THE ASSOCIATION FOR POST-NATAL ILLNESS

England & Wales · Charity number 280510

Details

Other names	A P N I, APNI
Status	Registered
Legal form	Other
Registered	1980-08-04
Register	View on the Charity Commission register

Contact

Address	1st Floor Office Fulham Park House 1A Chesilton Road Fulham London SW6 5AA
Phone	0207 386 0868
Email	info@apni.org
Website	www.apni.org

Activities

Objects: THE RELIEF OF WOMEN SUFFERING FROM POST-NATAL DEPRESSION OR CONDITIONS OF SEVERE OR PROLONGED DEPRESSION OR RELATED ILLNESSES ARISING FROM PREGNANCY WHICH THREATENS THEIR MENTAL OR PHYSICAL HEALTH OR EMOTIONAL STABILITY. THE PROMOTION OF RESEARCH INTO POST-NATAL DEPRESSION OR ILLNESS AND THE DISSEMINATION OF THE RESULTS THEREOF.

Activities: The charity aims to relieve the suffering of women suffering from post-natal depression or depressionarising from pregnancy. The charity offers women advice, support and information about the illness. The charity promotes research into the causes of post-natal depression anddissemination of the results of that research.

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Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Other Defined Groups

Geography

- **Area of benefit:** NOT DEFINED IN PRACTICE NATIONAL
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£74,290	£83,808	-	-
2024-03-31	£61,350	£88,105	-	-
2023-03-31	£1,435,067	£95,815	£1,478,617	5
2022-03-31	£146,257	£63,538	-	-
2021-03-31	£64,770	£60,699	-	-

Trustees

Name	Role	Appointed
DAVID CLARKE	Chair	
CLARE BRABNER DELPECH		
Dr Dorothea Alice Brabner Delpech		2025-07-30
Dr RAJ PERSAUD		
Dr Victoria Farrow		2018-01-14
Professor Vivette Ann Susan Glover		2021-07-28
ROBIN DAVID EVANS		2022-07-27
Rachel Fenwick		2025-07-30

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THE ASSOCIATION FOR POST-NATAL ILLNESS

England & Wales - Charity number 280510

Accounts

THE ASSOCIATION FOR POST-NATAL ILLNESS

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

BOYDELL & CO
Chartered Accountants
146B Chiswick High Road
London
W4 1PU

Registered Charity number: 280510

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THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES

LEGAL AND ADMINISTRATIVE DETAILS

The Association for Post-Natal Illness is an unincorporated association, and its Governing Document is its Rules adopted on 30 June 1980. The Association obtained charitable status under Section 4 of the Charities Act 1960 from the Charity Commissioners on 4 August 1980 under registration number 280510.

Registered office:
1st Floor
Fulham Park House
1A Chesilton Road
Fulham
London
SW6 5AA

Bankers:
CAFCASH Ltd
Kings Hill
West Malling
Kent
ME19 4TA

HSBC Bank Plc
593-599 Fulham Road
London
SW6 5UA

National Westminster Bank Plc
67 High Street
Sevenoaks
Kent
TN13 1JY

Investment Manager:
Adam and Company
40 Princes Street
Edinburgh
EH2 2BY

Auditors:
Boydell & Co
Statutory Auditors and Chartered Accountants
146B Chiswick High Road
London
W4 1PU

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Annual Report of the Trustees for the Period 1 April 2024 - 31 March 2025

Objects of the Association

The relief of women suffering from post-natal depression or conditions of severe or prolonged depression or related illness arising from pregnancy which threatens their mental or physical health or emotional stability and the promotion of research into post-natal depression or illness and the dissemination of the results thereof. The Association offers support via e-mail and phone.

Review of Activities

The Association's current membership comprises 280 volunteers and 18 depressed mothers receiving support. There are 795 paid up members of the supporters' scheme. During 2024, 30 mothers became well again and no longer needed volunteer support.

The Association receives around 2 letters per week along with 6-12 phone calls per week and 20 e-mails per week. This activity depends on publicity in the media. During the year there were 67 people who used the live chat facility we offer. The APNI has 1,566 followers on Instagram and our Facebook page has 1,800 followers. Siobhan posts on these sites and the posts are cheering and positive. Jenny Weeks wrote the Autumn 2024 newsletter that was sent to our members.

The office is staffed by Siobhan Merrifield, Jenny Weeks, Alice Hutton and Margie Smith. Alice Hutton does all the bookkeeping for the charity and contacts the Just Giving donors.

Diane Nehme

We are saddened to report the passing of Diane Nehme, who came to work for the Association in 1984. Diane became a Trustee and Secretary of APNI in 1998. When the office moved from Jerdan Place to Dawes Road in 2000 Diane opted to work from home.
Diane worked very hard counselling long-term clients on the phone and always attended Committee meetings unless prevented by health reasons.
Diane continued working up until her death in November 2024. She was very popular with the many women whom she helped. She will be greatly missed.

Liz Wise

We are sorry to report that after more than 20 years of diligent service as a Trustee and a spokesperson for APNI, Liz Wise resigned her role as a Trustee in January 2025. The Chairman and Committee wish to thank Liz for her many years of service to APNI. We are very grateful for all Liz's work on behalf of the charity.

Rachel Fenwick - Charity Secretary elect

In January Rachel Fenwick contacted Clare to offer her services as a Trustee of APNI. Rachel has been a Volunteer for some years and understands much about the organisation from the inside. After considering the available roles on the Committee Rachel opted for that of Secretary. This will be confirmed at the next Committee meeting in July.
Previously Wilson had attended a meeting arranged by Rachel at her workplace which raised a large sum of money for the organisation and we are pleased to welcome her to the Committee.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Mr and Mrs J. A. Pye's Charitable Settlement

A report on the activities of the charity over the previous 11 months was made to the Pye Trustees in mid-December. This was acknowledged by the Trustees. APNI has agreed to make an annual report to the Pye Trustees every year in December. This report is also sent to Mr Patrick Mulcare a Trustee for Mr Graham Pye.

Mr Graham Christopher Pye Legacy: APNI Investments

During the year we have received four payments of £10,000 from the Investment Company. The payments were at the end of March, June, September and December. These payments are the major source of income for the charity.
In October 2024 Wilson Clark, Roger and Clare Delpech met Mr Tim Wishart who is the Executive of Adam and Company who has responsibility for the APNI Investment Account. Wilson questioned Tim about the effect of our chosen risk factor (4). This was a very useful and productive meeting.

The Dyers' Company Charitable Trust

In March 2025 we received £3,000 from the Dyers' Company Charitable Trust. We are very grateful to The Worshipful Company of Dyers for this very generous donation. We are also extremely grateful that they have increased the amount donated by £500 from last year. We are so thankful for the generous support of The Dyers' Company which has assisted our work for many years.

In Memory Donations

Mr David Hamblett gave £200 in memory of his wife Sheila Hamblett who worked for APNI for many years. Donations in memory of Diane Nehme came to £220.

Sponsored Events

Lydia Worthington ran in the Tatton 10K in May 2024. She raised £382.50 for APNI. Many thanks to Lydia for raising these much-needed funds for APNI.
Kellie McCulloch took part in the Tough Mudder challenge in June 2024 and raised £314.50 in sponsorship for APNI. Many thanks to Kellie and her friends for their support for our work.

Pavan Bhardwaj took part in an Ultra White Collar Charity Boxing event in July 2024 and raised £868.65 for APNI in sponsorship. We are very grateful to Pavan for making APNI the beneficiary of this event.

Anna Cadywould McCarthy completed the Three Peaks in Three days challenge in July 2024 and raised £1,650.44 from sponsorship. Anna did this challenge in memory of her late sister-in-law Emma Cadywould. Emma's family have raised thousands of pounds for APNI and this event is part of their ongoing and continued fundraising in memory of Emma. We are very grateful to Anna for her generous support for our work.

