

# YOU ME MIND

England & Wales · Charity number 1203225

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2023-05-24

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

## Contact

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**Address** Old Wottons Barn  
Broadhempston  
Totnes  
TQ9 6AZ

**Phone** 07897544326

**Email** [counselling@youmemind.com](mailto:counselling@youmemind.com)

**Website** [www.youmemind.com](http://www.youmemind.com)

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT, TO PROMOTE THE PHYSICAL AND MENTAL HEALTH OF PARENTS AND THEIR FAMILIES WHO HAVE BEEN AFFECTED BY EXPERIENCES IN PREGNANCY AND/OR BIRTH TRAUMA, PRIMARILY THROUGH:A) ASSISTING IN THE PROVISION OF PRE AND POST BIRTH COUNSELLING, PSYCHOTHERAPY AND SUPPORT FOR ANY RELATED CONCERNS;B) RAISING PUBLIC AWARENESS OF BIRTH RELATED TRAUMA, DEPRESSION, ANXIETY AND MENTAL HEALTH CONCERNS.

**Activities:** We support women and families who have experienced birth trauma by providing support groups and our aim in the future is also to provide counselling and psychotherapy. We operate in Devon, currently in the South Hams and across Torbay.

## Classification

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- **How:** Makes Grants To Individuals, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Disability
- **Who:** Other Defined Groups

## Geography

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- Throughout England

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,000	£50	-	-
2024-03-31	£0	£0	-	-

## Trustees

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Name	Role	Appointed
<b>Kamya O'Keeffe</b>	Chair	2023-04-19
Gabrielle Davis		2022-04-19
Kim O'Brien		2024-03-01
Natalie Adams		2022-04-19

**YOU ME MIND**

England & Wales - Charity number 1203225

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# Accounts

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## You Me Mind Charity

### Annual Report

The Trustees of You Me Mind Charity present their annual report and accounts for the period of 01/04/2024 – 31/03/2025

### WHO WE ARE

You Me Mind was founded in 2023 by Maxine Stevens, who had her own lived experience of birth trauma at the time of her own son's birth 12 years ago. With very little support at that time, the trauma became worse, causing more significant struggles with mental health and has since led to Maxine becoming a qualified Psychotherapist and setting up You Me Mind, to support other women and families who have had a similar experience. The aim is to provide women with support, without long waiting lists, connect them with others so they don't feel so alone, and provide access to highly trained professionals with the required experience and knowledge to be able to safely support them.

We currently have a team of 4 trustees, with a Devon Maternity Clinical Lead, a Mental Health Nurse, a Teacher and a Rights or Passage Facilitator. Facilitating the groups and the charity's every day work is a qualified Psychotherapist and a Midwife, plus a visiting health professional each month to the Birth Hubs. We are currently running this all voluntarily. We are a small collective of like-minded professionals born out lived experience of birth trauma. We recognize how lonely it can feel, and what limited targeted support there is out there.

### OUR AIMS

Our aim is twofold, one; to provide support groups (Birth Hubs) and two; provide affordable therapy with experienced psychotherapists.

At some point in their life, a woman and her family may experience birth trauma. It can be a difficult and overwhelming experience that can leave a lasting impact on their mental and emotional well-being. We want to offer support and resources to help women and families navigate the challenge that can come with birth trauma. Whether it's through therapy, support groups, resources or education, we provide pathways to help those affected to heal and move forward from birth trauma.

Currently there is no such provision for birth trauma specifically, although there are general support groups for mothers, they are not the targeted provision that we are proposing. Furthermore, these groups are often expensive and inaccessible, so we want our provision to be accessible and inclusive to everyone and it's vital to us that all women get access to help quickly as support shouldn't just be accessible if you can afford it. We have some of the most deprived areas locally and people who live in these areas deserve adequate levels of support and care.

Some of the most powerful feedback from previous group attendees is that they felt, for the first time, able to speak of their experience which they couldn't do in any other group. We make a difference by offering the only support service exclusively focused birth trauma.

## OUR OBJECTIVES

'For the public benefit, to promote the physical and mental health of parents and their families who have been affected by experiences in pregnancy and/or birth trauma, primarily through:

- a. Assisting in the provision of pre and post birth counselling, psychotherapy and support for any related concerns;
- b. Raising public awareness of birth related trauma, depression, anxiety and mental health concerns.'

