

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 of 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 Obrien

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

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 £
A1 Receipts					
	1 000	-	-	1 000	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1 000	-	-	1 000	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1 000	-	-	1 000	-
A3 Payments					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	-	-	-	-
Net of receipts/(payments)	1 000	-	-	1 000	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	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 £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details			
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details			
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details			
			-	
			-	
			-	
			-	
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	