Robert and Lynette Craig

In December we received a cheque for £4,000 from Robert and Lynette Craig who have long been very generous donors to the charity. They told us that this is a one-off amount but that they were pleased that APNI should benefit from the donation which is a huge help to our work. We would like to thank Robert and Lynette for their wonderfully generous support over many years.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Supporters Scheme

In Autumn 2024 we sent a letter to Supporters saying that we understood if they did not feel able to make their annual donation of £5 due to the great increase in the cost of living.
In response our generous Supporters donated the massive sum of £7,464.28 from November 2024 to the end of January 2025. The following are some of the generous donations we received:

- Julie Vile (with Blackrock matching funding): £1,476
- Angela Crockatt: £1,040
- Trelawny Shaw: £500
- F. Eustace: £250
- Martin and Christine Keiffer: £200
- Eileen Blood: £100
- Tim Gutch: £100
- T. Fulton: £100
- Tiffany Whitehead: £100
- Miriam Nicholls: £100
- R. Cowie: £60
- Helen Wilson: £50
- Lilian Huff: £50
- B. Chapperlin: £50
- J. Newbury: £50
- M. Tucker: £50
- D. Taillandier: £50
- W. Green: £50
- R. Adcock: £50
- D. Lawrence: £50
- C. Whitehouse: £50
- J. Dunlop: £50
- Sue Dilworth: £50
- E. King: £50.

Covenant Donations

Many of our donors give a monthly amount and have been loyal supporters of the work of the Association for years. We are deeply grateful to these donors for their highly valued regular support.

These donors include Emma Stabler, Dr Jennifer Barna, Juliet Mahrous, Jeff and Liz Robinson, Stephanie Ryland, Stella Giblett, Mrs Angela Crockatt, Elizabeth Daeth, Elizabeth Taylor, Tony Churchill, Alison Wilson, Pamela Smith, Hilary Dale, Lucy Gibson, Matthew Evans, S. Rhodes and Jill Vonberg.

Fundraising

Roger Delpech has continued to appeal to charitable Trusts on behalf of APNI. The Association is very grateful to Roger for his work in this competitive field.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Website

The website has been busy during the year. Key data on website traffic is summarised in the table below:

Category	Details
Total Visits (2024)	18,416
Increase from 2023	~4,000
Pages Viewed	30,000
Most Popular Pages	"Post-Natal Depression", "Need Help Now"

Direct Visits	11,000
Return Visits (Monthly)	12.1%
Organic Search Visits	5,100 (e.g. Google)
Referral Visits	2,300
Social Media Visits	243 (from e.g. Facebook, Instagram)

The website is updated with special information whenever possible, particularly the home page. Following a suggestion by Siobhan Merrifield, there are now two new options on the website home page. One is for details about Puerperal Psychosis and the other is for visitors who may be experiencing suicidal thoughts. In both cases groups that can offer specialist help are listed.

Fundraising events and photographs of event participants are posted on the website.

HMRC

No repayments were applied for, nor received, during this financial period.

We receive Gift Aid on donations made via Just Giving.

Publications

The Baby Blues

During the period 40,500 copies were sent out free of charge.

The Baby Blues Adverts

The Baby Blues was advertised in The Midwives magazine in October and in the Health Visitors magazine which came out in late October/early November.

APNI sponsored the prize for the Best Health Visitor at the CPAHV Conference in Birmingham on 6-7 November 2025 and all participants received a copy of The Baby Blues leaflet in their Welcome pack. (The CPAHV information is currently being questioned).

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Post-Natal Depression
This item is still available and appreciated by those who receive it.

Self Help Leaflet
This item has been re-written and is close to being published. It has had a major overhaul and will hopefully be of use to our clients.

Meetings attended by APNI staff
5 August 2024: Jenny met with a local Midwife Jacqui Nancey and gave her some Baby Blues leaflets for her post-natal Café group in London.

7 November 2024: Jenny and Alice attended an online training course run by the Mental Health Foundation on 'Peer support to prevent suicide ideation in young mothers.'

26 February 2025: Margie, Jenny and Alice attended the NCEL Perinatal Provider Collaborative.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Charity law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the result of the Charity for that period. In preparing those financial statements, the Trustees are required to:

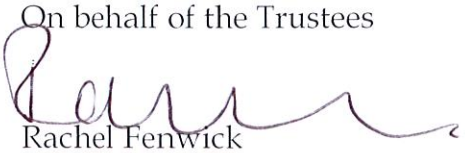
- select suitable accounting policies and then apply them consistently
- make judgements and estimates that are reasonable and prudent
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial positions of the Charity and to enable them to ensure that the financial statements comply with 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 have adopted Financial and Operational Procedures to provide guidelines to Trustees with regard to management, control and reporting on the quarterly performance of the APNI. The Trustees are responsible for the maintenance and integrity of the Charity and financial information included on the Charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Each of the persons who is a Trustee at the date of approval of this report confirms that, so far as each Trustee is aware, there is no relevant accountancy information of which the Charity's independent examiner is unaware, and the Trustees have taken all the steps that they ought to have taken as Trustees in order to make themselves aware of any relevant accountancy information and to establish that the Charity's independent examiner is aware of that information.

The Board undertakes regular skills audits in order to identify gaps. Potential trustees are then identified and approached. All prospective trustees are interviewed by the Chair who then makes recommendations to the full Board. The APNI Board Trustees have the overall legal responsibility for the Charity including the general control and management of the administration of the Charity. The organisation has a management team led by the Treasurer who take day to day responsibility for all aspects of operational delivery of the Charity's work. APNI's Treasurer is responsible for HR and ensuring that its policies are reviewed on a regular basis by the Board. All Trustees on appointment are issued with information relating to the history of the Charity and pointed to its policies and procedures. Trustees are also issued with a copy of "The Essential Trustee" - information provided by the Charity Commission.

On behalf of the Trustees



30th July 2025

Rachel Fenwick

Secretary

THE ASSOCIATION FOR POST-NATAL ILLNESS

INVESTMENT POLICY STATEMENT

1. Introduction

1.1 The Association for Post-natal Illness is an unincorporated association, and its Governing Document is its Objects and Rules adopted on 30 June 1980. The Association obtained Charitable Status under Section 4 of the Charities Act 1960 from the Charity Commissioners on 4 August 1980 under registration number 280510.

1.2 The financial object of the Association is to fund its work offering advice, support and information to women who suffer from post-natal depression.

1.3 The Trustees will delegate decision making relating to investment matters to The Association Chairman and Treasurer plus one other Trustee advised by the Investment Fund Manager.

2. Investment Objectives

2.1 The Association seeks to produce the best financial return within an acceptable medium level of risk.

2.2 The investment objective for the reserves is to generate a return of inflation plus 3% per annum over the long term, after expenses. This should allow the Association to at least maintain the real value of the assets and to produce an income for the organisation.

3. Attitude to Risk

3.1 The key risk to the value of the assets of the Association is inflation. The assets should be invested to mitigate this risk over the long term. The Trustees understand that this is likely to mean that investment will be concentrated in real assets and that the capital value will fluctuate.

3.2 Assets

The Association's assets can be invested widely and should be diversified by asset class and by security. Asset classes could include bonds, equities, property, private equity and commodities and any other asset that is deemed suitable for the charity.

The Association will retain some assets as Reserves which can be easily accessed in a Deposit Account with Charities Aid Foundation. Some of these Assets may be invested in short term funds via CAF Charity Deposit Platform.

There may not be any investment in any company involved with the development or production of pharmaceutical products as this would conflict with the Association's Objects and Rules.

3.3 Currency

The base currency of the investment portfolio is Sterling.

4. Liquidity Requirements

4.1 Income from the reserves will be paid to the charity in quarterly amounts of £10,000 any extra income can go to increase the assets of the Association.

4.2 Any assets required by The Association for Post-natal Illness will be paid only into the Current Account of the charity.

THE ASSOCIATION FOR POST-NATAL ILLNESS

INVESTMENT POLICY STATEMENT (CONTINUED)

5. Time Horizon

5.1 Following withdrawal of the quarterly income payments, it is anticipated that in most years no further reserves will need to be realised.

6. Ethical Investment Policy

6.1 The Association has adopted an ethical investment policy to ensure that its investments do not conflict with its Objects and Rules. It is hoped that the young women who are given support will go on to live long and healthy lives.

6.2 The Association's ethical investment policy precludes direct or indirect investment in companies that have any connection with the production or sale of pharmaceutical drugs.

6.3 The Association's ethical investment policy precludes direct or indirect investment in any form of nuclear generated energy or the building of nuclear power plants.

6.4 The Association's ethical investment policy precludes direct or indirect investment in any business based in China, Russia, Japan or North Korea. This relates to the violation of human rights in these countries.

7. Management, Reporting and Monitoring

7.1 The Association has appointed Adam and Company to manage the funds on a discretionary basis, in line with the investment policy. The Association has nominated a list of authorised signatories, three of which are required to sign any instructions to the investment manager.

