



**1 April 2021 -  
31 March 2022**

ANNUAL  
**REPORT**

PREPARED BY :

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Chair

Spelthorne Breastfeeding Friends

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# CONTENTS

**3. LETTER FROM THE CHAIR**

**4. WHO ARE WE?**

**5. ACHIEVEMENTS FOR 2021/22**

**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.

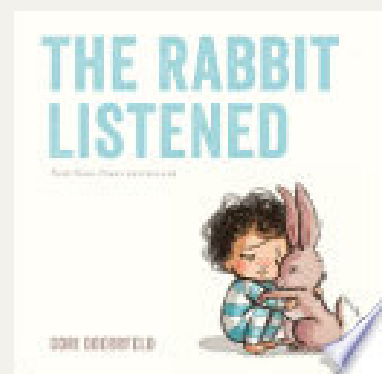
I attended the last session of our training course and Mary read the picture book, *The Rabbit Listened* to the trainees which is about how to comfort and heal the people in your life, by taking the time to carefully, lovingly, and gently listen.

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?



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

# 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*

A poster for Spelthorne Breastfeeding Friends' free breast pump hire scheme. The top section has a black background with a logo of three stylized figures in yellow, blue, and green, and the text 'FREE BREAST PUMP HIRE' in white. The middle section has a green background with an image of a breast pump and text stating 'Spelthorne Breastfeeding Friends has a number of breast pumps to loan to residents of Spelthorne Borough', 'Only £10 per personal, sterile collection kit', and 'Loan up to 4 weeks'. The bottom section has a white background with text for more information, a Facebook link, and a website URL. It also features a 'TESCO Bags of Help' logo and a 'Made with PosterMyWall.com' watermark.

**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 [spelthornebfffumps@gmail.com](mailto:spelthornebfffumps@gmail.com)

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

**TESCO**  
Bags of Help

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

<b>Total Income</b>	<b>3,930.00</b>
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### 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

<b>Total Expenditure</b>	<b>2,348.72</b>
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### 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

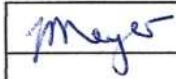
To

31/03/2022

### 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 £
<b>A1 Receipts</b>					
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	
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>5,646</b>	<b>-</b>	<b>-</b>	<b>5,646</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>5,646</b>	<b>-</b>	<b>-</b>	<b>5,646</b>	<b>-</b>
<b>A3 Payments</b>					
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	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>2,349</b>	<b>-</b>	<b>-</b>	<b>2,349</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>2,349</b>	<b>-</b>	<b>-</b>	<b>2,349</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>3,297</b>	<b>-</b>	<b>-</b>	<b>3,297</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>3,297</b>	<b>-</b>	<b>-</b>	<b>3,297</b>	<b>-</b>

## 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 £
<b>B1 Cash funds</b>	Bank Balance	3,297	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>3,297</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	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	7/1/2023