



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 24th May 2023 – 31st 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

'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 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.

WHAT'S 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, it's 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 to 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 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

Website: www.youmemind.com

Registered Charity No. 1203225



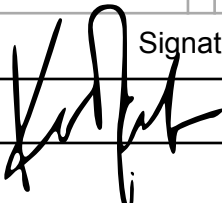
You Me Mind		1203225		CC16a
Receipts and payments accounts				
For the period from	5/24/23	To	1/31/25	

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

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

Section B Statement of assets and liabilities at the end of the period					
Categories	Details	Unrestricted funds	Restricted funds	Endowment funds	
		to nearest £	to nearest £	to nearest £	
B1 Cash funds		0	0	0	
		0	0	0	
		0	0	0	
	Total cash funds	0	0	0	
	(agree balances with receipts and payments account(s))	OK	OK	OK	
		Unrestricted funds	Restricted funds	Endowment funds	
		to nearest £	to nearest £	to nearest £	
B2 Other monetary assets		0	0	0	
		0	0	0	
		0	0	0	
		0	0	0	
		0	0	0	
		0	0	0	
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	

B3 Investment assets			0	0
			0	0
			0	0
			0	0
			0	0
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			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