7.2 The investment manager will provide the following information at the end of each quarter. This will include valuation of investments, transaction report, performance analysis and commentary.

7.3 The charity Chairman, Treasurer and one other Trustee have responsibility for agreeing strategy and monitoring the invested assets. The charity Chairman, Treasurer and one other Trustee will perform the role of the charity Finance Committee. The Finance Committee will review the information provided by the investment manager following each report. The information given by the Investment manager on 31st March will be that reported in the Annual Report and Accounts of the Association.

7.4 No Trustee of the charity may serve on the Finance Committee if they receive payment from the charity in another capacity.

7.5 Performance of the investment portfolio will be measured against inflation and its investment objective.

7.6 If the charity ceases to function the invested assets shall be returned to Mr Graham C. Pye's Will Trust or if this Trust has been finalised, then to the Pye Charitable Settlement.

THE ASSOCIATION FOR POST-NATAL ILLNESS

INVESTMENT POLICY STATEMENT (CONTINUED)

8. **Approval and Review**

8.1 This Investment Policy Statement was approved by the full Committee of the Association for Post-natal Illness to provide a framework for the management of its reserves. This Investment Policy will be reviewed on an annual basis to ensure continuing appropriateness.

Approved by the Finance Committee

Signed: ..... Signed: .....

Dated: 22/8/22 Dated: 17/08/22

Signed.... Clare Delpech

Dated: 15/08/22

Adopted by the Committee of the Association Date of Meeting: 27/07/22

Reference Minute: EGM Minutes Paragraph 2

INDEPENDENT EXAMINERS REPORT

TO THE TRUSTEES OF THE ASSOCIATION FOR POST-NATAL ILLNESS

I report on the financial statements of the Association for the year ended 31 March 2025 which are set out on pages 8 to 14.

Respective responsibilities of council members and examiners

The charity's council members are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as council members concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently we do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 130 of the 2011 Act; and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act, have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

MBoydell

M Barry Boydell FCA
Chartered Accountant
146B Chiswick High Road
London
W4 1PU

14/8/2025

THE ASSOCIATION FOR POST-NATAL ILLNESS

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2025

		Unrestricted general fund	Restricted fund	2025	2024
Income and expenditure					
Incoming resources:					
Grants and donations	(2)	18,277	-	18,277	16,670
Fundraising	(3)	3,113	-	3,113	3,415
Investment income	(4)	52,900	-	52,900	41,265
Publication sales		-	-	-	-
Total incoming resources		74,290	-	74,290	61,350
Resources expended:					
Fundraising		407	-	407	299
Direct charitable expenditure	(5)	64,101	-	64,101	64,233
Management and administration	(6)	19,350	-	19,300	23,573
Total resources expended	(7)	83,808	-	83,808	88,105
Net income/(expenditure)		(9,518)	-	(9,518)	(26,755)
Value adjustment in respect of investments - unrestricted	(9)	36,346	-	36,346	70,519
Net incoming resources for the year		26,828	-	26,828	43,764
Balance brought forward at 1 April 2024		1,522,381	-	1,522,381	1,478,617
Balance carried forward at 31 March 2025		£ 1,549,209	£ -	£ 1,549,209	£ 1,522,381

There are no recognised gains or losses other than as disclosed above.

The notes on the following pages form part of these financial statements.

THE ASSOCIATION FOR POST-NATAL ILLNESS

BALANCE SHEET AT 31 MARCH 2025

	Notes		2025		2024
FIXED ASSETS					
Tangible fixed assets	(8)		7,009		6,974
Investments	(9)		1,469,629		1,433,283
			1,476,638		1,440,257
CURRENT ASSETS					
Debtors	(10)	1,250		1,250	
Cash at bank and in hand	(11)	73,541		82,974	
		74,791		84,224	
CREDITORS: amounts falling due within one year	(12)	(2,220)		(2,100)	
NET CURRENT ASSETS			72,571		82,124
NET ASSETS			£ 1,549,209		£ 1,522,381
Representing:					
Unrestricted fund			1,549,209		1,522,381
Restricted fund			-		-
			£ 1,549,209		£ 1,522,381

The financial statements were approved by the Committee on 30 July 2025 and signed on its behalf by:

.....
David Clarke
Chairman

Clare Delpech
.....
Clare Delpech
Treasurer

The notes on the following pages form part of these financial statements.

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1. ACCOUNTING POLICIES

Statutory information
The Association for Post-Natal Illness is an unincorporated association, domiciled in England and Wales, with a registered charity number 280510. The registered office is 145 Dawes Road, Fulham, London, SW6 7EB.

Statement of compliance
The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK (FRS 102) and the Charities Act 2011. There were no material departures from the standard.

The Association for Post-Natal Illness meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The financial statements are prepared in sterling, which is the functional currency of the company.

The Trustees have reviewed the Charity's financial position to ensure it is appropriate to produce the accounts on a going concern basis.

Income recognition
Items of income are recognised in the financial statements when all of the following criteria are met:

- the Charity has entitlement to the funds;
- any performance conditions have been met or are fully within the control of the Charity; there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Government grants are recognised on the performance model, when the charity has complied with any conditions attaching to the grant and the grant will be received.

Expenditure recognition
Expenditure is recognised once there is a legal or constructive obligation to make payment to a third party, it is probable that settlement will be required and the amount can be measured reliably.

Expenditure includes those costs of a direct nature which can be allocated to a specific activity. It also includes indirect costs, including governance costs that do not relate to specific activity but are necessary to support them. Support costs are apportioned to ea activity on the basis of staff time.

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025 (CONTINUED)

1. ACCOUNTING POLICIES (CONTINUED)

Depreciation:
Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimate residual value, over their expected useful lives at the following rates:

Computers	15% per annum (reducing balance)
Office equipment	25% per annum (reducing balance)
Office furniture and fittings	15% per annum (reducing balance)

Investments
Fixed asset investments are shown at current market valuation.

Judgements and key sources of estimation uncertainty
In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates. The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

The Trustees do not consider there to be any estimates or judgements that are critical to the financial statements.

2. GRANTS AND DONATIONS

	2025	2024
Charitable Trusts/Corporate:		
Dyer's Company Charitable Trust	3,000	2,500
Other Donations	3,587	9,426
Individuals:		
Robert and Lynette Craig	4,000	-
Amounts under £2,000	7,690	4,744
	£ 18,277	£ 16,670

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025 (CONTINUED)

3. FUNDRAISING

	2025	2024
Fundraising events	3,113	3,415
	£3,113	£3,415

4. INVESTMENT INCOME

	2025	2024
Dividend income	-	-
Bank interest receivable	398	1,265
Investment income	52,502	40,000
	£ 52,900	£41,265

5. DIRECT CHARITABLE EXPENDITURE

	Unrestricted funds	Restricted funds	Total 2025	Total 2024
Salaries and fees payable	50,417	-	50,417	53,288
Printing and postage of booklets	6,649	-	6,649	6,666
Telephone and internet	2,793	-	2,793	2,679
Advertising	4,242	-	4,242	1,600
	£ 64,101	-	£ 64,101	£ 64,233

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025 (CONTINUED)

6. MANAGEMENT AND ADMINISTRATION

	Unrestricted funds	Restricted funds	Total 2025	Total 2024
Professional fees	2,234	-	2,234	4,775
Accountancy	2,220	-	2,220	2,100
Depreciation	1,533	-	1,533	1,379
Rent, rates and other office costs	12,096	-	12,096	14,329
Moving cost	-	-	-	635
Bank charges	250	-	250	283
Sundry expenses	967	-	967	72
	£ 19,300	£ -	£ 19,300	£ 23,573

7. TOTAL RESOURCES EXPENDED

	Staff costs	Other costs	Total 2025	Total 2024
Fundraising	-	407	407	299
Direct charitable expenditure	50,417	13,684	64,101	64,233
Management and administration	-	19,300	19,300	23,573
	£ 50,417	£ 33,391	£ 83,808	£ 88,105

8. TANGIBLE FIXED ASSETS

	Furniture and fittings	Office equipment	Computers	Total
Cost:				
At 1 April 2024	6,327	2,809	11,877	21,013
Additions	-	1,568	-	1,568
At 31 March 2025	6,327	4,377	11,877	22,581
Depreciation:				
At 1 April 2024	2,923	1,863	9,253	14,039
Charge for the year	511	629	393	1,533
At 31 March 2025	3,434	2,492	9,646	15,572
Written down value:				
At 31 March 2025	£ 2,893	£ 1,885	£ 2,231	£ 7,009
At 31 March 2024	£ 3,404	£ 946	£ 2,624	£ 6,974

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025 (CONTINUED)

9. INVESTMENTS

	2025	2024
Balance brought forward	1,433,283	1,053,347
Additions	-	309,417
Fair value adjustment	36,346	70,519
	£1,469,629	£ 1,433,283

The Association's investments are managed by Adam & Company of Edinburgh and comprise principally equities and bonds; the portfolio is stated at closing market value and its related investment account is shown under note 11 cash at bank and in hand below.

