

# NEIGHBOURHOOD DOULAS CIO

England & Wales · Charity number 1206223

## Details

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**Other names** NEIGHBOURHOOD DOULAS CIC

**Status** Registered

**Legal form** CIO

**Registered** 2023-12-15

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

## Contact

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**Address** 55 Hazlewood Tower  
Golborne Gardens  
London  
W10 5DU

**Phone** 07563212668

**Email** [office@neighbourhooddoulas.org](mailto:office@neighbourhooddoulas.org)

**Website** <https://neighbourhooddoulas.org/>

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT, TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF WOMEN AND THEIR CHILDREN DURING PREGNANCY, THROUGH LABOUR, BIRTH AND EARLY PARENTING WITH A FOCUS ON THOSE WHO ARE SOCIALLY AND ECONOMICALLY DISADVANTAGED IN GREATER LONDON COMMUNITIES, THROUGH A) PROVIDING TRAINED BIRTH COMPANIONS WHO OFFER PRACTICAL AND EMOTIONAL SUPPORT, ADVOCACY, AND EVIDENCE-BASED CHILDBIRTH INFORMATION;B) IN SUCH OTHER WAYS AS THE TRUSTEES MAY DETERMINE.

**Activities:** We provide free doula support to those that have no birth partner and one or more of the following factors: perinatal mental health, speaks English as a second language or from a racially marginalised community. Our key objectives are to identify and engage with the most at-risk pregnant women and new parents and provide them with a high standard of emotional and practical support.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Other Defined Groups, The General Public/mankind

## Geography

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- Throughout London

## Finances

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| Period end | Income   | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2024-12-31 | £137,975 | £74,369     | -      | -         |

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## Trustees

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| Name             | Role  | Appointed  |
|------------------|-------|------------|
| Yasmin Autwal    | Chair | 2023-09-19 |
| Martina Manakova |       | 2023-09-19 |
| Mitchelle Ajida  |       | 2024-07-05 |

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**NEIGHBOURHOOD DOULAS CIO**

England & Wales - Charity number 1206223

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# Accounts

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The Charity Registration Number is :- 1206223

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## **Neighbourhood Doulas**

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Report and Accounts

31 December 2024



## Neighbourhood Doulas

### Report and accounts for the period ended 31 December 2024

#### Contents

|   | <b>Page</b> |
|---|-------------|
| <b>Charity information</b>                      | 1           |
| <b>Trustees' Annual Report</b>                  | 1           |
| <b>Statement of directors' responsibilities</b> | 18          |
| <b>Independent Accountant's Report</b>          | 21          |
| <b><i>Funds Statements:-</i></b>                |             |
| Statement of Financial Activities               | 22          |
| Movements in funds                              | 23          |
| Income and Expenditure account                  | 24          |
| <b>Balance sheet</b>                            | 25          |
| <b>Notes to the accounts</b>                    | 26          |

## **Neighbourhood Doulas**

### **Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024**

The Trustees present their Report and Accounts for the period ended 31 December 2024.

#### **Reference and administrative details**

##### ***The charity name.***

The legal name of the charity is:- Neighbourhood Doulas.

The charity is also known by its operating name, Neighbourhood Doulas.

##### ***The charity's areas operation and UK charitable registration.***

The charity is registered in England & Wales with the Charity Commission in England & Wales (CCEW) with charity number 1206223.

The charity does not operate in any overseas jurisdictions.

##### ***Legal structure of the charity***

The charity is constituted as a Charitable Incorporated Organisation (CIO) in England & Wales. The governing document of the charity is the constitution of the CIO as approved by the Charity Commission in England & Wales (CCEW) .

The governing document is dated 15 December 2023

There are no restrictions in the governing documents on the operation of the Charity or on its investment powers other than those imposed by Charity Law.

The trustees are all individuals.

##### **The principal operating address, telephone number, email and web addresses of the charity are:-**

55 Hazelwood Tower

Goldbourne Gardens, London

W10 5DU

Telephone 07563212668

Email Address [office@neighbourhooddoulas.org](mailto:office@neighbourhooddoulas.org) Web address [www.neighbourhooddoulas.org](http://www.neighbourhooddoulas.org)

##### **The Trustees in office on the date the report was approved were:-**

|                         | <b><i>Appointed</i></b> | <b><i>Resigned</i></b> |
|-------------------------|-------------------------|------------------------|
| <b>Yasmin Autwal</b>    | <b>19/09/2023</b>       |                        |
| <b>Martina Manakova</b> | <b>19/09/2023</b>       |                        |
| <b>Mitchelle Ajida</b>  | <b>05/07/2024</b>       |                        |

## **Neighbourhood Doulas**

### **Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024**

**The following persons served as Trustees during the period ended 31 December 2024 :-**

The trustees who served as a trustee in the reporting period were as shown above, and there were no changes during the year, or in the period between the year end and the approval of the accounts.

|                         |                   |                   |
|-------------------------|-------------------|-------------------|
| <b>Yasmin Autwal</b>    | <b>19/09/2023</b> |                   |
| <b>Martina Manakova</b> | <b>19/09/2023</b> |                   |
| <b>Glena Rodriguez</b>  | <b>19/09/2023</b> | <b>05/07/2024</b> |
| <b>Mitchelle Ajida</b>  | <b>05/07/2024</b> |                   |

## **Neighbourhood Doulas**

**Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024**

### **Objects and activities of the charity**

#### ***The purposes of the charity as set out in its governing document.***

The charity is for the public benefit, to promote and protect the physical and mental health of women and their children during pregnancy, through labour, birth, and early parenting with a focus on those who are socially and economically disadvantaged in London Communities, through:

- a. Providing trained birth companions who offer practical and emotional support, advocacy, and evidence-based childbirth information.
- b. In such other ways as the trustees may determine.

#### ***The main activities undertaken in relation to those purposes during the period.***

During the year, Neighbourhood Doulas CIO continued to work in line with its charitable purposes to promote and protect the physical and mental health of vulnerable women and their children during the perinatal period. Our activities reflected our commitment to ensuring no woman faces birth alone, particularly those navigating homelessness, trauma, poverty, addiction, displacement, or systemic neglect.

##### **1. Doula Support and Advocacy**

- Provided trained, trauma-informed doulas who supported women through pregnancy, birth, and early parenting.
- Attended hospital and home births, offering practical, emotional, and advocacy support to ensure women's rights and choices were respected.
- Delivered antenatal and postnatal visits, building trusted relationships to reduce isolation and anxiety.

##### **2. Improving Health Outcomes for Vulnerable Women**

- Offered continuous support aimed at reducing stress, improving maternal confidence, and strengthening mental wellbeing.
- Advocated for women within maternity services to ensure safe, respectful, and dignified care.
- Worked closely with NHS safeguarding teams and community partners to provide joined-up support for at-risk mothers and babies.

##### **3. Birth Education and Information**

- Provided accessible, evidence-based information on pregnancy, birth rights, birth choices, breastfeeding, and early parenting.
- Produced and distributed multilingual resources to reach women with diverse language needs.
- Ensured women understood their rights within maternity services and felt empowered to make informed decisions.

## **Neighbourhood Doulas**

### **Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024**

#### **4. Practical and Essential Support**

- Distributed baby essentials (clothing, nappies, slings, blankets) and mother-care items to women with no recourse to public funds or on very low incomes.
- Provided culturally appropriate food parcels and postnatal care items to support recovery and bonding in the postnatal period.
- Supplied mobile data to enable access to vital online maternity services and support.
- Offered transport to maternity appointments where women would otherwise have struggled to attend.
- Ensured safe discharge for new mothers into temporary or insecure accommodation by supplying essentials and liaising with housing and health services.

#### **5. Access and Inclusion**

- Funded interpreters in the correct dialects to ensure clear communication with health professionals.
- Provided multilingual resources to overcome language barriers in accessing maternity care.
- Signposted families to trusted community organisations for ongoing support, advice, and integration into local networks.

### ***The main activities undertaken during the period to further the charity's purpose for the public benefit.***

During the year, Neighbourhood Doulas CIO undertook a range of activities aligned to its charitable purposes, aimed at promoting and protecting the physical and mental health of vulnerable women and their children during pregnancy, birth, and early parenting. The strategies employed to meet these objectives included:

#### **1. Education and Advocacy Services**

- Delivered tailored birth education workshops and one-to-one sessions on pregnancy, birth rights, birth choices, and early parenting.
- Provided accessible information and advocacy that reflected best practice and quality standards, particularly addressing issues related to single parenting, trauma, mental health challenges, and social isolation.
- Ensured resources were multilingual and culturally sensitive, enabling wider access and inclusion.