## REVIEW OF ACTIVITIES AND ACHIEVEMENTS

We received a grant for £1000 which has helped towards the running costs of the bank account.

The charity has been running solely by the work of Maxine Stevens. During this period she became a carer which has meant less activity during this term. We intend to find additional support to develop the charities work again.

### **Accounts:**

We received a £1000 grant which has sat inactive ready for the next phase of development.

## POLICIES

We intend to write the following policies in the by the end of the next accounting period:

Safeguarding Vulnerable Adults and Children  
Risk Management  
Investment policy

## CHARITY TRUSTEES

Kamya O'Keeffe

Kim O'Brien

Gabi Davis

Natalie Adams

## VOLUNTEERS

Maxine Stevens – Has been delivering the program but due to circumstances beyond her control she has been unable to carry out as much as planned.

## CONTACT DETAILS

Addresses: Old Wotton Barn, Broadhempston, TQ9 6AZ

Website: [www.youmemind.com](http://www.youmemind.com)

Registered Charity No.





CHARITY COMMISSION  
FOR ENGLAND AND WALES

You Me Mind 1203225

## Receipts and payments accounts

CC16a

For the period from 01/04/2024 To 31/03/2025

### 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>					
	1 000	-	-	1 000	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	1 000	-	-	1 000	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	1 000	-	-	1 000	-
<b>A3 Payments</b>					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	-	-	-	-	-
<b>Net of receipts/(payments)</b>	1 000	-	-	1 000	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>	1 000	-	-	1 000	-

## 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>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	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	
	Gabi Davis	Gabi Davis	06/01/2025	
	Natalie Adams	Natalie adams	06/01/2025	

**YOU ME MIND**

England & Wales - Charity number 1203225

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# Accounts

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You Me Mind Charity No 1203225

Annual Report 2003-2004

The Trustees of You Me Mind Charity present their annual report and accounts for the period of May 24<sup>th</sup> May 2023 – 31<sup>st</sup> March 2024

We are a newly registered charity so are still creating and working on a lot of the infrastructure that is needed, the annual report gives an idea of what we have done in the very early stages of setting up You Me Mind.

## WHO WE ARE

You Me Mind was founded in 2023 by Maxine Stevens, who had her own lived experience of birth trauma. Since this experience it led Maxine becoming a qualified Psychotherapist and setting up You Me Mind, to support other women and families who have had a similar experience.

The aim is to provide women with support, without long waiting lists, connect them with others so they don't feel so alone, and provide access to highly trained professionals with the required experience and knowledge to be able to safely support them.

We currently have a team of 4 trustees, with a Devon Maternity Clinical Lead, a Mental Health Nurse, a Teacher and a Rights or Passage Facilitator. Facilitating the groups and the charity's every day work is a qualified Psychotherapist and a Midwife, plus a visiting health professional each month to the Birth Hubs. We are currently running this all voluntarily. We are a small collective of like-minded professionals born out lived experience of birth trauma.

## OUR AIMS

Our aim is twofold, one; to provide support groups (Birth Hubs) and two; provide affordable therapy with experienced psychotherapists.

At some point in their life, a woman and her family may experience birth trauma. It can be a difficult and overwhelming experience that can leave a lasting impact on their mental and emotional well-being. We want to offer support and resources to help women and families navigate the challenge that can come with birth trauma. Whether it's through therapy, support groups, resources or education, we provide pathways to help those affected to heal and move forward from birth trauma.

Currently there is no such provision for birth trauma specifically, although there are general support groups for mothers, they are not the targeted provision that we are proposing. Furthermore, these groups are often expensive and inaccessible, so we want our provision to be accessible and inclusive to everyone and it's vital to us that all women get access to help quickly as support shouldn't just be accessible if you can afford it. We have some of the most deprived areas locally and people who live in these areas deserve adequate levels of support and care.

## OUR OBJECTIVES

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- a. Assisting in the provision of pre and post birth counselling, psychotherapy and support for any related concerns;
- b. Raising public awareness of birth related trauma, depression, anxiety and mental health concerns.'

