

COMPANY REGISTRATION NUMBER: 12140175
CHARITY REGISTRATION NUMBER: 1188418

MENUCHA LTD
Company Limited by Guarantee
UNAUDITED FINANCIAL STATEMENTS
31 DECEMBER 2024



MENUCHA

Because Motherhood Should Be a Joy

MENUCHA LTD
ANNUAL REPORT AND FINANCIAL STATEMENTS
YEAR ENDED 31 DECEMBER 2024
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COMPANY INFORMATION

Name:	Menucha Ltd
Charity registration number:	1188418
Company registration number:	12140175
Registered office:	32 Hamilton Road London NW11 9EJ
Trustees:	Miriam Naomi Ollech Alexis Jacques Dwek Leah Aliza Sanger
Chair of Trustees:	Miriam Naomi Ollech
Directors:	For company law purposes the Trustees are also the Company directors.
Independent Examiner:	Shaya Grosskopf FCA 1g Accountants Chartered Accountants Churchill House 137-139 Brent Street London NW4 4DJ

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TRUSTEES' ANNUAL REPORT (INCORPORATING DIRECTORS' REPORT)

The trustees, who are also the directors for the purposes of the Companies Act 2006, present their report and the unaudited financial statements of the charity for the period ended 31 December 2024.

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

TRUSTEES

During the year and up to the date of signing of this report the following individuals served as trustees of the Charity: -

Leah Aliza Sanger
Miriam Ollech
Alexis Jacques Dwek

OBJECTIVES AND ACTIVITIES

The principal activities of the Charity are to provide advice and support to empower women experiencing perinatal mood disorders to understand this issue. The Charity's goal is to alleviate the severity of Perinatal mood disorders by ensuring every woman can access help quickly and efficiently and feel confident in doing so.

The trustees have had regard to Charity Commission guidance on public benefit in commissioning its activities.

PUBLIC BENEFIT

The trustees have given careful consideration to the Charity Commission's guidance on public benefit when setting the aims and objectives of the Charity. In particular, the Trustees consider how planned activities will contribute to the aims and objectives of the Charity.

CHARITABLE ACTIVITIES

Over the past year, Menucha has seen remarkable growth and impact, underscoring our dedication to supporting women through the challenges of perinatal mood disorders. As we look back on these achievements, we remain focused on enhancing our services, improving accessibility, and making a lasting difference in the lives of women and families navigating these difficult times. We are deeply grateful for the continued backing of our community and supporters, which empowers us to foster a more compassionate and supportive environment for all.

Our key performance indicators and achievements were as follows

Information & Referral Line

In the current year, the Menucha Information & Referral Line received a total of 198 calls (2023: 180 calls), a 10% year on year increase. Of the calls received, 45% resulted in the caller joining the Menucha programme, while 34% were effectively supported by our case managers without the need for therapy. Another 15% of calls came from other charities and organisations seeking guidance on whether the women they support would benefit from the Menucha therapy programme. The remaining 6% were referred to organisations better equipped to meet their specific needs, ensuring that every caller receives the most appropriate support.

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Menucha takes pride in achieving a swift turnaround for most client call-backs, with crucial initial steps in implementing care occurring 69% within 24 hours.

Menucha Therapy Programme

Menucha offers six specialized therapeutic modalities, including Parent-Infant Psychotherapy, Birth Trauma Resolution, Internal Family Systems, Psychoanalytic, Psychodynamic, and Integrative Talking therapies

A total of 97 (2023: 80) women actively engaged in the Menucha Therapy Programme, meaning they made use of both a specialised therapist and a dedicated case manager.

85% of women begin working with a Menucha therapist within seven days of reaching out, reflecting our dedication to prompt and effective care. For the remaining women, therapy starts within 14 days. In contrast, NHS IAPT services report that 75% of individuals begin treatment within six weeks of referral, according to NHS England's service standards.

This year, 62% of our clients have required engagement with an NHS service. 86% of these clients stated that they would not have sought NHS assistance if not for Menucha's advocacy on their behalf, a close to 10% increase from 2023. This success demonstrates our role in bridging the gap between the NHS and minority communities.