#### **2. High-Level Doula Frontline Service**

- Deployed trained doulas to provide practical, emotional, and advocacy support throughout pregnancy, labour, and postnatal care.
- Operated robust referral and risk assessment systems to identify and respond effectively to women with complex needs, including homelessness, addiction, or safeguarding concerns.
- Worked closely with NHS safeguarding midwives, social workers, and other Multi-Agency professionals to ensure joined-up and safe care pathways.

#### **3. Empowerment and Self-Sufficiency Resources**

- Provided women with tools, skills, and confidence to make informed decisions during pregnancy and parenting.
- Offered essential items such as baby clothing, nappies, slings, and culturally appropriate food parcels, helping families achieve stability and independence.
- Supported access to interpreters, mobile data, and transport to appointments, reducing barriers to healthcare engagement.

## **Neighbourhood Doulas**

### **Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024**

#### **4. Preventative and Early Intervention Measures**

- Focused on building trust with women at risk of disengaging from maternity services, encouraging consistent attendance at antenatal care and improving continuity of support.
- Addressed wider determinants of health by signposting women and families to community organisations for long-term support.
- Delivered trauma-informed, compassionate care that reduced anxiety, isolation, and the likelihood of negative birth outcomes.

#### **5. Partnership Working**

- Strengthened partnerships with NHS maternity services, safeguarding teams, housing services, and voluntary sector organisations.
- Collaborated to ensure beneficiaries could access the widest range of support, reducing duplication and improving outcomes for women and their families.
- Contributed to local and national discussions on maternal health inequalities, supporting system-wide improvements in maternity care for disadvantaged communities.

The trustees have had regard to the Charity Commission's guidance on public benefit in managing the activities of the charity.

## **Neighbourhood Doulas**

**Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024**

### ***The short term and longer term aims and objectives.***

#### Short-Term Aims

- Trauma-informed doula support
- Improved access to care
- Birth education & empowerment
- Maternal & infant wellbeing
- Peer support & safe spaces
- Partnerships

#### Long-Term Aims

##### Systemic change & advocacy

- Neighbourhood Doulas influences maternity care policies for marginalised women.
- Organisational voice & influence
- Charity becomes a recognised advocate for equity in maternity care.
- Expansion of Gentle Beginnings Programme
- Comprehensive wellbeing programme integrated into perinatal support.
- Peer networks & resilience
- Beneficiaries transition into sustained community peer support networks.
- Training & safeguarding systems
- High-quality, trauma-informed doula workforce maintained.
- Financial sustainability
- Charity secures diverse income streams to ensure long-term resilience.
- Inclusion & voice of women
- Women with lived experience shape service design and delivery

## **Neighbourhood Doulas**

**Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024**

### ***The charity's strategies for achieving its aims and objectives in the future.***

- Growth and Service Expansion: Increase the number of women supported each year and extend services into additional London boroughs where maternal health inequalities are most pronounced. Strengthen the 24-hour on-call doula service to 35-weeks pre-birth, to ensure rapid crisis support in cases of safeguarding or emergency need.
- Sustainability and Capacity Building: Invest in training, supervision, and wellbeing for doulas to maintain a skilled, trauma-informed workforce. Diversify funding and build stronger statutory and voluntary partnerships to secure long-term financial resilience.
- Inclusion and Equity: Scale up interpreter provision, multilingual doulas, culturally sensitive resources, and practical support (e.g. food parcels, essentials, safe discharge packs) to eliminate barriers to maternity care and essential items for marginalised women.
- Advocacy and Systemic Change: Strengthen our role as a voice for women at the sharpest edges of inequality, contributing to research, policy forums, and campaigns to improve equity and respect within maternity services.
- Community and Peer Support: Expand the Gentle Beginnings Wellbeing Programme and the Birth Education and Advocacy classes, also, develop peer-led support networks, reducing isolation and fostering resilience for women beyond the perinatal period.

## **Neighbourhood Doulas**

**Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024**

### ***The contribution of volunteers during the period.***

During the reporting period, 112 volunteers made significant contributions to the delivery of Neighbourhood Doulas' services. The trustees recognise and highly value the vital role played by volunteers in enabling the charity to achieve its aims. Their contributions included:

- Gentle Beginnings Programme – Volunteers provided direct doula support throughout the perinatal journey, including antenatal visits, attendance at labour and birth, and postnatal care.
- Birth Debriefs – Delivered one-to-one reflection sessions with mothers to help process birth experiences and support emotional wellbeing.
- Essential Items – Sourced and coordinated the collection of free essential items such as breastfeeding pumps, buggies, nappies, and maternity clothes, ensuring vulnerable mothers had access to basic necessities.
- Delivery Support – Assisted with the delivery of food parcels and mother-and-baby essential items to families in need.
- Emergency Hospital Discharge Support – Supported safe transitions for mothers and babies from hospital into accommodation, helping them settle with the essentials required for immediate care.
- Collecting Feedback – Contacted beneficiaries to gather testimonials and feedback, ensuring that women's voices informed service evaluation and improvement.
- Quarterly Check-ins – Maintained contact with beneficiaries after birth to check on wellbeing, provide reassurance, and signpost to local services where further support was required.

During the reporting period, 112 volunteers generously contributed a combined total of 1,847 hours stewarding events and supporting programme delivery. An additional 40 hours were dedicated to administrative tasks, including mailings and distributions. Importantly, two specialist volunteers, both DBS-checked, provided a further 475 hours supporting our weekly writing groups for children and young people.

## **Neighbourhood Doulas**

**Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024**

### **The main achievements and performance of the charity during the period.**

During the reporting period, Neighbourhood Doulas has successfully developed, implemented, and delivered projects supported by a diverse range of funding streams. The trustees are proud to report that these projects have made a measurable difference to the lives of women and their families across London's most marginalised communities.

#### **Impact Highlights**

A breakdown of services accessed during the year shows the breadth and depth of support delivered:

- 147 unique individuals accessed the Gentle Beginnings doula programme, receiving continuous trauma-informed support through pregnancy, labour, and early parenting.
- 185 unique individuals attended Birth Education and Advocacy classes, learning about birth rights, informed decision-making, and safe choices.
- 132 unique individuals were provided with essential mother and baby items (including nappies, clothing, slings, and maternity supplies).
- 55 unique individuals accessed one-to-one Birth Debrief sessions to reflect on and process their birth experiences.
- 60 unique individuals were provided with food items and cooked meals, addressing immediate nutritional needs.
- 68 unique individuals were signposted to other charities and local organisations for longer-term support.
- 7 unique individuals received advocacy support during Children in Need (CIN) meetings, ensuring their voices were represented in safeguarding contexts.
- 63 unique individuals received direct labour and birth support from trained doulas.

## **Neighbourhood Doulas**

### **Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024**

- 67 unique individuals received postnatal support, with a further 15 receiving extended postnatal care beyond six weeks after birth.
- 10 unique individuals received formal reference letters supporting housing, legal, or welfare cases.
- 102 unique individuals engaged with ND Community WhatsApp groups, providing ongoing peer support and access to resources.
- 280 contacts were made through social media platforms (Instagram, Eventbrite, etc.), broadening the charity's reach.
- 49 women with No Recourse to Public Funds (NRPF) status were supported with essential services despite exclusion from statutory benefits.
- 210 in-kind community donations were secured and distributed to beneficiaries, significantly reducing individual hardship and saving costs on beneficiary budgets.

#### **Overall Achievements**

- Ensured that no woman faced pregnancy or birth alone, despite homelessness, poverty, immigration status, or systemic barriers.
- Delivered holistic, wraparound support that addressed not only maternity needs but also food security, housing advocacy, and postnatal wellbeing.
- Strengthened community resilience by connecting mothers into peer support groups and local services.
- Expanded the charity's visibility and engagement through digital platforms, reaching hundreds of new beneficiaries and supporters.
- Leveraged in-kind donations and community partnerships to maximise impact and stretch resources further.

The trustees consider that these outcomes demonstrate strong performance against the charity's objectives, showing both the scale of reach and the depth of individual impact achieved during the period.