10. DEBTORS

	2025	2024
Prepayments	1,250	1,250
	£ 1,250	£ 1,250

11. CASH AT BANK AND IN HAND

	2025	2024
CAF Bank Ltd accounts	11,298	35,710
HSBC plc charity account	17,120	14,660
NatWest plc reserve account	1,375	1,358
Adam & Company investment account	43,648	31,146
Petty cash	100	100
	£ 73,541	£ 82,974

12. CREDITORS: amounts falling due within one year

	2025	2024
Accruals	£2,220	£2,100

13. TRUSTEES REMUNERATION AND AVERAGE NUMBER OF EMPLOYEES

Trustees are not remunerated other than in one case. Mrs Diane Nehmé received £7,872 (2024: £11,0808) for services rendered as administrator. Mrs Liz Wise received £1,790 for staff support services.

The average number of employees, including Trustees employed under contracts of service is 5 (2024: 5). No employee received remuneration amounting to more that £60,000 in either year.

The following page does not form part of the statutory financial statements.

THE ASSOCIATION FOR POST-NATAL ILLNESS

DETAILED INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

		2025		2024
INCOME				
Legacy, grants and donations		18,277		16,670
Fundraising		3,113		3,415
Investment Income		52,900		41,265
		74,290		61,350
LESS EXPENDITURE				
Accountancy fees	2,220		2,100	
Professional & legal	2,234		4,775	
Depreciation	1,533		1,379	
Sundry expenses	967		72	
Printing, postage of booklets	6,649		6,666	
Advertising	4,242		1,600	
Rent, rates and other office costs	12,096		14,329	
Gross salaries payable	50,417		53,288	
Telephone and internet	2,793		2,679	
Bank charges	250		283	
Moving cost	-		635	
Fundraising	407		299	
		(83,808)		(88,105)
(DEFICIT) ON ORDINARY ACTIVITIES		£ (9,518)		£ (26,755)

THE ASSOCIATION FOR POST-NATAL ILLNESS

England & Wales - Charity number 280510

Accounts

THE ASSOCIATION FOR POST-NATAL ILLNESS

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

BOYDELL & CO
Chartered Accountants
146B Chiswick High Road
London
W4 1PU

Registered Charity number: 280510

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THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES

LEGAL AND ADMINISTRATIVE DETAILS

The Association for Post-Natal Illness is an unincorporated association, and its Governing Document is its Rules adopted on 30 June 1980. The Association obtained charitable status under Section 4 of the Charities Act 1960 from the Charity Commissioners on 4 August 1980 under registration number 280510.

Registered office:
1st Floor
Fulham Park House
1A Chesilton Road
Fulham
London
SW6 5AA

Bankers:
CAFCASH Ltd
Kings Hill
West Malling
Kent
ME19 4TA

HSBC Bank Plc
593-599 Fulham Road
London
SW6 5UA

National Westminster Bank Plc
67 High Street
Sevenoaks
Kent
TN13 1JY

Investment Manager:
Adam and Company
40 Princes Street
Edinburgh
EH2 2BY

Auditors:
Boydell & Co
Statutory Auditors and Chartered Accountants
146B Chiswick High Road
London
W4 1PU

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Objects of the Association

The relief of women suffering from post-natal depression or conditions of severe or prolonged depression or related illness arising from pregnancy which threatens their mental or physical health or emotional stability and the promotion of research into post-natal depression or illness and the dissemination of the results thereof.

Review of Activities

The Association's current membership comprises 392 volunteers and 22 depressed mothers receiving support. There are 829 paid up members of the supporters' scheme. During 2023, 29 mothers became well again and no longer needed volunteer support. The Association offers support via e-mail and phone.

The Association receives between 2-6 letters per week along with 6-12 phone calls per week and 20 e-mails per week. This activity depends on publicity in the media. During the year there were 46 people who used the live Chat facility we offer. The APNI has 1,461 followers on Instagram and our Facebook page has 1,800 followers. Siobhan posts on these sites and the posts are cheering and positive. Roger Delpech wrote the Autumn 2023 newsletter that was sent to our members.

The office is staffed by Siobhan Merrifield, Jenny Weeks, Alice Hutton and Margie Smith. Alice Hutton does all the bookkeeping for the charity and contacts the Just Giving donors. Jenny Weeks has been unwell and was away for medical treatment from March until the autumn. The staff can remotely access the APNI email and answer the phone. Since the office move staff are more often working in the office.
Diane Nehme works from home.

Office Move

In July 2023 our office was moved from 145 Dawes Road to Fulham Park House, Chesilton Street, London SW6 5AA. This is a bright first floor office in a suite of other offices. The office is far quieter than our previous office so it is easier for the staff to hear phone calls etc.

Mr and Mrs J. A. Pye's Charitable Settlement

A report on the activities of the charity over the previous 11 months was made to the Pye Trustees in mid December. This was acknowledged by the Trustees. APNI has agreed to make an annual report to the Pye Trustees every year in December.

Mr Graham Christopher Pye Legacy

APNI Investments

During the year we have received four payments of £10,000 from the Investment Company. These payments were at the end of March, June, September and December. These sums are the major source of income for the charity.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Campaign to increase Mandatory GP visits for new Mums

In November 2023 we wrote to the Rt Hon Maria Caulfield MP, Under Secretary of State for Mental Health and Women's Health Strategy, to request that the government pays GP's to provide two half hour post-natal appointments for every new mother.
We have asked the MMHA to support this request.
Dr Vicky Farrow has written to the Chairman of the RCGP's to request that they also support this campaign.
In the light of present difficulties within the NHS, funded care for new mums may be one of the only ways that many will receive early treatment for serious mental and physical problems.
This Campaign is ongoing.

The Dyers' Company Charitable Trust

In March 2024 we received £2,500 from the Dyers' Company Charitable Trust.
We are very grateful to The Worshipful Company of Dyers' for this very generous donation which is an increased amount from the £2,000 kindly donated last year. We are so thankful for the generous support of The Dyers' Company which has assisted our work for many years.

In Memory Donations

Mr David Hamblett gave £225 in memory of his wife Sheila Hamblett who worked for APNI for many years.

Sponsored Events

Ashleigh Fisher raised £875 by running in the Milton Keynes Marathon in May.
Lisa Clark completed the Yorkshire 3 Peaks Challenge and raised £598 for us.
Heidi Martini-Smith ran the Burnham-on-Sea Half Marathon in October, she raised £567 for us. Brittany Marriott raised £34 running a half Marathon. Laura Best did 100 Burpees and ran 3 miles with a weighted vest. Laura raised £1,456 for us.
Thank you to all these fantastic, generous people who have raised money for APNI, often by completing amazing personal challenges.

Supporters Scheme

In autumn 2023 we sent a letter to Supporters saying that we understood if they did not feel able to make their annual donation of £5 due to the great increase in the cost of living. In response our generous Supporters donated the massive sum of £8,723 from October 2023 to the end of January 2024. Among these generous people Robert and Lynette Craig donated £1,500. Mrs Angela Crockatt gave £500, Martin and Christine Keiffer gave £200, Julie Vile and Blackrock matching funding gave £1,476, Mrs Eileen Blood gave £100. Tim Gutch gave £100, R. Adcock gave £100, F. Eustace gave £200, Susan Armstrong gave £50, V. Hammerton gave £500, Mrs Elizabeth Poyser gave £100, Alan and Donatella Dickson gave £300
J. Wheeler gave £100, Sian and Paul Richardson gave £100.
Mr B. Chapperlin gave £50. Mrs Miriam Nicholls gave £50, W. Neale gave £50
J. Newbury gave £50, M. Tucker gave £50. J. McLaughlin gave £280 and Tiffany Whitehead gave £100.

Covenant Donations

Many of our donors give a monthly amount and have been loyal supporters of the work of the Association for years. We are deeply grateful to these donors for their highly valued regular support.

