297.96

Grant funds held (total)	3,279.85
General funds held	18.11
Total	3,297.96



CHARITY COMMISSION
FOR ENGLAND AND WALES

Spelthorne Breastfeeding Friends

1188340

Receipts and payments accounts

CC16a

For the period from	01/04/2021	To	31/03/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Balance brought forward	1,716	-	-	1,716	
Breastpump rental fee	410	-	-	410	
Grants	1,000			1,000	
Donation for breast pump rental scheme	20			20	
Lottery Grant	2,500			2,500	
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	5,646	-	-	5,646	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5,646	-	-	5,646	-
A3 Payments					
Liability insurance	314	-	-	314	-
childcare Ria bone for training	60	-	-	60	-
Knitted breasts	70	-	-	70	-
refund pump hire, pat testing and pump kits	350	-	-	350	-
Training package	1,470	-	-	1,470	-
weighted doll	85	-	-	85	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	2,349	-	-	2,349	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,349	-	-	2,349	-
Net of receipts/(payments)	3,297	-	-	3,297	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	3,297	-	-	3,297	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Balance	3,297	-	-
		-	-	-
		-	-	-
	Total cash funds	3,297	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

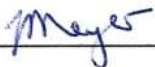
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	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
	Hazel Meyer	7/1/2023

SPELTHORNE BREASTFEEDING FRIENDS

England & Wales - Charity number 1188340

Accounts



Spelthorne Breastfeeding Friends

Trustees' Annual Report

From Period start date 1 April 2020 To Period end date 31 March 2021

Legal and Administrative

Charity name: Spelthorne Breastfeeding Friends

Charity registration number: 1188340

Principle Address: 137 Lincoln Ave, Twickenham, TW2 6NJ

Trustees:

Hazel Meyer Chair

Kathy O'Callaghan-Brown Vice Chair

Rachael James

Rachel Smith

Sophia Smith

Jenny Sansom Treasurer

Mojisola Ade-Onojobi Treasurer

Aims and Purposes

The object of Spelthorne Breastfeeding Friends (SBF) is the advancement of health, for the public benefit, through the provision of information, resources, and skilled mother-to-mother peer support to families in the Borough of Spelthorne to enable them to breastfeed for as long as they wish.

Objectives and Activities

SBF main objective is to promote volunteering of mothers of any age who have breastfed their own baby/s as they have the unique quality of being able to relate to mothers from a similar community, culture and values sets. We work to develop the capabilities, competencies, skills, understanding and employability of volunteers and train them to act as a source of up-to-date information about breastfeeding and feeding-related issues, the practical task of looking after babies and the importance of attunement, attachment and empathy. They also provide other practical support for new mothers.

In planning these activities, the trustees have had regard to the guidance issued by the Charity Commission on public benefit, in particular the specific guidance for charities on the advancement of health.

Achievements and Performance

Training

In January 2020 we launched our second training course as an organisation run by an external trainer. This course included 30 hours of group tutorial-based study on the following topics, plus independent study and reflection: Effective Listening and Communication Understanding Milk Supply Barriers to Breastfeeding Principles of Safe Collection and Storage of Breastmilk Understanding Normal Breastfeeding including evidence-based positioning and attachment theory Understanding the Boundaries and the Role of a Peer Supporter

Unfortunately, the first national lockdown due to the Covid-19 pandemic occurred 3 weeks before the completion of the course. We had to quickly adapt to online learning and with a lot of extra time and effort from our trainer and our volunteers, we finally managed to get 9 trainees to the place of being able to graduate as Breastfeeding Peer Supporters.

We ran a virtual graduation event attended by local health professionals and guest speaker who spoke to the graduates about Mindful Breastfeeding which uses tools, techniques and lactation support to help parents feed and connect with their baby so that they can have a more relaxed, calm and fulfilling early parenting experience. One of our trustees also spoke to the volunteers about the Maternity Voices Partnership and encouraged them to get involved in giving feedback and help shaping local maternity services.

Volunteer Activity

Breast pump hire scheme

We were fortunate to be donated 8 closed system breast pumps from the Spelthorne Family Centres and have been excited to launch our free breast pump hire scheme thanks to a grant from Tesco's Bags of Help. Eight of our volunteers are now acting as pump hire agents - organising the collection/delivery of pumps and offering expressing and breastfeeding support to mothers hiring the pumps. St Peter's Hospital has actively referred many women to us and they have told us how valuable it has been to be able to hire a pump to get breastfeeding established especially as they are finding that support services are greatly reduced due to the pandemic. Pump hire agents attended a further two-hour training course on supporting women with expressing and how to make sure they were using the breast pump correctly. We have also received a Spelthorne Community Grant which has enabled us to buy five more breast pumps and accessories to expand this scheme.