## **Neighbourhood Doulas**

**Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024**

### ***The difference the charity's performance during the period has made to the beneficiaries of the charity.***

During the reporting period, Neighbourhood Doulas has made a measurable and life-changing difference to the women and families we support. By ensuring that vulnerable mothers are not left to face pregnancy, labour, or the postnatal period alone, the charity has delivered tangible improvements in health, wellbeing, and resilience for some of London's most marginalised communities.

#### **1. No woman faced birth alone**

- Pregnant women were supported with trained doulas as birth partners, ensuring they did not experience birth in fear, trauma, or isolation.
- This support restored dignity and created safe, compassionate birthing experiences.

#### **2. Empowerment through education and advocacy**

- Women accessed antenatal education and advocacy preparation, giving them the knowledge and confidence to birth in their own autonomy.
- Women reported feeling more in control of their healthcare decisions and more respected within maternity services.

#### **3. Postnatal care and recovery**

- Mothers received one-to-one doula support after birth, including emotional reassurance, physical assistance, grocery deliveries, and safe hospital discharge.
- This allowed mothers time to heal, bond with their babies, and build confidence in early parenting.

#### **4. Early intervention and continuity of care**

- Engagement with doulas encouraged women to remain connected to maternity services and healthcare providers, reducing the risk of disengagement and safeguarding concerns.
- Early, consistent support built trust and improved maternal and infant health outcomes.

## **Neighbourhood Doulas**

### **Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024**

#### **5. Reducing isolation and building confidence**

- Beneficiaries reported reduced isolation, increased confidence in navigating health and social care systems, and stronger mental wellbeing.
- Through ND programmes and local signposting, mothers developed friendships and peer networks that continue beyond the perinatal period.

#### **6. Restoring dignity and improving outcomes**

- By addressing trauma, providing advocacy, and ensuring respectful care, the charity improved birth experiences and supported better mental health recovery.

#### **7. Access to essential items and resources**

- Families were connected to local foodbanks and provided with baby essentials, ensuring that no newborn went without basic needs.
- In-kind donations and community partnerships relieved financial stress for families in hardship.

#### **Beneficiary Testimony**

“My doulas were extremely helpful. They understood my need and helped me prepare for the birth of my baby. They stayed connected even when I wasn’t communicating due to my struggle with mental health. It was an amazing service. Sarah was exceptionally nice and understanding”.

## **Neighbourhood Doulas**

**Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024**

***The degree to which the achievements and performance during the period have benefited wider society.***

During the reporting period, Neighbourhood Doulas' work has not only improved the lives of individual women and babies but has also generated wider benefits to families, communities, and society as a whole.

1. Reduced strain on public services

- By providing early intervention, consistent advocacy, and emotional support, the charity reduced the risk of maternity complications, safeguarding interventions, and mental health crises.
- This has helped to ease pressure on overstretched NHS maternity services, safeguarding teams, and social services.

2. Strengthened maternal and infant health outcomes

- Improved perinatal experiences for mothers have long-term effects on infant development and maternal wellbeing.
- Supporting mothers to feel safe, respected, and informed contributes to healthier families and reduces health inequalities across London communities.

3. Promoting social inclusion and reducing isolation

- Many service users face poverty, asylum challenges, or systemic discrimination. By ensuring equitable access to care and fostering peer networks, the charity reduced social exclusion and strengthened community integration.
- This helps build stronger, more resilient communities in the long term.

4. Breaking cycles of disadvantage

- By supporting mothers to bond with their babies, access essential items, and build confidence in early parenting, the charity has contributed to breaking intergenerational cycles of neglect, trauma, and poverty.
- This early support improves long-term outcomes for children and reduces future reliance on statutory interventions.

## Neighbourhood Doulas

### Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024

#### 5. Contribution to systemic change

•Through advocacy, research contributions, and partnership with healthcare providers, Neighbourhood Doulas has raised awareness of maternal health inequalities.

•This influence is helping to drive cultural and systemic shifts toward more inclusive and trauma-informed maternity services.

Neighbourhood Doulas contribution towards systemic change includes:

•Improve maternity care for Black, African, Caribbean, and mixed-Black heritage women and pregnant people. Sarindi Aryasinghe, MScPH, PhD Imperial Health Candidate  
<https://qualitysafety.bmj.com/content/34/5/305>

•Integrated Perinatal Mental Health Pathway (RBKC & Westminster) developed to help all front-line health and care professionals and non-clinical staff who are involved in the care of mothers, babies and their partners and families.

[https://www.rbkc.gov.uk/mediamanager/biborough/directory/files/perinatal\\_mental\\_health\\_pathway\\_digital\\_version\\_may\\_2024.pdf](https://www.rbkc.gov.uk/mediamanager/biborough/directory/files/perinatal_mental_health_pathway_digital_version_may_2024.pdf)

•RBKC and Westminster Integrated Breastfeeding Plan – Collaboration to design, development and implement and design a new strategic breastfeeding action plan based on four pillars in line with WHO and UNICEF guidance. The pillars are as follows: Protecting, Promoting, Supporting, Normalising Breastfeeding

[https://www.rbkc.gov.uk/mediamanager/biborough/directory/files/breastfeeding\\_plan\\_2025-28.pdf](https://www.rbkc.gov.uk/mediamanager/biborough/directory/files/breastfeeding_plan_2025-28.pdf)

#### 6. Economic and community value

•Volunteers contributed significant time, skill, and compassion, representing a considerable in-kind contribution to the charity and society.

•Over 200 in-kind community donations were redistributed, maximising resources and reducing financial hardship for families.

The achievements of the period have delivered direct benefits to mothers and babies, while also strengthening communities, reducing health and social inequalities, and contributing to a fairer and more sustainable maternity care system for wider society.

## **Neighbourhood Doulas**

**Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024**

### ***How the achievements during the period measure up to the objectives set.***

During the reporting period, Neighbourhood Doulas set clear objectives to provide trauma-informed perinatal support, improve access to maternity services, promote maternal and infant wellbeing, and strengthen community resilience. The achievements of the year demonstrate that these objectives have been met and, in many areas, exceeded.

## **Structure, governance and management of the charity**

### ***The methods used to recruit and appoint new charity trustees.***

Neighbourhood Doulas is governed by a board of volunteer trustees who bring a range of skills, lived experience, and professional expertise. Trustees are recruited through a combination of targeted outreach, sector networks, and referrals from current or former trustees, staff, and supporters.

When a vacancy arises, the board reviews its skills matrix to identify areas where additional experience or representation is needed (e.g. finance, legal, safeguarding, community engagement). Prospective trustees are invited to submit an expression of interest and CV, and may be invited for an informal conversation with existing board members.

All appointments are subject to reference checks, eligibility screening, and formal approval by the board. New trustees receive a comprehensive induction covering the charity's work, legal duties, and internal policies.

The board aims to reflect the communities the charity serves and welcomes applications from individuals with lived experience of the issues Neighbourhood Doulas seeks to address.

### ***The charity's organisational structure.***

Neighbourhood Doulas CIO operates under a Board of Trustees (BOT) structure, consisting of four trustees who meet quarterly. The Board is collectively responsible for governance, setting the strategic direction, and ensuring compliance with statutory and regulatory obligations. The Board, together with the Charity and Service Manager and Finance Team, provides oversight of the charity's policies, finances, and long-term strategy.

Day-to-day responsibility for the delivery of services rests with the Charity Manager, supported by the Operations and Programme Manager and the Support Coordinator.

- The Chair of Trustees is responsible for ensuring that the charity delivers the services specified, meets its charitable objectives, and that key performance indicators are achieved.
- The Operations and Programme Manager is responsible for the daily operational management of the organisation, coordinating service delivery, managing resources, and ensuring programmes run smoothly.
- The Support Coordinator works alongside the Operations Manager to provide individual staff supervision, ensuring professional development, skills growth, and alignment with best practice standards.

This structure enables the charity to balance strategic oversight from trustees with effective day-to-day management by staff, ensuring that services are delivered efficiently, responsively, and in line with the organisation's charitable aims.

## Neighbourhood Doulas

Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024

### *How the charity makes decisions and how decisions are delegated.*

Neighbourhood Doulas is governed by a board of trustees, who are collectively responsible for the strategic direction, governance, and oversight of the charity's work. The board meets regularly to consider operational updates, financial reports, strategic priorities, and risk management, and to make decisions on matters reserved for trustee approval.