These donors include Emma Stabler, Dr Jennifer Barna, Juliet Mahrous, Jeff and Liz Robinson, Stephanie Ryland, Stella Giblett, Mrs Angela Crockatt, Elizabeth Daeth, Elizabeth Taylor, Tony Churchill, Alison Wilson, Pamela Smith, Hilary Dale, Lucy Gibson, Matthew Evans, S. Rhodes and Jill Vonberg.

Fundraising

Roger Delpech has continued to appeal to charitable Trusts on behalf of APNI. The Association is very grateful to Roger for his work in this competitive field.

Website development

During the summer with the help of a young advisor, Miss Grace Caldwell, we revised the website and it was redesigned by Richard Hindle of Webwax to be more smart phone friendly.

The content design was altered so there is now a 'Need help now' option as many women contact us when they feel desperate and this must be addressed.

At the same time many of the pages on the website were brought up to date and re-written. The new site became live in August 2023.

Web Site

The Web site has been busy during the year. Total visits to the site during 2023 were 14,729. There were 21,000 pages viewed. The most popular pages are the booklet Post-natal depression and Need Help Now. Of the people who reach the site 6,147 came directly, they may be return viewers, 1,844 came via an Organic search such as Google, 1,156 came by Referral from another site and 118 came via Social media such as Facebook etc.

The Web site is updated with special information whenever possible particularly the home page. Fundraising events and photographs of event participants are posted on the website.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

HMRC

No repayments were applied for, nor received, during this financial period.
We receive Gift aid on donations made via Just Giving.

Publications

Our publications numbers are now improving. We are trying to encourage women who contact us to allow us to send them our PND booklet which includes helpful information and tips for sufferers.

The Baby Blues and Post-natal Depression

The Baby Blues leaflet was advertised in Midwives magazine twice during the year in July and October. In the year from 1st April 2023 -30th March 2024 we sent out 18,000 copies of this publication free mainly in quantities of 1,000 copies. The publication is well received.

Graham C. Pye's Leaflet Project 2023-24

This year the project has funded two adverts and the printing and distribution of 18,000 Baby Blues leaflets at a cost of Adverts £1,600 Printing and postage £3,229 a total cost of £4,829.

Post-natal Depression

Very few copies of this publication have been sent out and we are finding that our clients are not keen to receive printed material even when it is cost free.

Publicity

On 28th March 2023 Molly Mae Hague posted a video about postnatal depression on Instagram and Youtube. The conversation about this video continued with APNI taking part until April 2023.

Meetings attended by APNI staff

On 11th June Liz Wise was a guest speaker at Honeycombe Community Care conference at Edgeware and Hendon Reform Synagogue; we received a £1,000 donation from the synagogue as we were nominated by one of our volunteers Carole Binish as beneficiary of their High Holyday Appeal.
On 14th June Alice and Margie attended an MMHA members meeting.
On 22 June Siobhan attended a meeting at the RCPsych.
On 11th Sept Alice attended an online MMHA meeting.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Charity law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the result of the Charity for that period. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently
- make judgements and estimates that are reasonable and prudent
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial positions of the Charity and to enable them to ensure that the financial statements comply with 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 have adopted Financial and Operational Procedures to provide guidelines to Trustees with regard to management, control and reporting on the quarterly performance of the APNI. The Trustees are responsible for the maintenance and integrity of the Charity and financial information included on the Charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Each of the persons who is a Trustee at the date of approval of this report confirms that, so far as each Trustee is aware, there is no relevant accountancy information of which the Charity's independent examiner is unaware, and the Trustees have taken all the steps that they ought to have taken as Trustees in order to make themselves aware of any relevant accountancy information and to establish that the Charity's independent examiner is aware of that information.

The Board undertakes regular skills audits in order to identify gaps. Potential trustees are then identified and approached. All prospective trustees are interviewed by the Chair who then makes recommendations to the full Board. The APNI Board Trustees have the overall legal responsibility for the Charity including the general control and management of the administration of the Charity. The organisation has a management team led by the Treasurer who take day to day responsibility for all aspects of operational delivery of the Charity's work. APNI's Treasurer is responsible for HR and ensuring that its policies are reviewed on a regular basis by the Board. All Trustees on appointment are issued with information relating to the history of the Charity and pointed to its policies and procedures. Trustees are also issued with a copy of "The Essential Trustee" - information provided by the Charity Commission.

On behalf of the Trustees

Diane Nehmé 12/9/2024

Diane Nehmé

Secretary

THE ASSOCIATION FOR POST-NATAL ILLNESS

INVESTMENT POLICY STATEMENT

1. Introduction

1.1 The Association for Post-natal Illness is an unincorporated association, and its Governing Document is its Objects and Rules adopted on 30 June 1980. The Association obtained Charitable Status under Section 4 of the Charities Act 1960 from the Charity Commissioners on 4 August 1980 under registration number 280510.

1.2 The financial object of the Association is to fund its work offering advice, support and information to women who suffer from post-natal depression.

1.3 The Trustees will delegate decision making relating to investment matters to The Association Chairman and Treasurer plus one other Trustee advised by the Investment Fund Manager.

2. Investment Objectives

2.1 The Association seeks to produce the best financial return within an acceptable medium level of risk.

2.2 The investment objective for the reserves is to generate a return of inflation plus 3% per annum over the long term, after expenses. This should allow the Association to at least maintain the real value of the assets and to produce an income for the organisation.

3. Attitude to Risk

3.1 The key risk to the value of the assets of the Association is inflation. The assets should be invested to mitigate this risk over the long term. The Trustees understand that this is likely to mean that investment will be concentrated in real assets and that the capital value will fluctuate.

3.2 Assets

The Association's assets can be invested widely and should be diversified by asset class and by security. Asset classes could include bonds, equities, property, private equity and commodities and any other asset that is deemed suitable for the charity.

The Association will retain some assets as Reserves which can be easily accessed in a Deposit Account with Charities Aid Foundation. Some of these Assets may be invested in short term funds via CAF Charity Deposit Platform.

There may not be any investment in any company involved with the development or production of pharmaceutical products as this would conflict with the Association's Objects and Rules.

3.3 Currency

The base currency of the investment portfolio is Sterling.

4. Liquidity Requirements

4.1 Income from the reserves will be paid to the charity in quarterly amounts of £10,000 any extra income can go to increase the assets of the Association.

4.2 Any assets required by The Association for Post-natal Illness will be paid only into the Current Account of the charity.

THE ASSOCIATION FOR POST-NATAL ILLNESS

INVESTMENT POLICY STATEMENT (CONTINUED)

5. Time Horizon

5.1 Following withdrawal of the quarterly income payments, it is anticipated that in most years no further reserves will need to be realised.

6. Ethical Investment Policy

6.1 The Association has adopted an ethical investment policy to ensure that its investments do not conflict with its Objects and Rules. It is hoped that the young women who are given support will go on to live long and healthy lives.

6.2 The Association's ethical investment policy precludes direct or indirect investment in companies that have any connection with the production or sale of pharmaceutical drugs.

6.3 The Association's ethical investment policy precludes direct or indirect investment in any form of nuclear generated energy or the building of nuclear power plants.

6.4 The Association's ethical investment policy precludes direct or indirect investment in any business based in China, Russia, Japan or North Korea. This relates to the violation of human rights in these countries.

7. Management, Reporting and Monitoring

7.1 The Association has appointed Adam and Company to manage the funds on a discretionary basis, in line with the investment policy. The Association has nominated a list of authorised signatories, three of which are required to sign any instructions to the investment manager.

7.2 The investment manager will provide the following information at the end of each quarter. This will include valuation of investments, transaction report, performance analysis and commentary.

7.3 The charity Chairman, Treasurer and one other Trustee have responsibility for agreeing strategy and monitoring the invested assets. The charity Chairman, Treasurer and one other Trustee will perform the role of the charity Finance Committee. The Finance Committee will review the information provided by the investment manager following each report. The information given by the Investment manager on 31st March will be that reported in the Annual Report and Accounts of the Association.

7.4 No Trustee of the charity may serve on the Finance Committee if they receive payment from the charity in another capacity.

7.5 Performance of the investment portfolio will be measured against inflation and its investment objective.

7.6 If the charity ceases to function the invested assets shall be returned to Mr Graham C. Pye's Will Trust or if this Trust has been finalised, then to the Pye Charitable Settlement.