A remarkable 98% of women accessing Menucha expressed very high satisfaction with our services. This positive feedback is a testament to the quality and impact of the support we provide. Measuring client satisfaction is essential for ensuring the quality and effectiveness of Menucha's services. Some of the ways we collect this information includes: -

- Regular, structured check-ins with case managers or therapists during the therapy process to assess the client's satisfaction with the service.
- Clients rating how much progress they feel they've made toward their therapy goals via their GBO forms with their therapist, which indirectly reflects satisfaction.
- Clients providing specific feedback about their relationship with their therapist, the therapy process, or overall service delivery, helping Menucha evaluate the strengths and areas for improvement.
- Clients sharing their positive experiences anonymously as testimonials or case studies help measure satisfaction qualitatively.

By combining these methods, Menucha ensures a comprehensive understanding of client satisfaction and continually refines its services based on client feedback.

Community Education and Awareness

Community Education and Awareness is at the heart of Menucha's mission, standing as a cornerstone nearly as vital as our therapy program—if not more so. Without proper education, individuals may not recognise when they need help or understand how support can transform their lives. In a community where mental health stigma still looms large, our efforts focus on breaking down barriers, normalising conversations, and providing knowledge that empowers individuals to seek assistance without fear or shame. Feedback tells us that our approach is making an impact: the more our message reaches the community, the more people feel comfortable stepping forward to ask for help. Through education, we are not just raising awareness; we are changing lives.

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The Menucha Big Talk

In May, Menucha hosted its second Big Talk event, drawing over 300 women for a day of meaningful engagement and education. The event featured an impressive lineup of religious authorities and women's health professionals who spoke with sensitivity and care about a wide range of women's issues. Expert panels from various healthcare fields and organizations addressed an array of topics, including PCOS, Perinatal Mood Disorders, and more, answering pressing questions with expertise and empathy. Complementing the discussions, over 45 exhibitors—ranging from major communal organisations and healthcare providers to stalls showcasing jewellery, baby accessories, and other lifestyle products—offered attendees both valuable resources and a warm, inviting atmosphere. The day was a blend of learning, support, and connection, embodying Menucha's mission to empower women through education and community.

Menucha Talks Podcast

The Menucha Talks podcast is thriving, with over 6,100 listens to date, demonstrating its growing impact in supporting women and men on their journey to parenthood. Recognising the challenges women's mental health can face during this time, Menucha Talks provides a monthly platform to explore these issues with sensitivity, professionalism, and a relatable, human approach. Each episode is designed to offer understanding, practical advice, and valuable tips that listeners can apply in their own lives or share with those around them. The feedback we are receiving shows that people really value this way of engaging with us, as it allows them to listen privately, at their own pace, and whenever it suits them. By creating a safe space for open conversations, Menucha Talks continues to empower women and build awareness, making a meaningful difference in countless lives.

Menucha Magazine

This year, Menucha Magazine was published three times, featuring a Pesach Edition in April, a Big Talk Edition in May, and a Succos Edition in October. For the Pesach and Succos Editions, we printed 300 copies and placed them in local shops for free distribution. For the Big Talk Edition, we increased circulation to 600 copies, with over 300 distributed at the event itself. The remaining copies were made available in shops, businesses, and venues frequented by new mothers, ensuring accessibility for a wider audience. Feedback from distributors highlighted the enthusiastic response, with many individuals happily picking up copies—some even taking extra for friends and family. Members of the community, particularly those with limited or no internet access, expressed their gratitude for a culturally relevant publication, sharing how much they gained from the practical and thoughtful information inside. Additionally, digital versions of all editions are available on our website, catering to those who prefer to read on their phones or tablets or want to revisit previous issues. This multi-platform approach ensures that Menucha Magazine remains a valuable and accessible resource for everyone in our community.