Day-to-day decision-making is delegated to the Charity and Service Manager, who is responsible for overseeing operations, coordinating programme delivery, managing staff and volunteers, and reporting to the trustees. Delegated authority is exercised in line with agreed budgets and policies.

Operational decisions may also be taken by programme staff and facilitators, within defined limits and under the supervision of the Charity and Service Manager. Any decisions involving material financial commitment, reputational risk, or changes to programme structure are referred back to the trustees for approval.

The board receives regular written and verbal updates to ensure accountability and to support informed decision-making. Where required, trustees also provide ad hoc input or approvals via email between meetings.

This structure ensures appropriate checks and balances between governance and management, while enabling timely and responsive delivery of services to beneficiaries.

Bankers NatWest - 55 Kensington High St, W8 5EQ

## Financial review

### *The charity's financial position at the end of the period ended 31 December 2024*

The financial position of the charity at 31 December 2024 and comparatives for the prior period, as more fully detailed in the accounts, can be summarised as follows:-

|  | <b>2024</b>   |
|--|---------------|
|  | <b>£</b>      |
| <b>Net income</b>  | 63,260        |
|  | <hr/>         |
| Unrestricted Revenue Funds available for the general purposes of the charity | 15,217        |
| Restricted Revenue Funds   | 48,043        |
|  | <hr/>         |
| <b>Total Funds</b>   | <b>63,260</b> |

### *Financial review of the position at the reporting date, 31 December 2024 .*

The trustees consider the financial performance by the charity during the year to have been satisfactory.

## **Neighbourhood Doulas**

**Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024**

### ***Policies on reserves.***

The trustees have established a reserves policy to ensure the financial stability and resilience of Neighbourhood Doulas, and to safeguard the continuity of its charitable activities in the event of income disruption or unexpected expenditure.

The aim is to maintain unrestricted free reserves equivalent to between three and twelve months of core operational costs. This range provides flexibility to manage short-term cash flow, respond to unforeseen challenges, and support the organisation through periods of strategic development or transition.

At the end of the reporting period, the charity held £15,217 in unrestricted reserves. This represents approximately 3 months of core costs and falls within the target range. The trustees are satisfied with this position and will continue to monitor reserves regularly against the organisation's risk profile and funding pipeline.

Where reserves exceed the minimum target, funds may be designated for future programme delivery, investment in organisational capacity, or other strategic priorities aligned with our charitable objectives.

### ***Availability and adequacy of assets of each of the funds***

The trustees have reviewed the assets held by Neighbourhood Doulas and are satisfied that the charity's assets are available and adequate to fulfil its obligations in respect of each of its funds. Restricted funds are maintained separately and used exclusively for the purposes specified by donors or funders. Unrestricted funds are managed to ensure sufficient liquidity for operational needs and to support the ongoing delivery of our charitable objectives. At the year end, there were no concerns regarding the availability of assets to meet current or future liabilities associated with any of the funds.

## **Neighbourhood Doulas**

**Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024**

### ***Principal funding sources in the period and how these support the key objectives of the charity.***

The principal funding sources for Neighbourhood Doulas during the reporting period were by way of grants and charitable donations. These resources enabled the charity to deliver its core services and further its objectives of education and empowerment, increasing access to support, and ensuring lasting change and wellbeing for mothers and babies in London's most marginalised communities.

#### **Funding Sources and Allocations:**

- Supported delivery of the Gentle Beginnings programme.
- Greenwich Healthier Communities (£7,500)
- City of Westminster VCS (£15,000)
- NHS Voluntary Sector Mental Health Self-care (£15,105)
- The Tudor Trust (£30,000)
- The Hollick Family Foundation (£6,000)
- The Kensington & Chelsea Foundation (£31,000)
- Supported the Birth Education and Advocacy HUB.
- Healthy Lifestyles RBKC Community Public Health Programme (£2,176)
- Allocated to the Healthy Lifestyles Perinatal Programme (deferred income for 2025).
- Charitable Donations (£12,862)
- Supported London-wide service delivery and essential items provision.

#### **How Funding Supported Key Objectives**

1. Education & Empowerment
2. Increasing Access to Support: Connectivity & Engagement
3. Lasting Change & Wellbeing (Gentle Beginnings and Organisational Development)

The range of funding streams supported both frontline service delivery (education, advocacy, doula care, essentials) and longer-term organisational objectives (resilience, systemic influence, and wellbeing programmes).

## **Neighbourhood Doulas**

**Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024**

### **Details of The Independent Examiner**

Christos Liondaris

Member of Certified Public Accountants

1st Floor Woodgate Studios

2-8 Games Road

Cockfosters

Hertfordshire

EN4 9HN

### **Statement of Trustees' Responsibilities**

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2019, applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), .

In particular, charity law requires the Trustees, if they prepare accounts on an accruals basis, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Trustees are required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

## Neighbourhood Doulas

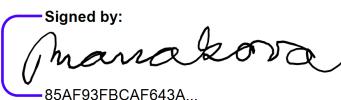
### Trustees' Annual Report for the period from 15 December 2023 to 31 December 2024

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

This report was approved by the board of trustees on 8 October 2025.

MARTINA MANAKOVA  
Trustee

Signed by:  
  
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## **Neighbourhood Doulas**

### **Report of the Independent Examiner to the Trustees of the charity on the accounts for the period ended 31 December 2024**

I report to the Trustees on my examination of the financial statements of the charity on pages 22 to 38 for the period ended 31 December 2024 which have been prepared in accordance with the Charities Act 2011 (the Act) and with the Financial Reporting Standard 102, (effective 1st January 2016) as modified by FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2019, applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), published by the Charity Commission in England & Wales (CCEW) , and under the historical cost convention and the accounting policies set out on page 26.

#### **Respective responsibilities of the Trustees and the Independent Examiner and the basis of the report**

As described on page 18, you, the charity's Trustees, are responsible for the preparation of the financial statements in accordance with the Charities Act 2011 and all other applicable law and with United Kingdom Generally Accepted Accounting Practice, applicable to smaller entities, and for being satisfied that the financial statements give a true and fair view.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the Governing Document for the conducting of an audit. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

Having satisfied myself that the financial statements are not required to be audited under any legal provision, or otherwise, and are eligible for independent examination, it is my responsibility to:-

- a) examine the financial statements of the charity under Section 145 of the Act;
- b) follow the applicable procedures in the Directions given by the Charity Commission under section 145(5)(b) of the Act.

#### **Basis of Independent Examiner's Statement and scope of work undertaken**

I report in respect of my examination of the charity's financial statements carried out under s145 of the Act. In carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act setting out the duties of an independent examiner in relation to the conducting of an independent examination. An independent examination includes a review of the accounting records kept by the charity and of the accounting systems employed by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you, as Trustees, concerning such matters. The purpose of the examination is to establish as far as possible that there have been no breaches of charity legislation and that, on a test basis of evidence relevant to the amounts and disclosures made, the financial statements comply with the SORP.

The procedures undertaken do not provide all the evidence that would be required in an audit, and information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries and does not cover all the matters that an auditor would consider in arriving at an opinion. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide

## Neighbourhood Doulas

Consequently, I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below.

I planned and performed my examination so as to satisfy myself that the objectives of the independent examination are achieved and before finalising the report I obtained written assurances from the Trustees of all material matters.

### Independent Examiner's Statement, Report and Opinion

Subject to the limitations upon the scope of my work as detailed above, I have completed my examination: and can confirm that:-

This is a report in respect of an examination carried out under 145 of the Act and in accordance with Directions given by the Charity Commission under section 145(5)(b) of the Act which may be applicable;

and that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:-

accounting records were not kept in respect of the charity as required by with Section 130 of The Charities Act 2011;

the financial statements do not accord with those records; or

the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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;

have not been prepared in accordance with the methods and principles set out in the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2019, applicable to all accounting periods beginning on or after 1st January 2019), (The SORP).

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 financial statements to be reached.