THE ASSOCIATION FOR POST-NATAL ILLNESS

INVESTMENT POLICY STATEMENT (CONTINUED)

8. Approval and Review

8.1 This Investment Policy Statement was approved by the full Committee of the Association for Post-natal Illness to provide a framework for the management of its reserves. This Investment Policy will be reviewed on an annual basis to ensure continuing appropriateness.

Approved by the Finance Committee

Signed: ..... Signed: .....

Dated: 22/8/22 Dated: 17/08/22

Signed... Clare Delpech

Dated: 15/08/22

Adopted by the Committee of the Association **Date of Meeting: 27/07/22**

Reference Minute: EGM Minutes Paragraph 2

INDEPENDENT EXAMINERS REPORT

TO THE TRUSTEES OF THE ASSOCIATION FOR POST-NATAL ILLNESS

I report on the financial statements of the Association for the year ended 31 March 2024 which are set out on pages 8 to 14.

Respective responsibilities of council members and examiners

The charity's council members are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as council members concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently we do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 130 of the 2011 Act; and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act, have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

M Barry Boydell FCA
Chartered Accountant
146B Chiswick High Road
London
W4 1PU

23/9/2024

THE ASSOCIATION FOR POST-NATAL ILLNESS

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted general fund	Restricted fund	2024	2023
Income and expenditure					
Incoming resources:					
Grants and donations	(2)	16,670	-	20,085	1,427,819
Fundraising	(3)	3,415	-	-	2,312
Investment income	(4)	41,265	-	41,265	4,936
Publication sales		-	-	-	-
Total incoming resources		61,350	-	61,350	1,435,067
Resources expended:					
Fundraising		299	-	299	216
Direct charitable expenditure	(5)	64,233	-	64,233	60,917
Management and administration	(6)	23,573	-	23,573	34,682
Total resources expended	(7)	88,105	-	88,105	95,815
Net income/(expenditure)		(26,755)	-	(26,755)	1,339,252
Value adjustment in respect of investments - unrestricted	(9)	70,519	-	70,519	12,446
Net incoming resources for the year		43,764	-	43,764	1,351,698
Balance brought forward at 1 April 2023		1,478,617	-	1,478,617	126,919
Balance carried forward at 31 March 2024		£ 1,522,381	£ -	£ 1,522,381	£ 1,478,617

There are no recognised gains or losses other than as disclosed above.

The notes on the following pages form part of these financial statements.

THE ASSOCIATION FOR POST-NATAL ILLNESS

BALANCE SHEET AT 31 MARCH 2024

	Notes	2024		2023	
FIXED ASSETS					
Tangible fixed assets	(8)		6,974		3,154
Investments	(9)		1,433,283		1,053,347
			1,440,257		1,056,501
CURRENT ASSETS					
Debtors	(10)	1,250		1,250	
Cash at bank and in hand	(11)	82,974		426,266	
		84,224		427,516	
CREDITORS: amounts falling due within one year	(12)	(2,100)		(5,400)	
NET CURRENT ASSETS			82,124		422,116
NET ASSETS			£ 1,522,381		£ 1,478,617
Representing:					
Unrestricted fund			1,522,381		1,478,617
Restricted fund			-		-
			£ 1,522,381		£ 1,478,617

The financial statements were approved by the Committee on 4th Sept 2024 and signed on its behalf by:

.....
David Clarke
Chairman

Clare Delpech
.....
Clare Delpech
Treasurer

The notes on the following pages form part of these financial statements.

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1. ACCOUNTING POLICIES

Statutory information
The Association for Post-Natal Illness is an unincorporated association, domiciled in England and Wales, with a registered charity number 280510. The registered office is 145 Dawes Road, Fulham, London, SW6 7EB.

Statement of compliance
The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK (FRS 102) and the Charities Act 2011. There were no material departures from the standard.

The Association for Post-Natal Illness meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The financial statements are prepared in sterling, which is the functional currency of the company.

The Trustees have reviewed the Charity's financial position to ensure it is appropriate to produce the accounts on a going concern basis.

Income recognition
Items of income are recognised in the financial statements when all of the following criteria are met:

- the Charity has entitlement to the funds;
- any performance conditions have been met or are fully within the control of the Charity; there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Government grants are recognised on the performance model, when the charity has complied with any conditions attaching to the grant and the grant will be received.

Expenditure recognition
Expenditure is recognised once there is a legal or constructive obligation to make payment to a third party, it is probable that settlement will be required and the amount can be measured reliably.

Expenditure includes those costs of a direct nature which can be allocated to a specific activity. It also includes indirect costs, including governance costs that do not relate to a specific activity but are necessary to support them. Support costs are apportioned to each activity on the basis of staff time.

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024 (CONTINUED)

1. ACCOUNTING POLICIES (CONTINUED)

Depreciation:
Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimate residual value, over their expected useful lives at the following rates:

Computers	15% per annum (reducing balance)
Office equipment	25% per annum (reducing balance)
Office furniture and fittings	15% per annum (reducing balance)

Investments
Fixed asset investments are shown at current market valuation.

Judgements and key sources of estimation uncertainty
In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates. The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

The Trustees do not consider there to be any estimates or judgements that are critical to the financial statements.

2. GRANTS AND DONATIONS

	2024	2023
Legacy Payments		
Graham C Pye will Trust	-	1,400,000
Charitable Trusts/Corporate:		
Mr and Mrs J A Pye's Charitable Settlement	-	15,000
Dyer's Company Charitable Trust	2,500	2,000
Amounts under £2,000	-	578
Other Donations	9,426	-
Individuals:		
Amounts under £2,000	4,744	10,241
	£ 16,670	£ 1,427,819

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024 (CONTINUED)

3. FUNDRAISING

	2024	2023
Friends of St Mary's Barnes Charity Ball	-	2,000
Ladies Night Bake Sale	-	312
Fundraising events	3,415	
	£3,415	£2,312

4. INVESTMENT INCOME

	2024	2023
Dividend income	-	2,074
Bank interest receivable	1,265	2,862
Investment income	40,000	-
	£41,265	£4,936

5. DIRECT CHARITABLE EXPENDITURE

	Unrestricted funds	Restricted funds	Total 2024	Total 2023
Salaries and fees payable	53,288	-	53,288	49,006
Printing and postage of booklets	6,666	-	6,666	6,429
Telephone and internet	2,679	-	2,679	2,352
Advertising	1,600	-	1,600	3,130
	£64,233	-	£64,233	£60,917

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024 (CONTINUED)

6. MANAGEMENT AND ADMINISTRATION

	Unrestricted funds	Restricted funds	Total 2024	Total 2023
Professional fees	4,775	-	4,775	16,307
Audit fees	-		-	5,400
Accountancy	2,100	-	2,100	-
Depreciation	1,379	-	1,379	557
Insurance	-	-	-	2,894
Rent, rates and other office costs	14,329	-	14,329	8,903
Sundry expenses	72	-	72	621
	£ 22,655	£ -	£ 22,655	£ 34,682

7. TOTAL RESOURCES EXPENDED

	Staff costs	Other costs	Total 2023	Total 2023
Fundraising	-	299	299	216
Direct charitable expenditure	53,288	11,863	65,151	60,917
Management and administration	-	22,655	22,655	34,682
	£ 53,288	£ 34,817	£ 88,105	£ 95,815

8. TANGIBLE FIXED ASSETS

	Furniture and fittings	Office equipment	Computers	Total
Cost:				
At 1 April 2023	2,381	1,556	11,877	15,814
Additions	3,946	1,253	-	5,199
At 31 March 2024	6,327	2,809	11,877	21,013
Depreciation:				
At 1 April 2023	2,322	1,548	8,790	12,660
Charge for the year	601	315	463	1,379
At 31 March 2024	2,923	1,863	9,253	14,039
Written down value:				
At 31 March 2024	£ 3,404	£ 946	£ 2,624	£ 6,974
At 31 March 2023	£ 59	£ 8	£ 3,087	£ 3,154

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024 (CONTINUED)

9. INVESTMENTS

	2024	2023
Balance brought forward	1,053,347	1,040,901
Additions	309,417	-
Fair value adjustment	70,519	12,446
	£1,433,283	£ 1,053,347

The Association's investments are managed by Adam & Company of Edinburgh and comprise principally equities and bonds; the portfolio is stated at closing market value and its related investment account is shown under note 11 cash at bank and in hand below.