Printed Adverts

In previous years, Menucha advertised weekly; however, this year, we shifted to monthly advertising. While this change has helped reduce advertising costs, the primary reason for the adjustment is the introduction of a more impactful social media strategy. Each week, we create a social media post that is shared across various platforms by over 40 women within our community. These posts, typically published on Wednesdays, allow us to reach a broader audience in a more personal and relatable way than traditional printed adverts. The effectiveness of this approach is evident in the feedback we've received from callers, many of whom mention seeing our posts shared widely across different platforms. They've shared that

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Menucha remains deeply committed to engaging with key individuals and groups who interact with women and men during the perinatal period. This includes Rabbonim, Rebbetzins, chosson and kallah teachers, doula support teams, and other organisations supporting new mothers, as well as GPs and community midwives. Through these ongoing conversations and training sessions, we ensure that they can recognise the signs and symptoms of perinatal mood disorders, understand how these conditions can manifest, and feel equipped to encourage those in need to seek help. In addition, we continue to work closely with the local NHS teams, fostering a strong connection that allows for seamless referrals and shared care when required. This collaboration ensures that women can receive culturally sensitive support while healthcare professionals gain an understanding of the unique needs within our community. By building these relationships, Menucha creates a robust network of awareness and support, ensuring that no woman or family facing perinatal challenges falls through the cracks.

As an organisation deeply committed to the well-being of women during the perinatal period, we strive to create a nurturing space where individuals find support, understanding, and the resources necessary for their journey. Our unwavering dedication to providing culturally sensitive care, coupled with a robust clinical approach, has allowed Menucha to evolve into a cornerstone of support within our community. The collaboration between our dedicated team, engaged volunteers, and the generosity of our supporters has enabled us to touch the lives of numerous women and families.

PLANS FOR FUTURE PERIODS

Looking forward, Menucha remains steadfast in its mission to destigmatise perinatal mental health, promote awareness, and ensure that every individual, regardless of background, receives the care they deserve. We are particularly excited about the prospect of expanding our services to offer more comprehensive support to fathers, recognising the crucial role they play in the perinatal

FINANCIAL REVIEW

The Charity's income for the year amounted to £265,847 (2023: £212,121). Expenditure was £241,067 (2023: £214,949). The surplus for the year was £24,780 (2023: £2,828 deficit). At the financial year end, the total and unrestricted funds of the charity was £14,142 (2023: deficit of £10,638).

Menucha has three primary income streams: -

Clients' payment towards therapy

Menucha's therapy has a standard subsidised cost of £60 a session. However, 90% of women do ask for a discount of some type and the average payment of women for therapy is £30. Menucha believes very strongly that finances should never be a barrier to getting the right help and therefore strives to ensure our clients are able to access therapy support in a dignified and respectable manner even if they are unable to financially fully contribute.

Grants and Foundations

Initially, Menucha faced challenges with grants and foundations due to a lack of a track record. However, as we approach the end of our fourth clinical year, we now possess valuable data demonstrating the effectiveness of our programs. This success has led to the recent awarding of several grants, solidifying Menucha's impact and credibility. While the recent success in being awarded grants is a positive development, it's important to note that the application process for grants is intricate and does not guarantee acceptance. Despite our proven track record

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and the demonstrated effectiveness of our programs, each application undergoes rigorous evaluation, and success remains contingent on various factors. Nevertheless, our growing body of evidence and the positive impact we have had on the community, position Menucha well in the competitive grant landscape.

Community Donations

Menucha's community donations stem from two streams, each contributing significantly to our mission. We receive smaller donations from individuals who have set up small standing orders or generously give sporadically. These contributions often symbolise a profound appreciation for the meaningful work Menucha does. Substantial donations are the result of deliberate engagement with individuals who hold the capacity to make substantial contributions. Menucha actively collaborates with members of the community who possess the means to make a more significant impact. Through personal discussions, we explore various ways in which these individuals can contribute to Menucha's initiatives, fostering a deeper connection between the organisation and its committed supporters. The combination of these two donation streams allows Menucha to continue its vital work in supporting women through the perinatal period.

RESERVES POLICY

It is the policy of the trustees to seek to maintain funds which are the reserves of the Charity at a level sufficient to cover management, administration and support costs, subject to constraints arising from the diminishing financial and other resources available.

The trustees have established the level of unrestricted current net assets that the Charity ought to have. Reserves are needed to bridge the funding gap between spending on activities and receiving resources through voluntary income. The trustees consider that the ideal level of unrestricted reserves as of 31 December 2024 would be three months of resources expended which approximates £55,000. At 31 December 2024 the Charity had reserves of £14,338 (2023: £10,638 deficit reserves) which does not yet meet target reserves but does reflect a positive trend. The Trustees have continued to budget to build up reserves in the succeeding year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The company was established under a Memorandum of Association and is governed under the Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1. The Trustees are responsible for the overall governance and stewardship of the Charity. The Trustees employ two Clinical Directors responsible for day-to-day clinical management and leadership.