Signed:-

DocuSigned by:  
*Christos Liondaris*  
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Christos Liondaris - Independent Examiner

Certified Public Accountants

1st Floor Woodgate Studios  
2-8 Games Road  
Cockfosters  
Hertfordshire  
EN4 9HN

This report was signed on 8 October 2025

## Neighbourhood Doulas - Statement of Financial Activities for the period ended 31 December 2024

### Statement of Financial Activities for the period ended 31 December 2024

|                                      | SORP Ref     | Current year Unrestricted Funds | Current year Restricted Funds | Current year Total Funds |
|--------------------------------------|--------------|---------------------------------|-------------------------------|--------------------------|
|                                      |              | 2024                            | 2024                          | 2024                     |
|                                      |              | £                               | £                             | £                        |
| <b>Income &amp; Endowments from:</b> |              |                                 |                               |                          |
| Donations & Legacies                 | A1           | 12,862                          | 104,606                       | <b>117,468</b>           |
| Other trading activities             | A3           | 20,507                          | -                             | <b>20,507</b>            |
| <b>Total income</b>                  | <b>A</b>     | <b>33,369</b>                   | <b>104,606</b>                | <b>137,975</b>           |
| <b>Expenditure on:</b>               |              |                                 |                               |                          |
| Raising funds                        | B1           | -                               | 2,346                         | <b>2,346</b>             |
| Charitable activities                | B2           | 18,152                          | 54,217                        | <b>72,369</b>            |
| <b>Total expenditure</b>             | <b>B</b>     | <b>18,152</b>                   | <b>56,563</b>                 | <b>74,715</b>            |
| <b>Net income for the year</b>       |              | <b>15,217</b>                   | <b>48,043</b>                 | <b>63,260</b>            |
| <b>Net income after transfers</b>    | <b>A-B-C</b> | <b>15,217</b>                   | <b>48,043</b>                 | <b>63,260</b>            |
| <b>Net movement in funds</b>         |              | <b>15,217</b>                   | <b>48,043</b>                 | <b>63,260</b>            |
| <b>Reconciliation of funds:-</b>     | <b>E</b>     |                                 |                               |                          |
| <b>Total funds carried forward</b>   |              | <b>15,217</b>                   | <b>48,043</b>                 | <b>63,260</b>            |

The 'SORP Ref' indicated above is the classification of income set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All the prior year transactions were unrestricted items, and no further analysis is required

All activities derive from continuing operations

**The notes attached on pages 26 to 38 form an integral part of these accounts.**

## Neighbourhood Doulas - Statement of Financial Activities for the period ended 31 December 2024

The notes attached on pages 26 to 38 form an integral part of these accounts.

The resources applied on fixed assets for charity use represents the cost of additions less proceeds of any disposals.

Movements in revenue and capital funds for the period from 15 December 2023 to 31 December 2024

### Revenue accumulated funds

|  | Unrestricted<br>Funds<br>2024<br>£ | Restricted<br>Funds<br>2024<br>£ | Total<br>Funds<br>2024<br>£ |
|--|------------------------------------|----------------------------------|-----------------------------|
| Recognised gains and losses before transfers | 15,217                             | 48,043                           | 63,260                      |
|  | <b>15,217</b>                      | <b>48,043</b>                    | <b>63,260</b>               |
| <b>Closing revenue funds</b>                 | <b>15,217</b>                      | <b>48,043</b>                    | <b>63,260</b>               |

### Summary of funds

|                           | Unrestricted<br>and<br>Designated funds<br>2024<br>£ | Restricted<br>Funds<br>2024<br>£ | Total<br>Funds<br>2024<br>£ |
|---------------------------|--|----------------------------------|-----------------------------|
| Revenue accumulated funds | 15,217   | 48,043                           | 63,260                      |

The notes attached on pages 26 to 38 form an integral part of these accounts.

## Neighbourhood Doulas - Statement of Financial Activities for the period ended 31 December 2024

### Neighbourhood Doulas

Income and Expenditure Account for the period from 15 December 2023 to 31 December 2024 as required by the Companies Act 2006

|  | 2024<br>£      |
|--|----------------|
| <b>Income</b>  |                |
| Income from operations   | 137,975        |
| Investment income and interest   |                |
| <b>Gross income in the period before exceptional items</b>                     | <b>137,975</b> |
| <b>Gross income in the period including exceptional items</b>                  | <b>137,975</b> |
| <b>Expenditure</b>   |                |
| Charitable expenditure, excluding depreciation and amortisation                | 72,321         |
| Fundraising costs  | 2,346          |
| Interest payable   | 48             |
| Realised losses on disposals of social investments which are programme related | -              |
| <b>Total expenditure in the period</b>   | <b>74,715</b>  |
| <b>Net income before tax in the financial year</b>                             | <b>63,260</b>  |
| Tax on surplus on ordinary activities  | -              |
| <b>Net income after tax in the financial year</b>                              | <b>63,260</b>  |
| <b>Retained surplus for the financial year</b>                                 | <b>63,260</b>  |

All activities derive from continuing operations

In accordance with the provisions of the Companies Act 2006, the headings and subheadings used in the Income and Expenditure account have been adapted to reflect the special nature of the charity's activities.

**The notes attached on pages 26 to 38 form an integral part of these accounts.**

**Neighbourhood Doulas - Balance Sheet as at 31 December 2024**


|   | SORP |     | 2024                 |
|---|------|-----|----------------------|
|   | Note | Ref | £                    |
| <b>Current assets</b>   |      | B   |                      |
| Cash at bank and in hand  |      | B4  | 65,436               |
| <b>Creditors: amounts falling due within one year</b>   | 12   | C1  | <u>(2,176)</u>       |
| <b>Net current assets</b>   |      |     | 63,260               |
| <b>The total net assets of the charity</b>  |      |     | <u><b>63,260</b></u> |
| <br><b>The total net assets of the charity are funded by the funds of the charity, as follows:-</b> |      |     |                      |
| <b>Restricted funds</b>   |      |     |                      |
| Restricted Revenue Funds  | 16   | D2  | 48,043               |
|   |      |     | 48,043               |
| <b>Unrestricted Funds</b>   |      |     |                      |
| Unrestricted Revenue Funds  | 16   | D3  | 15,217               |
|   |      |     | 15,217               |
| <b>Designated Funds</b>   |      |     | -                    |
| <b>Total charity funds</b>  |      |     | <u><b>63,260</b></u> |

The 'SORP Ref' indicated above is the classification of Balance Sheet items as set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the SOFA..

The Trustees acknowledge their responsibilities for complying with the requirements of charity legislation with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on page 21.

The Trustees are satisfied that, although the charity is not registered under the Companies Acts, if it were so registered, it would be eligible to prepare accounts in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

Signed by:  
  
85AF93FBCAF643A  
**MARTINA MANAKOVA**

Trustee

Approved by the board of trustees on 8 October 2025

**The notes attached on pages 26 to 38 form an integral part of these accounts.**

## Neighbourhood Doulas

### Notes to the Accounts for the period from 15 December 2023 to 31 December 2024

#### 1 Accounting policies

##### *Policies relating to the production of the accounts.*

##### **Basis of preparation and accounting convention**

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016) and 'FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2019, applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), published by the Charity Commission in England & Wales (CCEW) , and in accordance with all applicable law in the charity's jurisdiction of registration, except that the charity has prepared the financial statements in accordance with the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2019, applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), in preference to the previous SORP, the SORP 2005, which has been withdrawn, notwithstanding the fact that the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008 refer explicitly to the SORP 2005. This has been done to accord with current best practice.

##### **Risks and future assumptions**

The charity is a public benefit entity.

The trustees have assessed the principal risks facing the charity and are satisfied that appropriate controls are in place to mitigate those risks. The accounts have been prepared on a going concern basis, as the trustees believe there are no material uncertainties regarding the charity's ability to continue its activities for the foreseeable future.

The charity is a public benefit entity as defined by FRS 102, and the trustees confirm that the charity meets the public benefit requirements of the Charities Act 2011.

##### *Policies relating to categories of income and income recognition.*

##### **Nature of income**

Gross income represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

##### **Categories of Income**

Income is categorised as income from exchange transactions (contract income) and income from non-exchange transactions (gifts), investment income and other income.

**Income from exchange transactions** is received by the charity for goods or services supplied under contract or where entitlement is subject to fulfilling performance related conditions. The income the charity receives is approximately equal in value to the goods or services supplied by the charity to the purchaser.

**Income from a non-exchange transaction** is where the charity receives value from the donor without providing equal value in exchange, and includes donations of money, goods and services freely given without giving equal value in exchange.