10. DEBTORS

	2024	2023
Prepayments	1,250	1,250
	£ 1,250	£ 1,250

11. CASH AT BANK AND IN HAND

	2024	2023
CAF Bank Ltd accounts	35,710	74,552
HSBC plc charity account	14,660	9,825
NatWest plc reserve account	1,358	1,326
Adam & Company investment account	970	340,563
Petty cash	100	-
	£ 52,798	£ 426,266

12. CREDITORS: amounts falling due within one year

	2024	2023
Accruals	£2,100	£5,400

13. TRUSTEES REMUNERATION AND AVERAGE NUMBER OF EMPLOYEES

Trustees are not remunerated other than in one case. Mrs Diane Nehmé received £11,808 (2023: £11,0808) for services rendered as administrator.

The average number of employees, including Trustees employed under contracts of service is 5 (2022: 5). No employee received remuneration amounting to more that £60,000 in either year.

The following page does not form part of the statutory financial statements.

THE ASSOCIATION FOR POST-NATAL ILLNESS

DETAILED INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

		2024		2023
INCOME				
Legacy, grants and donations		16,670		1,427,819
Fundraising		3,415		2,312
Publication sales		-		-
Investment Income		41,265		4,936
		61,350		1,435,067
LESS EXPENDITURE				
Audit fees	-		5,400	
Accountancy fees	2,100		-	
Professional & legal	4,775		16,307	
Depreciation	1,379		557	
Insurance	-		2,894	
Sundry expenses	72		621	
Printing, postage of booklets	6,666		6,429	
Advertising	1,600		3,130	
Rent, rates and other office costs	14,329		8,903	
Gross salaries payable	53,288		49,006	
Telephone and internet	2,679		2,352	
Bank charges	283		-	
Moving cost	635		-	
Fundraising	299		216	
		(88,105)		(95,815)
(DEFICIT)/SURPLUS ON ORDINARY ACTIVITIES		£ (26,755)		£ 1,339,252

THE ASSOCIATION FOR POST-NATAL ILLNESS

England & Wales - Charity number 280510

Accounts

THE ASSOCIATION FOR POST-NATAL ILLNESS

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

BOYDELL & CO
Chartered Accountants
146B Chiswick High Road
London
W4 1PU

Registered Charity number: 280510

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THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES

LEGAL AND ADMINISTRATIVE DETAILS

The Association for Post-Natal Illness is an unincorporated association, and its Governing Document is its Rules adopted on 30 June 1980. The Association obtained charitable status under Section 4 of the Charities Act 1960 from the Charity Commissioners on 4 August 1980 under registration number 280510.

Registered office:
145 Dawes Road
Fulham
London
SW6 7EB

Bankers:
CAFCASH Ltd
Kings Hill
West Malling
Kent
ME19 4TA

HSBC Bank Plc
593-599 Fulham Road
London
SW6 5UA

National Westminster Bank Plc
67 High Street
Sevenoaks
Kent
TN13 1JY

Investment Manager:
Adam and Company
40 Princes Street
Edinburgh
EH2 2BY

Auditors:
Boydell & Co
Statutory Auditors and Chartered Accountants
146B Chiswick High Road
London
W4 1PU

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Objects of the Association

The relief of women suffering from post-natal depression or conditions of severe or prolonged depression or related illness arising from pregnancy which threatens their mental or physical health or emotional stability and the promotion of research into post-natal depression or illness and the dissemination of the results thereof.

Review of Activities

The Association's current membership comprises 485 volunteers and 20 depressed mothers receiving support. There are 956 paid up members of the supporters' scheme. During 2022, 22 mothers became well again and no longer needed volunteer support. The Association offers support via e-mail and at present over 460 volunteers are willing to provide this valuable source of help.

The Association receives between 2-5 letters per week along with 3- 6 phone calls per day and 5- 10 e-mails per day depending on publicity in the media. During the year there were 17 people who used the live Chat facility we offer. The APNI has 1,374 followers on Instagram and our Facebook page has 1,800 followers. Siobhan posts on these sites and the posts are cheering and positive. Jenny Weeks wrote the Autumn 2022 newsletter that was sent to our members.

The office is staffed by Siobhan Merrifield, Jenny Weeks, Alice Hutton and Margie Smith. Alice Hutton does all the bookkeeping for the charity and contacts the Just Giving donors. The staff have mainly been working remotely during this year. Diane Nehme works from her home. The staff can remotely access the APNI email and answer the phone. Siobhan has kindly visited the office to ensure all is well and pick up post.

Mr and Mrs J.A. Pye's Charitable Settlement

In April, July and October 2022 the Trustees generously donated £5,000 for our core costs. The total donated during this financial year was £15,000.

These generous donations from Mr and Mrs J.A. Pye's Charitable Settlement have made a very positive difference to the work of the organisation throughout the year.

We have been advised by the Trustees that they will not continue to donate on a quarterly basis to the Association after the transfer of funds from the Pye Charitable Trust to the Association for Post-natal Illness account with an Investment firm nominated by the Pye Trustees. We were informed that the Pye Trustees would consider giving further funding to the Association if they felt it was needed.

The Pye Charitable Trust has been a pivotal donor to the work of the APNI since 1985. It is unlikely that the Association would still be functioning without the financial support of the Trustees over 38 years.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Mr Graham Christopher Pye Legacy

In the spring of 2022 we were informed that the Trustees of Graham C. Pye's Legacy had decided that we should receive the total amount of the legacy on condition that this sum (£1.4 million) was invested with the same Investment firm used by The Pye Charitable Trust.

Our Committee were then tasked with creating a Finance Sub-Committee which could liaise with the Investment firm, and also to create a bespoke Investment Policy Statement which would comply with the rules and regulations of the Charity Commission.

The Finance Sub-Committee was formed and a new Investment Policy Statement was adopted with the full support of the Committee of the organisation.

Once these matters had been arranged the Trustees were informed and on 24th November 2022 the investment firm, Canaccord Genuity reported that the funds (£1.4 million) had been received into the account that had been created with them for The Association for Post-natal Illness.

Our contact with the fund is Mr Tim Wishart who works for a subsidiary of the main company called Adam and Company.

The Dyers' Company Charitable Trust

In March 2023 we received £2,000 from the Dyers' Company Charitable Trust.

We are very grateful to the Worshipful Company of Dyers' for this very generous donation and for their support which has assisted our work for many years.

In Memory Donations

Mr David Hamblett gave £250 in memory of his wife Sheila Hamblett who worked for APNI for many years.

In November 2022 we received £277.59 in memory of Mrs Edna Jury. Roger and Clare Delpech had earlier attended the funeral of Mrs Jury who had, over several decades, raised money for The Association by giving talks about musical theatre. Mrs Jury never accepted a fee for these talks but would ask for a donation to be made to our organisation instead. She raised many thousands of pounds in this way and was a wonderful supporter of our work. Edna's daughter Sue Dilworth sang, most beautifully, at her mother's funeral.

Mrs Jury was a remarkable woman and will be missed by many people as well as her family and friends.

Sponsored Event

Thank you to all these generous people who have raised money for APNI, often by completing amazing personal challenges.

This year Foxlake Adventures Ladies Night bake sale on the 22nd August 2022 raised £175.00.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Supporters Scheme

In autumn 2022 we sent a letter to Supporters saying that we understood if they did not feel able to make their annual donation of £5 due to the great increase in the cost of living. In response our Supporters donated the huge sum of £5,782 from November 2022 to the end of January 2023. Among these generous people Robert and Lynette Craig donated £1,500. Dominique Taillandier gave £50, Martin and Christine Keiffer gave £200, Julie Vile gave £500, Mrs Eileen Blood gave £100. Andrew and Donatella Dickson gave £150. J. Wheeler gave £100, Mr B. Dalby gave £100, K. Wells gave £100, Mr J. Whitehead gave £100.
Mr B. Chapperlin gave £50. Mrs Jackie Da Costa gave £30. Mrs Miriam Nicholls gave £50, Mrs Sue Dilworth gave £50, F. Eustace gave £50, J. Newbury gave £50, M. Fulton gave £50 and M. Tucker gave £50.

Covenant Donations

Many of our donors give a monthly amount and have been loyal supporters of the work of the Association for years. We are deeply grateful to these donors for their highly valued regular support.
These donors include Emma Stabler, Dr Jennifer Barna, Juliet Mahrous, Jeff and Liz Robinson, Stephanie Ryland, Stella Giblett, Mrs Angela Crockatt, Elizabeth Daeth, Elizabeth Taylor, Tony Churchill, Alison Wilson, Alison Rose, Pamela Smith, Hilary Dale, Lucy Gibson, Johanna Broome, Matthew Evans and Rachel Fenwick.