SMALL COMPANY PROVISIONS

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption. The trustees' annual report was approved on 12 May 2025 and signed on behalf of the board of trustees by:

L A SANGER

Leah Aliza Sanger
Trustee

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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

I report to the trustees on my examination of the financial statements of Menucha Ltd ('the Charity' and for company law purposes, 'the Company') for the period ended 31 December 2024.

Responsibilities and basis of my report

As the Charity's trustees (who are also directors of the Company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which give me reason to believe that:

- Accounting records were not kept in accordance with section 386 of the 2006 Act; or
- The accounts do not accord with such records; or
- The accounts do not comply with relevant accounting requirements under section 396 of the Company Act 2006 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; or
- The accounts have not been prepared in accordance with the Charities SORP (FRS102).

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.

Ig Accountants

1g Accountants
Chartered Accountants
Churchill House
137-139 Brent Street
London
NW4 4DJ

12 May 2025

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STATEMENT OF COMPREHENSIVE FINANCIAL ACTIVITIES

	Note	2024	2024	2024	2023
		Restricted	Unrestricted	Total	Total funds
		£	£	£	£
Income					
Charitable activities		-	60,272	60,272	20,341
Donations		-	36,201	36,201	26,463
Grants		169,330	-	169,330	165,300
Investment income		-	44	44	17
Total income	4	169,330	96,517	265,847	212,121
Expenditure					
Expenditure on charitable activities		169,330	59,593	228,923	192,544
Costs of raising funds		-	9,193	9,193	19,347
Expenditure on governance costs		-	2,951	2,951	3,022
Finance costs		-	-	-	36
Total expenditure	5	169,330	71,737	241,067	214,949
Total comprehensive surplus / (deficit) for the year and movement in funds		-	24,780	24,780	(2,828)
Funds brought forwards		-	(10,638)	(10,638)	(7,810)
Total funds carried forwards	10	-	14,142	14,142	(10,638)

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

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STATEMENT OF FINANCIAL POSITION

	Note	2023	2022
		£	£
Current assets			
Debtors	8	1,707	852
Cash at bank and in hand		24,488	6,494
Total current assets		26,195	5,660
Creditors: amounts falling due with one year	9	(12,053)	(16,298)
Net current assets / (liabilities)		14,142	(10,638)
Total assets less current liabilities		14,142	(10,638)
Net assets		14,142	(10,638)
Funds of the charity			
(Deficit) / surplus of unrestricted funds	10	14,142	(10,638)
Total charity (deficit) / surplus funds		14,142	(10,638)

For the period ending 31 December 2023 the Company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. No member has required the Company to obtain an audit for its financial statements for the year in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

These financial statements were approved by the board of trustees and authorised for issue on 12 May 2025 and are signed on behalf of the board by:

L A SANGER

Leah Aliza Sanger
Director and Trustee

Company registration number: 12140175

The notes on the succeeding pages form part of these financial statements.

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NOTES TO THE FINANCIAL STATEMENTS

1. General Information

The Charity is a registered charity and a private company limited by guarantee, registered in England and Wales. The registered address is 32 Hamilton Road, London, NW11 9EJ. The liability of the members in the event of the charity being liquidated is limited to £1 each.

2. Statement of compliance

The financial statements have been prepared in compliance with FRS102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (Charities SORP (FRS 102) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis. The financial statements are prepared in pound sterling, which is the functional currency of the Charity.

Going concern

. In the opinion of the Trustees there is no material uncertainty about the ability of the Charity to continue as a going concern due to grant funding agreements and the ability to scale back the Charity's expenditure rapidly in the event of a decline in available resources.

Disclosure exemption

The Charity qualifies for and has taken advantage of the exemption available under paragraph 1.12 of FRS102 from presenting a cash flow statement.

Key judgements and estimates

In the opinion of the Trustees there were no significant areas of judgement or estimate engaged when preparing the financial statements.