## Neighbourhood Doulas

### Notes to the Accounts for the period from 15 December 2023 to 31 December 2024

#### Income recognition

Income, whether from exchange or non exchange transactions, is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Dividends are accrued when the shareholder's right to receive payment is established.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

#### Accounting for deferred income and income received in advance

Where terms and conditions relating to income have not been met or uncertainty exists as to whether the charity can meet any terms or conditions otherwise within its control, income is not recognised but is deferred as a liability until it is probable that the terms or conditions imposed can be met.

Any grant that is subject to performance-related conditions received in advance of delivering the goods and services required by that condition, or is subject to unmet conditions wholly outside the control of the recipient charity, is accounted for as a liability and shown on the balance sheet as deferred income. Deferred income is released to income in the reporting period in which the performance-related or other conditions that limit recognition are met.

When income from a grant or donation has not been recognised due to the conditions applying to the gift not being wholly within the control of the recipient charity, it is disclosed as a contingent asset if receipt of the grant or donation is probable once those conditions are met.

Where time related conditions are imposed or implied by a funder, then the income is apportioned to the time periods concerned, and, where applicable, is accounted for as a liability and shown on the balance sheet as deferred income. When grants are received in advance of the expenditure on the activity funded by them, but there are no specific time related conditions, then the income is not deferred.

Any condition that allows for the recovery by the donor of any unexpended part of a grant does not prevent recognition of the income concerned, but a liability to any repayment is recognised when repayment becomes probable.

#### Gift Aid Donations from subsidiaries

FRS 102 requires gift aid payments from subsidiaries to be accounted for consistently with dividends. FRS 102 requires dividends to be recognised when the shareholder's right to receive payment is established. The parent charity's right to receive payment is established when the subsidiary has a legal obligation to distribute its profits to its owners at the reporting date. Therefore, the gift aid payment is not accrued in these individual accounts of the parent charity unless a legal obligation for the subsidiary to make the payment exists at the reporting date.

#### ***Policies relating to expenditure on goods and services provided to the charity.***

#### Recognition of liabilities and expenditure

A liability, and the related expenditure, is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated.

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

## Neighbourhood Doulas

### Notes to the Accounts for the period from 15 December 2023 to 31 December 2024

#### Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

However, the trustees value the significant contribution made to the activities of the charity by unpaid volunteers and this is described more fully in Note 6.

#### ***Policies relating to assets, liabilities and provisions and other matters.***

##### **Creditors and provisions**

Creditors are recognised where the charity has a present legal or constructive obligation as a result of a past event that can be reliably measured and it is probable that a transfer of economic benefit will be required to settle the obligation. Creditors are recognised at their settlement amount.

Provisions are recognised when the charity has a legal or constructive obligation as a result of past events, it is probable that a transfer of economic benefits will be required to settle the obligation, and a reliable estimate can be made of the amount of the obligation. Provisions are reviewed annually and adjusted to reflect current best estimates.

##### **Financial instruments including cash and bank balances**

Cash held by the charity is included at the amount actually held at year end. Bank balances, whether in credit or overdrawn, are shown at the amounts properly reconciled to the bank statements at the reporting date.

The charity does not hold any financial assets or liabilities measured at fair value. There are no complex financial instruments in use. All financial assets and liabilities are classified as basic and held at amortised cost, in accordance with FRS 102.

##### **Fund Accounting**

The charity maintains three types of funds: unrestricted, designated, and restricted.

Unrestricted funds are general funds that can be used at the discretion of the trustees to further the charity's objectives. These funds are not subject to any donor-imposed restrictions and include income from donations and activities where the use of funds is not specified.

Designated funds are unrestricted funds that the trustees have set aside for particular purposes. These funds remain under the control of the trustees and may be reallocated if necessary. Designations are made to support planned future expenditure or strategic priorities.

Restricted funds are funds subject to specific conditions imposed by donors, grant funders, or by the terms of a fundraising appeal. These funds must be used for the purposes for which they were given and are accounted for separately. The use of restricted funds is strictly monitored to ensure compliance with the relevant restrictions.

There are no endowment funds.

## **2 Liability to taxation**

The Trustees consider that the charity satisfies the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by chapter 3 part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively on the specific charitable objects of the charity and for no other purpose. Value Added Tax is not recoverable by the charity, and is therefore included in the relevant costs in the Statement of Financial Activities. may need rewording, especially if the charity is registered for VAT

## Neighbourhood Doulas

### Notes to the Accounts for the period from 15 December 2023 to 31 December 2024

#### 3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

#### 4 Significance of financial instruments to the charity's position

There is no significance of financial instruments to the charity's financial position or performance, and the related risks, for example the terms and conditions of loans, or the use of hedging to manage financial risk.

#### 5 Interest payable

2024

£

Bank interest payable

48

#### 6 The contribution of volunteers

Neighbourhood Doulas relies heavily on the generosity, commitment, and passion of its volunteers, whose contribution is central to the delivery of our charitable activities. We are deeply grateful for their time, energy, and unwavering support.

During the reporting period, 112 volunteers generously contributed a combined total of 1,847 hours stewarding events and supporting programme delivery. An additional 40 hours were dedicated to administrative tasks, including mailings and distributions. Importantly, two specialist volunteers, both DBS-checked, provided a further 475 hours supporting our weekly writing groups for children and young people.

It is estimated that the charity would have needed to spend in excess of £28,000 to access equivalent support on a paid basis. The value of this in-kind contribution is significant, enabling us to extend our reach, maintain quality, and continue delivering vital services despite limited resources.

Although the contribution of volunteers is not recognised in the Statement of Financial Activities due to the challenges in assigning a precise monetary value, the trustees acknowledge and celebrate the indispensable role they play. These arrangements are entirely voluntary, and both the volunteers and the charity understand and accept that no contract of employment arises from their involvement.

## Neighbourhood Doulas

### Notes to the Accounts for the period from 15 December 2023 to 31 December 2024

#### 7 Staff costs and emoluments

|  |                      |
|--|----------------------|
| <b>Salary costs</b>  | <b>2024</b>          |
|  | <b>£</b>             |
| Gross Salaries excluding trustees and key management personnel | 49,335               |
| <b>Total salaries, wages and related costs</b>                 | <b><u>49,335</u></b> |

|  |             |
|--|-------------|
| <b>Numbers of full time employees or full time equivalents</b>   | <b>2024</b> |
| The average number of total staff employed in the period was     | <u>3</u>    |
| The average number of full time staff employed in the period was | 3           |

**The estimated equivalent number of full time staff deployed in different activities in the period was:-**

|                                  |   |
|----------------------------------|---|
| Engaged on charitable activities | 3 |
| Engaged on publicity activities  | 3 |

|   |                 |
|---|-----------------|
| <b>The estimated full time equivalent number of all staff employed as above</b> | <b><u>3</u></b> |
|---|-----------------|

Neither the trustees nor any persons connected with them have received any remuneration from the charity or any related entity, either in the current or prior period.

No employees received emoluments (excluding pension costs) in excess of £60,000 per annum.

#### 8 Defined contribution pension schemes

Any liabilities and assets associated with the scheme are shown under debtors and creditors.

#### 9 Remuneration and payments to Trustees and persons connected with them

No trustees or persons connected with them received any remuneration from the charity, or any related entity.

## Neighbourhood Doulas

### Notes to the Accounts for the period from 15 December 2023 to 31 December 2024

#### 10 Deferred income - Unrestricted and Designated funds

| <i>Current Year</i>                                       | Opening<br>Deferrals | Released<br>from prior<br>years | Received<br>less released<br>in period | Deferred<br>at year end |
|---|----------------------|---------------------------------|--|-------------------------|
|   | £                    | £                               | £                                      | £                       |
| Healthy Lifestyles RBKC Community Public Health Programme | -                    | -                               | -                                      | 2,176                   |
| <b>Total</b>  | <u>-</u>             | <u>-</u>                        | <u>-</u>                               | <u>2,176</u>            |

|  |              |
|--|--------------|
|  | <b>2024</b>  |
|  | <b>£</b>     |
| <b>These deferrals are included in creditors</b> | <u>2,176</u> |

The deferrals included in creditors relate to funding specified by the funders as relating to specific periods and represent those parts of unrestricted funds which relate to periods subsequent to the accounting year end and are treated as grants in advance, or, alternatively, where there are conditions which must be fulfilled prior to entitlement or use of the unrestricted funds by the charity .