From the launch of the pump hire scheme in July 2020 until the end of March 2021 we have had over 30 requests to hire a pump.

Family essential packs

In response to the ongoing financial pressures that the Covid-19 pandemic has been putting on families, we decided to launch our Family Essential Pack scheme in partnership with Stanwell Food Bank, for pregnant or new mothers, supplying them with essential products and a couple of luxuries.

Between June 2020 and September 2020, we delivered over 15 packs to families in need.

Mum-to-Mum Support

The opportunities to offer support to mothers has been limited due to the pandemic but our volunteers have still been able to support mothers virtually who have contacted us requesting support with breastfeeding or just to have another mother to chat to. One of our volunteers supports parents alongside local breastfeeding counsellors at the Breastfeeding Cafe which is currently offering support to mothers via zoom. She also supports the Staines Bumps and Babes group run by the National Childbirth Trust and has been involved in Walk and Talk sessions which enable local parents to get out into the fresh air, meet and share some time to chat with other new parents.

Financial Review

Total receipts on unrestricted funds were £5413. £3652 was carried over from grants given to the Unincorporated Association that we operated under before the charity was constituted. These funds were used to fund our peer supporter training package. £1166 was a grant from Tesco's Bags of Help and £390 from Spelthorne Community Grant which were used to set up our free breast pump loan scheme.

The balance carried forward to year beginning April 2021 was £1716 which has been put aside towards our next training course.

Priorities for 2021-22

- 🚩 **Recruit and train up to 12 more volunteers**
- 🚩 **Set up volunteer scheme on postnatal ward of St Peter's Hospital**
- 🚩 **Start a support group for new mothers in Stanwell run by Peer Supporters**

Approval

The Trustees Annual Report was approved on 26 February 2021

and signed on their behalf by



Hazel Meyer, Trustee (Chair)



CHARITY COMMISSION
FOR ENGLAND AND WALES

Spelthorne Breastfeeding Friends 188340

Receipts and payments accounts

CC16a

For the period from	1/1/2021	To	31/12/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Balance brought forward	3,652	-	-	3,652	-
Tescos Bags of Help Grant	1,166	-	-	1,166	-
Donation	390	-	-	390	-
Breastpump rental	75	-	-	75	-
Breastpump rental	20	-	-	20	-
Breastpump rental	20	-	-	20	-
Breastpump rental	10	-	-	10	-
Breastpump rental	20	-	-	20	-
Breastpump rental	20	-	-	20	-
Breastpump rental	20	-	-	20	-
Breastpump rental	20	-	-	20	-
Sub total (Gross income for AR)	5,413	-	-	5,413	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5,413	-	-	5,413	-
A3 Payments					
alcohol wipes	15	-	-	15	-
PAT testing breastpumps	158	-	-	158	-
Disposable gloves	16	-	-	16	-
Disposable gloves	8	-	-	8	-
Disposable masks	60	-	-	60	-
Tote bags	40	-	-	40	-
Vista print cards	27	-	-	27	-
insurance	307	-	-	307	-
breastpump accessories	673	-	-	673	-
Volunteer expenses	156	-	-	156	-
stationery	45	-	-	45	-
stationery	10	-	-	10	-
printer ink	39	-	-	39	-
printer ink	33	-	-	33	-
Training	750	-	-	750	-
Graduation gifts	34	-	-	34	-
Volunteer expenses	89	-	-	89	-
Volunteer expenses	23	-	-	23	-
Volunteer expenses	23	-	-	23	-
Training session	150	-	-	150	-
alcohol wipes	10	-	-	10	-
stationery	28	-	-	28	-
breastpump accessories	390	-	-	390	-
breastpump accessories	332	-	-	332	-
Bags and fliers for breastpump loan	185	-	-	185	-
storage bags for breastpumps	45	-	-	45	-
stationery	11	-	-	11	-
Volunteer expenses	23	-	-	23	-
website	11	-	-	11	-
website	7	-	-	7	-
Sub total	3,697	-	-	3,697	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
CCXX R1 accounts (SS)	-	1	-	-	28/12/2021

Sub total	-	-	-	-	-
Total payments	3,697	-	-	3,697	-
Net of receipts/(payments)	1,716	-	-	1,716	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	1,716	-	-	1,716	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Balance	1,716	-	-
		-	-	-
		-	-	-
	Total cash funds	1,716	-	-
(agree balances with receipts and payments account(s))				


	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds 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
	Hazel Meyer	26/5/21