Fund accounting

The charity's assets are split between unrestricted funds, which are available for use at the trustee's discretion in furtherance of the Charity's objectives, and restricted funds, which are subject to specified conditions by donors as to how they may be used. Further details on the Charity's restricted fund are presented in note 12 to the financial statements.

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Incoming resources

Incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that economic benefits will pass to the charity; and that benefit can be reliably quantified. The following specific policies are applied to specific categories of income: -

- Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable, and the amount can be reliably quantified.
- Income from contributions from individuals is recognised when there is evidence that receipt is probable.

Resources expended

Expenditure is recognised on an accrual basis when incurred and is inclusive of value added tax.

Financial instruments

Basic financial instruments, being most current assets and liabilities, are measured at the cash or other consideration expected to be paid or received. Financing transactions are measured at the present value of future payments discounted at a market rate of interest for a similar debt instrument.

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4. Income

	2024	2024	2024	2023
	Restricted	Unrestricted	Total	Total
		£	£	£
Income from charitable activities				
Therapy contributions receivable	-	31,246	31,246	13,959
Event Income	-	29,026	29,026	6,382
Total income from charitable activities	-	60,272	60,272	20,341
Donations from individuals and total donations and legacies	-	36,201	36,201	26,463
Grants received from other charities and total grants received	169,330	-	169,330	165,300
Bank interest received and total investment income	-	44	44	17
Total income received	169,330	96,517	265,847	212,121

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5. Expenses

	2024	2024	2024	2023
	Restricted funds	Unrestricted funds	Total funds	Total funds
	£	£	£	£
Expenditure on charitable activities				
Therapy costs	91,115	-	91,115	94,340
Training	-	65	65	3,898
Doubtful debt	-	7,533	7,533	-
Awareness & education	6,310	46,852	53,162	15,685
Staff costs	71,905	35	71,940	73,602
Insurance	-	1,900	1,900	2,330
Helpline and telephony	-	2,520	2,520	2,414
Bank fees	-	688	688	275
Total expenditure on charitable activities	169,330	59,593	228,923	192,544
Costs of raising funds				
Consultancy	-	8,143	8,143	19,347
Advertising and events	-	1,050	1,050	-
Total costs of raising funds	-	9,193	9,193	19,347
Governance costs				
Accountancy and independent examination fees	-	1,250	1,250	1,105
General costs	-	1,701	1,701	1,917
Total expenditure on governance costs	-	2,951	2,951	3,022
Finance costs				
Interest payable and total finance cost	-	-	-	36
Total expenditure	169,330	71,737	241,067	214,949

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6. Staff costs

The average number of staff employed by the Charity during the year was 5 (2023: 4).

7. Net surplus

Net surplus is stated after charging:

	2024	2023
	£	£
Fees payable for the independent examination of the financial statements	1,250	1,105

8. Debtors

	2024	2023
	£	£
Accounts receivable	1,192	852
Other debtors	515	-
	1,707	852

Accounts receivable is stated net of a provision of £7,859 (2023: £326) against bad debt. Accounts receivable before this provision was £9,051 (2023: £1,178).

9. Creditors: amounts falling due with one year

	2024	2023
	£	£
Trade creditors	-	2,800
Accruals	5,156	3,399
Other creditors	6,897	10,099
	12,053	16,298

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10. Restricted funds

During the year grants in support of specifically designated charitable activities were received in the sum of £169,330 (2023: £165,300) and correspondingly £169,330 was expended (2023: £165,300). There were no restricted funds at the financial year end (2023: no restricted funds).

11. Transactions with trustees and related parties

No trustee drew remuneration or expenses in the current or prior reporting period.

Alexis Jacques Dwek's spouse was remunerated for clinical lead services delivered during the year. In the opinion of the Trustees, the rate agreed was below the market rate for a person of similar experience and qualifications, and the arrangement was approved by the other independent trustees as being in the best interests of the Charity. Mr Dwek recuses himself from trustee decisions pertaining to his spouse.

In aggregate the trustees donated £734 to the charity in the year.

Two trustees advanced short-term loans of £5,000 each during the year, which were interest free and repaid in full by the Charity at the year end.

12. Independent examiner's fee

The independent examiner was remunerated as follows

	2024	2023
	£	£
Independent examination of the financial statements	1,250	1,105
	1,250	1,105