#### 11 Investment pooling schemes and arrangements

There were no investment pooling schemes or arrangements during the year.

#### 12 Creditors: amounts falling due within one year

|   |             |
|---|-------------|
|   | <b>2024</b> |
|   | <b>£</b>    |
| Deferred Income - Unrestricted & designated funds | 2,176       |

## Neighbourhood Doulas

### Notes to the Accounts for the period from 15 December 2023 to 31 December 2024

|  |                      |
|--|----------------------|
| <b>13 Income and Expenditure account summary</b> | <b>2024</b>          |
|  | <b>£</b>             |
| <b>At 15 December 2023</b>                       | -                    |
| Surplus after tax for the year                   | 63,260               |
| <b>At 31 December 2024</b>                       | <u><b>63,260</b></u> |

#### 14 No related party transactions

There were no transactions with related parties in the year.

#### 15 Particulars of how particular funds are represented by assets and liabilities

| <b>At 31 December 2024</b>     | <b>Unrestricted<br/>funds<br/>£</b> | <b>Designated<br/>funds<br/>£</b> | <b>Restricted<br/>funds<br/>£</b> | <b>Total<br/>Funds<br/>£</b> |
|--------------------------------|-------------------------------------|-----------------------------------|-----------------------------------|------------------------------|
| Current Assets                 | 17,394                              |                                   | 48,042                            | <b>65,436</b>                |
| Current Liabilities            | (2,176)                             | -                                 | -                                 | <b>(2,176)</b>               |
|                                | <u><b>15,218</b></u>                | <u>-</u>                          | <u><b>48,042</b></u>              | <u><b>63,260</b></u>         |
| <br><b>At 15 December 2023</b> |                                     |                                   |                                   |                              |
|                                | <b>Unrestricted<br/>funds<br/>£</b> | <b>Designated<br/>funds<br/>£</b> | <b>Restricted<br/>funds<br/>£</b> | <b>Total<br/>Funds<br/>£</b> |
|                                | <u>-</u>                            | <u>-</u>                          | <u>-</u>                          | <u>-</u>                     |

## Neighbourhood Doulas

### Notes to the Accounts for the period from 15 December 2023 to 31 December 2024

#### 16 Change in total funds over the period as shown in Note 15 , analysed by individual funds

|  | Funds brought forward from 2023 | Movement in funds in 2024 | Transfers between funds in 2024 | Funds carried forward to 2025 |
|--|---------------------------------|---------------------------|---------------------------------|-------------------------------|
|  | £                               | See Note 17<br>£          | See Note 0<br>£                 | £                             |
| <b>Unrestricted and designated funds:-</b>     |                                 |                           |                                 |                               |
| Unrestricted Revenue Funds                     | -                               | 15,217                    | -                               | 15,217                        |
| <b>Total unrestricted and designated funds</b> | <b>-</b>                        | <b>15,217</b>             | <b>-</b>                        | <b>15,217</b>                 |
| <b>Restricted funds:-</b>                      |                                 |                           |                                 |                               |
| Greenwich Healthier Communities                | -                               | 7,500                     | -                               | 7,500                         |
| The Kensington & Chelsea Foundation            | -                               | 10,592                    | -                               | 10,592                        |
| City of Westminster VCS                        | -                               | 7,500                     | -                               | 7,500                         |
| NHS Voluntary Sector Mental Health Self-care   | -                               | 8,722                     | -                               | 8,722                         |
| The Tudor Trust                                | -                               | 9,562                     | -                               | 9,562                         |
| The Hollick Family Foundation                  | -                               | 4,167                     | -                               | 4,167                         |
| <b>Total restricted funds</b>                  | <b>-</b>                        | <b>48,043</b>             | <b>-</b>                        | <b>48,043</b>                 |
| <b>Total charity funds</b>                     | <b>-</b>                        | <b>63,260</b>             | <b>-</b>                        | <b>63,260</b>                 |

#### 17 Analysis of movements in funds over the period as shown in Note 16

|  | Income         | Expenditure     | Other Gains & Losses | Movement in funds |
|--|----------------|-----------------|----------------------|-------------------|
|  | 2024           | 2024            | 2024                 | 2024              |
|  | £              | £               | £                    | £                 |
| <b>Unrestricted and designated funds:-</b>   |                |                 |                      |                   |
| Unrestricted Revenue Funds                   | 33,369         | (18,152)        | -                    | 15,217            |
| <b>Restricted funds:-</b>                    |                |                 |                      |                   |
| Greenwich Healthier Communities              | 7,500          | -               | -                    | 7,500             |
| The Kensington & Chelsea Foundation          | 31,000         | (20,408)        | -                    | 10,592            |
| City of Westminster VCS                      | 15,000         | (7,500)         | -                    | 7,500             |
| NHS Voluntary Sector Mental Health Self-care | 15,106         | (6,384)         | -                    | 8,722             |
| The Tudor Trust                              | 30,000         | (20,438)        | -                    | 9,562             |
| The Hollick Family Foundation                | 6,000          | (1,833)         | -                    | 4,167             |
| Sundry other funds                           | -              | -               | -                    | -                 |
|  | <b>137,975</b> | <b>(74,715)</b> | <b>-</b>             | <b>63,260</b>     |

## Neighbourhood Doulas

### Notes to the Accounts for the period from 15 December 2023 to 31 December 2024

#### 18 The purposes for which the funds

##### **Unrestricted and designated funds:-**

Unrestricted Revenue Funds These funds are held for the meeting the objectives of the charity, and to provide reserves for future activities, and , subject to charity legislation, are free from all restrictions on their use.

Unrestricted Revaluation Reserve This fund represents the unrestricted surplus arising on the revaluation of the charity's assets.

Designated Fixed Asset Funds The purpose of these funds is described under the accounting policy 'Accounting for capital grants and fixed

##### **Restricted funds:-**

Restricted Fixed Asset Funds The purpose of these funds is described under the accounting policy 'Accounting for capital grants and fixed

Restricted Revaluation Reserve This fund represents the restricted surplus arising on the revaluation of the charity's assets.

Greenwich Healthier Communities Supports the Gentle Beginnings Programme — a free, trauma-informed maternal health initiative providing compassionate birth support, education, advocacy, and wraparound care for women facing multiple disadvantage.

Healthy Lifestyles RBKC Community Public Health Programme Supports the Neighbourhood Doulas Healthy Lifestyles Programme — empowering women from Global Majority (BME) communities through culturally responsive nutritional education, maternal wellbeing workshops, and the provision of essential items such as baby supplies and hygiene products. The programme tackles health inequalities by promoting healthier pregnancies, informed parenting, and long-term wellbeing for marginalised mothers.

The Kensington & Chelsea Foundation Supports the Neighbourhood Doulas Birth Education Hub — providing free, accessible advocacy and trauma-informed birth education for pregnant women facing social exclusion, language barriers, or insecure housing. The Hub equips women with vital knowledge, rights awareness, and personalised guidance to ensure safer, more empowering birth experiences.

City of Westminster VCS Supports the Neighbourhood Doulas Gentle Beginnings Programme — a free, trauma-informed maternal health service offering compassionate birth support, culturally sensitive education, and holistic care to women facing multiple disadvantages. This programme helps reduce health inequalities, improve perinatal outcomes, and build trust and confidence among marginalised mothers.

NHS Voluntary Sector Mental Health Self-care A free, trauma-informed maternal health project designed to improve mental health and emotional wellbeing for women experiencing multiple disadvantage. Through culturally sensitive birth support, peer-led education, and wraparound care, the programme empowers women to navigate pregnancy and early motherhood with confidence, reducing perinatal mental health risks and promoting long-term resilience.

## Neighbourhood Doulas

### Notes to the Accounts for the period from 15 December 2023 to 31 December 2024

|                               |  |
|-------------------------------|--|
| The Tudor Trust               | A free, trauma-informed maternal health initiative that uplifts women facing multiple disadvantage through one-to-one birth support, culturally responsive education, and holistic postnatal care. The programme strengthens community connection, promotes equity in maternal health outcomes, and creates meaningful pathways to empowerment for marginalised mothers. |
| The Hollick Family Foundation | A free, trauma-informed maternal health project providing wraparound care, advocacy, and culturally attuned birth support to women experiencing multiple disadvantage. The programme promotes safer, more positive birthing experiences and helps reduce systemic health inequalities for marginalised mothers.  |

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### 19 Ultimate controlling party

The charity is under the control of its legal members.

