



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 188240

## Receipts and payments accounts

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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 £
<b>A1 Receipts</b>					
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	-
<b>Sub total (Gross income for AR)</b>	<b>5,413</b>	<b>-</b>	<b>-</b>	<b>5,413</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>5,413</b>	<b>-</b>	<b>-</b>	<b>5,413</b>	<b>-</b>

<b>A3 Payments</b>					
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	-
<b>Sub total</b>	<b>3,697</b>	<b>-</b>	<b>-</b>	<b>3,697</b>	<b>-</b>

<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
CCXX R1 accounts (SS)	-	1	-	-	28/12/2021

<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	3,697	-	-	3,697	-
<b>Net of receipts/(payments)</b>	1,716	-	-	1,716	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	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	-	-
		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>1,716</b>	<b>-</b>	<b>-</b>
(agree balances with receipts and payments account(s))				

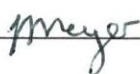
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	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