

Charity Registration No. 1203902

**Au Milieu CIO**

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31ST MARCH 2025

## **Au Milieu CIO**

### **Legal and Administrative Information**

Trustees	Shernell Durrant	Resigned 19/02/25
	Oyetade Adetoyese Oyeboode	
	Bashira Nakaweesi	
	Robin Balbernie	Resigned 7/06/25
	Aniweta Akosa	

Charity number	1203902
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Principal address	25 Abbotts Road Mitcham CR4 1JS
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Bankers	Co-operative Bank P O Box 250 Delf House Southway Skelmersdale WN8 6WT
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**Au Milieu CIO**  
**Trustees Report**  
**For the Year Ended 31 March 2025**

The trustees present their annual report and financial statements for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011, and '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 (FRS102) (effective 1 January 2019).

**Objects and activities**

The charity's aims are to preserve and protect the physical and mental health of parents and infants, predominantly (but not exclusively) parents who have undergone trauma from multiple adverse childhood experiences by:

- i) Providing training in infant-parent psychotherapy and other infant-parent interventions;
- ii) Establishing infant-parent relationship teams that provide free therapeutic support to parents on a low income.

*Public benefit*

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake to ensure that these are for the public benefit

**Achievement and performance**

This year has been one of delivery, consolidation, and growth for Au Milieu as we continued to strengthen our national position in Infant-Parent Psychotherapy (IPP) training and early intervention. Our focus remained on expanding partnerships, building credibility, and deepening impact across both the training and clinical strands of the organisation. We introduced a new funding model to support therapy provision nationally and launched our inaugural two-year Postgraduate Diploma in IPP. Other highlights include the delivery of early intervention services across five London boroughs and the production of a national awareness video showcasing our mission and impact. We continue to strengthen partnerships with NHS Trusts and Family Hubs, made strong progress toward UKCP accreditation, and aligned our work with national priorities under the Best Start for Life agenda. A leadership transition also brought renewed strategic focus on funding, sustainability, partnership development, and increased investment in marketing and promotional activities to engage funders and raise awareness."

**Financial review**

The total income for the year ended 31 March 2025 was £13,356 (2024: £22,147)

The total expenditure was £4,770 (2024: £382). Funds carried forward at 31 March 2025 comprised £30,351 of unrestricted reserves. However, the charity is owed £23,317 of fees from current trainees.

*Reserves policy*

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to at least three months' expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised.

### **Structure, governance and management**

The charity was registered as a Charitable Incorporated Organisation (no. 1203902) with the Charity Commission in England & Wales on 7th July 2023 and is governed by its Constitution.

Oversight of the charity's activities is provided by a Board of Trustees whose responsibility is to ensure the charity is operating in accordance with its charitable purposes. The trustees meet at least four times a year and none have any beneficial interest in the company. All trustees are members of the charity and have no liability in the event of a winding up.

This report was approved by the Board of Trustees.



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Aniweta Akosa

**Trustee**

Date: 7/11/2025

**Au Milieu CIO**  
**Statement of Financial Activity**  
**For the Year Ended 31 March 2025**

		Unrestricted Fund (£)	Restricted Fund (£)	Total 2,025 (£)	Total 2,024 (£)
	Notes				
<b>Receipts</b>					
Donations & Legacies		494	-	494	646
Charitable activities	2	12,862	-	12,862	21,501
<b>Total receipts</b>		<b>13,356</b>	<b>-</b>	<b>13,356</b>	<b>22,147</b>
				-	
<b>Payments</b>					
				-	
Charitable activities		4,770	-	4,770	382
<b>Total payments</b>		<b>4,770</b>	<b>-</b>	<b>4,770</b>	<b>382</b>
				-	
				-	
<b>Excess of receipts over payments</b>		<b>8,586</b>	<b>-</b>	<b>8,586</b>	<b>21,765</b>
				-	
Transfers between funds		-	-	-	-
				-	
		<b>8,586</b>	<b>-</b>	<b>8,586</b>	<b>21,765</b>
				-	
<b>Cash at bank and in hand at 1 April 2024</b>		<b>21,765</b>	<b>-</b>	<b>21,765</b>	<b>-</b>
<b>Cash at bank and in hand at 31 March 2025</b>		<b>30,351</b>	<b>-</b>	<b>30,351</b>	<b>21,765</b>

**Au Milieu CIO**  
**Statement of Financial Position**  
**For the Year Ended 31 March 2025**

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	Unrestricted Fund (£)	Restricted Fund (£)	Total 2025 (£)	Total 2024 (£)
Fixed assets	4,363	-	4,363	-
<b>Total fixed assets</b>	<b>4,363</b>	<b>-</b>	<b>4,363</b>	<b>-</b>
Current assets			-	
Cash at bank and in hand	25,988	-	25,988	21,765
<b>Total current assets</b>	<b>25,988</b>	<b>-</b>	<b>25,988</b>	<b>21,765</b>
<b>Total assets</b>	<b>30,351</b>	<b>-</b>	<b>30,351</b>	<b>21,765</b>

The financial statements were approved on behalf of the by the Trustees  
by:



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Aniweta Akosa  
**Trustee**

Date: 7/11/2025

**Au Milieu CIO**  
**Notes to the Financial**  
**Statements**  
**For the Year Ended 31 March 2025**

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## **1 Accounting Policies**

### **Charity Information**

Au Milieu is a Charitable Incorporated Organisation, registered in England & Wales, and is controlled by its constitution. Its principal address is disclosed under legal and administrative information.

#### **1.1 Accounting convention**

The financial statements have been prepared in accordance with the charity's constitution the charities act 2011, FRS102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP '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 (FRS102) (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling (£) which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £..

The financial statements have been prepared under the historical cost convention, modified to include certain financial instruments at fair value. The principal accounting policies adopted are set out below.

#### **1.2 Going concern**

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### **1.3 Charitable funds**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements

#### **1.1 Income**

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably and it is probable that the income will be received.

Cash and other donations are recognised on receipt unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of donation.

Investment income consists of net interest received during the year and is accounted for as unrestricted funds.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

## **1.2 Expenditure**

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources. Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Resources expended are associated to a particular activity and the costs related to that activity

## **1.3 Governance costs**

Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs include central functions necessary to carry out the activities of the organisation.

## **1.4 Fixed asset investments**

Fixed asset investments are initially measured at transaction price excluding transaction costs and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

## **1.5 Cash and cash equivalents**

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities

## **1.6 Financial instruments**

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

### ***Basic financial assets***

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

### ***Basic financial liabilities***

Basic financial liabilities, which include creditors and bank loans, are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.



### ***Derecognition of financial liabilities***

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

### **1.7 Taxation**

The charity is exempt from tax on its charitable activities.

### **2 Donations & Legacies**

	<b>Unrestricted funds</b>
Donations	494
Training income	12,862
	<hr/>
	13,356

### **3 Debtors**

The charity has debtors amounting to £23,317. This is funds due to be collected from current trainees.

### **4 Employees**

There were no employees in the year (2024 - None).

### **5 Related party transactions**

There were no related party transactions during the year.