## Neighbourhood Doulas

Detailed analysis of income and expenditure for the period from 15 December 2023 to 31 December 2024 as required by the SORP 2015

*This analysis is classified by conventional nominal descriptions and not by activity.*

### 20 Donations, Grants and Legacies

|   | Current year<br>Unrestricted<br>Funds<br>2024<br>£ | Current year<br>Restricted<br>Funds<br>2024<br>£ | Current year<br>Total Funds<br>2024<br>£ |
|---|--|--|--|
| <b>Donations and gifts from individuals</b>       |  |  |  |
| Small donations individually less than £1000      | 7,862  | -  | 7,862                                    |
| <b>Total donations and gifts from individuals</b> | <b>7,862</b>                                       | <b>-</b>   | <b>7,862</b>                             |

|   | Current year<br>Unrestricted<br>Funds<br>2024<br>£ | Current year<br>Restricted<br>Funds<br>2024<br>£ | Current year<br>Total Funds<br>2024<br>£ |
|---|--|--|--|
| <b>Revenue grants from government and public bodies</b> |  |  |  |
| Greenwich Funding                                       | -  | 7,500  | 7,500                                    |
| Hollick Foundation                                      | -  | 6,000  | 6,000                                    |
| KCF Funding   | -  | 31,000   | 31,000                                   |
| KCSC NHS Project 001                                    | -  | 15,106   | 15,106                                   |
| KCSC Project Fund                                       | -  | 15,000   | 15,000                                   |
| One West Funding  | -  | 30,000   | 30,000                                   |
| <b>Total public sector revenue grants</b>               | <b>-</b>   | <b>104,606</b>                                   | <b>104,606</b>                           |

|  | Current year<br>Unrestricted<br>Funds<br>2024<br>£ | Current year<br>Restricted<br>Funds<br>2024<br>£ | Current year<br>Total Funds<br>2024<br>£ |
|--|--|--|--|
| <b>Revenue grants and donations from non public bodies</b> |  |  |  |
| Charities Aid Foundation                                   | 5,000  | -  | 5,000                                    |
| <b>Total private sector revenue grants</b>                 | <b>5,000</b>                                       | <b>-</b>   | <b>5,000</b>                             |

## Neighbourhood Doulas

Detailed analysis of income and expenditure for the period from 15 December 2023 to 31 December 2024 as required by the SORP 2015

### Total Donations, Grants and Legacies

|                                      |    |        |         |         |
|--------------------------------------|----|--------|---------|---------|
| Total Donations, Grants and Legacies | A1 | 12,862 | 104,606 | 117,468 |
|--------------------------------------|----|--------|---------|---------|

### 21 Income from other, non charitable, trading activities

|                                    |           | Current year<br>Unrestricted<br>Funds | Current year<br>Restricted<br>Funds | Current year<br>Total Funds |
|------------------------------------|-----------|---------------------------------------|-------------------------------------|-----------------------------|
|                                    |           | 2024                                  | 2024                                | 2024                        |
|                                    |           | £                                     | £                                   | £                           |
| Non-charitable trading activities  |           | 20,507                                | -                                   | 20,507                      |
| <b>Total from other activities</b> | <b>A3</b> | <b>20,507</b>                         | <b>-</b>                            | <b>20,507</b>               |

### 22 Expenditure on charitable activities - Direct spending

|  |            | Current year<br>Unrestricted<br>Funds | Current year<br>Restricted<br>Funds | Current year<br>Total Funds |
|--|------------|---------------------------------------|-------------------------------------|-----------------------------|
| <i>Current Year</i>                              |            | 2024                                  | 2024                                | 2024                        |
|  |            | £                                     | £                                   | £                           |
| Gross wages and salaries - charitable activities |            | 18,330                                | 31,005                              | 49,335                      |
| Travel and Subsistence - Charitable Activities   |            | 27                                    | 2,792                               | 2,819                       |
| Baby clothes, equipment and gifts                |            | -                                     | 365                                 | 365                         |
| Freelancers - Charitable Activities              |            | 97                                    | 14,138                              | 14,235                      |
| Subcontract payments                             |            | -                                     | 1,350                               | 1,350                       |
| <b>Total direct spending</b>                     | <b>B2a</b> | <b>18,454</b>                         | <b>49,650</b>                       | <b>68,104</b>               |

### 23 Support costs for charitable activities

|                                   |  | Current year<br>Unrestricted<br>Funds | Current year<br>Restricted<br>Funds | Current year<br>Total Funds |
|-----------------------------------|--|---------------------------------------|-------------------------------------|-----------------------------|
| <i>Current Year</i>               |  | 2024                                  | 2024                                | 2024                        |
|                                   |  | £                                     | £                                   | £                           |
| <b>Volunteer costs</b>            |  |                                       |                                     |                             |
| Training and welfare - volunteers |  | -                                     | 893                                 | 893                         |
| <b>Premises Expenses</b>          |  |                                       |                                     |                             |
| Room Hire                         |  | -                                     | 200                                 | 200                         |

## Neighbourhood Doulas

Detailed analysis of income and expenditure for the period from 15 December 2023 to 31 December 2024 as required by the SORP 2015

### **Administrative overheads**

|                                  |       |       |              |
|----------------------------------|-------|-------|--------------|
| Telephone, fax and internet      | -     | 194   | <b>194</b>   |
| Postage                          | -     | 10    | <b>10</b>    |
| Stationery and printing          | -     | 32    | <b>32</b>    |
| Membership subscriptions         | -     | 1,569 | <b>1,569</b> |
| Liability and contents insurance | -     | 712   | <b>712</b>   |
| Bookkeeping                      | -     | 835   | <b>835</b>   |
| DBS Checks                       | (302) | 74    | <b>(228)</b> |

### **Financial costs**

|                       |   |    |           |
|-----------------------|---|----|-----------|
| Bank interest payable | - | 48 | <b>48</b> |
|-----------------------|---|----|-----------|

|  |              |              |              |
|--|--------------|--------------|--------------|
| <b>Support costs before reallocation</b> | <b>(302)</b> | <b>4,567</b> | <b>4,265</b> |
|--|--------------|--------------|--------------|

|   |              |              |              |
|---|--------------|--------------|--------------|
| <b>Total support costs - Current Year</b> | <b>(302)</b> | <b>4,567</b> | <b>4,265</b> |
|---|--------------|--------------|--------------|

The basis of allocation of costs between activities is described under accounting policies

All the expenditure in the prior year was unrestricted.

The basis of allocation of costs between activities is described under accounting policies

## 24 Total Charitable expenditure

| <b>Current Year</b>                 |            | <b>Current year<br/>Unrestricted<br/>Funds<br/>2024<br/>£</b> | <b>Current year<br/>Restricted<br/>Funds<br/>2024<br/>£</b> | <b>Current year<br/>Total Funds<br/>2024<br/>£</b> |
|-------------------------------------|------------|---|---|--|
| Total direct spending               | <b>B2a</b> | 18,454  | 49,650  | <b>68,104</b>                                      |
| Total support costs                 | <b>B2d</b> | (302)   | 4,567   | <b>4,265</b>                                       |
| <b>Total charitable expenditure</b> | <b>B2</b>  | <b>18,152</b>   | <b>54,217</b>   | <b>72,369</b>                                      |

## 25 Expenditure on raising funds and costs of investment management

| <b>Current Year</b>                    |           | <b>Current year<br/>Unrestricted<br/>Funds<br/>2024<br/>£</b> | <b>Current year<br/>Restricted<br/>Funds<br/>2024<br/>£</b> | <b>Current year<br/>Total Funds<br/>2024<br/>£</b> |
|--|-----------|---|---|--|
| Fundraising publicity & marketing      |           | -   | 1,465   | <b>1,465</b>                                       |
| Cost of fundraising activities         |           | -   | 239   | <b>239</b>   |
| Marketing & advertising of fundraising |           | -   | 642   | <b>642</b>   |
| <b>Total fundraising costs</b>         | <b>B1</b> | <b>-</b>  | <b>2,346</b>  | <b>2,346</b>                                       |