## REVIEW OF ACTIVITIES AND ACHIEVEMENTS

We are a new charity so have spent the time in this accounting period building our website, creating a logo and creating an online presence.

The main activity and achievement have been to set up the infrastructure of the charity. Which involved meeting with agencies, NHS teams, Occupational therapist, other parental and mothers' groups.

It has taken many months to build the infrastructure as we are all volunteers and doing this in our spare time alongside full-time work.

## WHATS NEXT

### Affordable Counselling and Psychotherapy with experienced practitioners

We would like to set up a Counselling Service which would be staffed by compassionate professionals who are trained to provide support and guidance to women and families affected by birth trauma, all of whom are registered with the UKCP. A fundamental part of our aim is for women to access the help they need quickly and affordably.

When you have experienced birth trauma, its vital to find someone to talk to about your experience when you are ready, someone who is experienced and trained in birth trauma, and we know it takes courage to put words to such difficult experiences.

We have trained and qualified psychotherapists who would like to offer their service to our charity, all of which has registered with the UKCP and trained to an adequate standard.

### Birth Hubs and group support

Through our Birth Hubs program, we want work to connect women and families with the resources they need to thrive.

It is our wider aim to improve post birth mental health provision. We want to affect policy change so that provision is a right for all families. We know that birth trauma does not just affect the one individual who gives birth, it can affect the child, the partner, the wider family and friends. It can also have an impact on GPs, and health care providers and some of this strain can be eased when the right support is given early.

We have found that groups can be very hard to fill to capacity as many women are nervous about coming to a new group. We are now being asked to attend an already existing groups, like baby and mother groups, special events for women and intend to partner up with other support agencies to deliver the support effectively that way.



## OUR FINANCES

During this accounting year we have not applied for any grants, but we will be doing so in the next accounting period. We have done everything so far on a voluntary basis.

## POLICIES

We intend to write the required policies during the next accounting period.



#### CHARITY TRUSTEES

Kamya O'Keeffe

Kim O'Brien

Gabi Davis

Natalie Adams

#### VOLUNTEERS

Maxine Stevens – Has been delivering the program and developing the infrastructure and strategy of the charity.

Vicky Greene – Vicky has been contributing to the Birth Hubs and delivery of sessions.

#### CONTACT DETAILS

Addresses: Old Wotton Barn, Broadhempston, TQ9 6AZ

Email: [counselling@youmemind.com](mailto:counselling@youmemind.com)

Website: [www.youmemind.com](http://www.youmemind.com)

Registered Charity No. 1203225



You Me Mind	1203225	
<b>Receipts and payments accounts</b>		
For the period from	5/24/23	To 1/31/25

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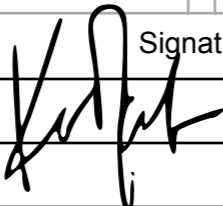
**Section A Receipts and payments**

	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>					
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total(Gross income for AR)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>A2 Asset and investment sales, (see table).</b>					
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total receipts</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>A3 Payments</b>					
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

<b>A4 Asset and investment purchases, (see table)</b>					
	0	0	0	0	
	0	0	0	0	
<b>Sub total</b>	0	0	0	0	0
<b>Total payments</b>	0	0	0	0	0
<b>Net of receipts/(payments)</b>	0	0	0	0	0
<b>A5 Transfers between funds</b>	0	0	0	0	0
<b>A6 Cash funds last year end</b>	0	0	0	0	0
<b>Cash funds this year end</b>	0	0	0	0	0

### 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>		0	0	0
		0	0	0
		0	0	0
	<b>Total cash funds</b>	0	0	0
	(agree balances with receipts and payments account(s))	OK	OK	OK
		<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
	<b>Details</b>	<b>to nearest £</b>	<b>to nearest £</b>	<b>to nearest £</b>
<b>B2 Other monetary assets</b>		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>

<b>B3 Investment assets</b>			0	0
			0	0
			0	0
			0	0
			0	0
	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
<b>B4 Assets retained for the charity's own use</b>			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>	<b>When due (optional)</b>
<b>B5 Liabilities</b>			0	
			0	
			0	
			0	
			0	
Signed by one or two trustees on behalf of all the trustees	 Signature	Print Name		Date of approval
		Kristin O'Keeffe		19/01/2025