Fundraising

Roger Delpech has continued to appeal to charitable Trusts on behalf of APNI. The donation from The Dyers' Company Charitable Trust was the result of his work. The Association is very grateful to Roger for his work in this competitive field.

Web Site

The Web site has proved to be very popular during the year. Total visits to the site during 2022 were 17,897 (17,654) There were 34,815 (28,777) pages viewed. The most popular pages are the booklet Post-natal depression and Need Help Now.
Of the people who reach the site 64.8% came directly, 17% came via an Organic search such as Google, 15.7 came by Referral from another site and 1.7% came via Social media such as Facebook etc.
The Web site is updated with special information whenever possible particularly the home page. Fundraising events and photographs of event participants are posted on the website. Our profound thanks to Richard Hindle of Webwax Ltd who maintains the website.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

HMRC

No repayments were applied for, nor received, during this financial period.
We receive Gift Aid automatically on donations made via Just Giving.

Publications

Our publications numbers are now improving and we have re-instated a procedure whereby all new clients who give us a contact address are sent a free copy of the Post-natal Depression booklet.

The Baby Blues and Post-natal Depression

The new Baby Blues leaflet was launched early in 2020. Since then it has had to be altered several times to take account of Covid-19 restrictions etc. A new version was produced in the spring of 2022 acknowledging the generous support of Mr Graham Pye in providing this publication either free or at very low cost.

Graham C. Pye's Leaflet Project 2022-23

In September 2022 an advertisement appeared in the Midwives Chronicle which offered midwives a free supply of The Baby Blues. This is a leaflet with which many midwives are now familiar. There was a further insertion in the same magazine which came out in November which was the Christmas issue of the publication. Following the first appearance of the advertisement 34,200 leaflets were ordered and distributed. After the second advertisement 9,200 leaflets were ordered and distributed. In total 43,400 leaflets were sent out to 29 different addresses.
The project costs were the advertising cost £3,130 and the printing cost £4,086. The total cost of the project was £7,216.

Post-natal Depression

The long- awaited revised version of our booklet for depressed mums entitled 'Post-natal Depression' was published in July 2022. The text had gone live on the APNI website in May 2022. The language in the booklet has been modernised and is hopefully less didactic. The word 'mums' has been substituted for 'mothers' throughout the publication.
Some alternative therapies which have been approved by medical editors of earlier editions met with considerable opposition in this edition.
A client contacted our office and wrote in her email ' The description of PND on your site is the most accurate portrayal I have read and feeling understood is such a big comfort when you're in such a bad place. Just feeling very exhausted after 10 months of this and in need of any support I can get. Thank you in advance.'

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Database Project

Jenny Weeks and Alice Hutton identified what was needed and interviewed a number of software producers on behalf of APNI. They chose Mr Tuppeny after much consultation about this project. The new database seems to be working very well and we are indebted to Jenny and Alice for their hard work on this project.

The main bulk of the work was done during March 2022 and cost £5,292. Following this there were several matters which needed amending or changing on the database and these revisions cost a further £2,376. The organisation needed to provide laptops to its staff plus a tower to run the database from, this cost £3,103. Total costs to date are £10,771.

Publicity

In March 2023 Metro digital newspaper made a video of Molly Mae (a social influencer) and included the APNI as a credit at the end.

Meetings attended by APNI staff

On 6th December 2022 Margie attended a Newpin meeting in London.
On 23rd February 2023 Alice and Margie attended a Wellbeing day held at Pirbright Army Training Barracks in Surrey.
Siobhan has been attending monthly Advanced Mental Health Equality Collaborative meetings at The Royal College of Psychiatrists to give specialist advice to the working groups around the country. Siobhan did an online talk with a Power Point presentation to student Midwives on 16th February 2023.

The following were Trustees of the Association for Post-Natal Illness and who held office during the year 2022/23 as members of the Committee:

Professor Vivette Glover	President
Mr David Clarke	Chairman
Mrs Clare Delpech	Treasurer
Mrs Diane Nehme	Secretary
Dr Raj Persaud	
Mrs Liz Wise	
Dr Victoria Farrow	
Robert Evans	(appointed 27 July 2022)

On 31 July 2023 the Association's new registered address became:

1st Floor
Fulham Park House
1A Chesilton Road
Fulham
London
SW6 5AA

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Charity law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the result of the Charity for that period. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently
- make judgements and estimates that are reasonable and prudent
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial positions of the Charity and to enable them to ensure that the financial statements comply with 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 have adopted Financial and Operational Procedures to provide guidelines to Trustees with regard to management, control and reporting on the quarterly performance of the APNI. The Trustees are responsible for the maintenance and integrity of the Charity and financial information included on the Charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Each of the persons who is a Trustee at the date of approval of this report confirms that, so far as each Trustee is aware, there is no relevant audit information of which the Charity's auditor is unaware, and the Trustees have taken all the steps that they ought to have taken as Trustees in order to make themselves aware of any relevant audit information and to establish that the Charity's auditor is aware of that information.

The Board undertakes regular skills audits in order to identify gaps. Potential trustees are then identified and approached. All prospective trustees are interviewed by the Chair who then makes recommendations to the full Board. The APNI Board Trustees have the overall legal responsibility for the Charity including the general control and management of the administration of the Charity. The organisation has a management team led by the Treasurer who take day to day responsibility for all aspects of operational delivery of the Charity's work. APNI's Treasurer is responsible for HR and ensuring that its policies are reviewed on a regular basis by the Board. All Trustees on appointment are issued with information relating to the history of the Charity and pointed to its policies and procedures. Trustees are also issued with a copy of "The Essential Trustee" - information provided by the Charity Commission.

On behalf of the Trustees

Diane Nehmé

23 Nov 2023

Diane Nehmé

Secretary

THE ASSOCIATION FOR POST-NATAL ILLNESS

INVESTMENT POLICY STATEMENT

1. Introduction

1.1 The Association for Post-natal Illness is an unincorporated association, and its Governing Document is its Objects and Rules adopted on 30 June 1980. The Association obtained Charitable Status under Section 4 of the Charities Act 1960 from the Charity Commissioners on 4 August 1980 under registration number 280510.

1.2 The financial object of the Association is to fund its work offering advice, support and information to women who suffer from post-natal depression.

1.3 The Trustees will delegate decision making relating to investment matters to The Association Chairman and Treasurer plus one other Trustee advised by the Investment Fund Manager.

2. Investment Objectives

2.1 The Association seeks to produce the best financial return within an acceptable medium level of risk.

2.2 The investment objective for the reserves is to generate a return of inflation plus 3% per annum over the long term, after expenses. This should allow the Association to at least maintain the real value of the assets and to produce an income for the organisation.

3. Attitude to Risk

3.1 The key risk to the value of the assets of the Association is inflation. The assets should be invested to mitigate this risk over the long term. The Trustees understand that this is likely to mean that investment will be concentrated in real assets and that the capital value will fluctuate.

3.2 Assets

The Association's assets can be invested widely and should be diversified by asset class and by security. Asset classes could include bonds, equities, property, private equity and commodities and any other asset that is deemed suitable for the charity.

The Association will retain some assets as Reserves which can be easily accessed in a Deposit Account with Charities Aid Foundation. Some of these Assets may be invested in short term funds via CAF Charity Deposit Platform.

There may not be any investment in any company involved with the development or production of pharmaceutical products as this would conflict with the Association's Objects and Rules.

3.3 Currency

The base currency of the investment portfolio is Sterling.

4. Liquidity Requirements

4.1 Income from the reserves will be paid to the charity in quarterly amounts of £10,000 any extra income can go to increase the assets of the Association.

4.2 Any assets required by The Association for Post-natal Illness will be paid only into the Current Account of the charity.

5. Time Horizon

5.1 Following withdrawal of the quarterly income payments, it is anticipated that in most years no further reserves will need to be realised.

6. Ethical Investment Policy

6.1 The Association has adopted an ethical investment policy to ensure that its investments do not conflict with its Objects and Rules. It is hoped that the young women who are given support will go on to live long and healthy lives.

6.2 The Association's ethical investment policy precludes direct or indirect investment in companies that have any connection with the production or sale of pharmaceutical drugs.

6.3 The Association's ethical investment policy precludes direct or indirect investment in any form of nuclear generated energy or the building of nuclear power plants.

6.4 The Association's ethical investment policy precludes direct or indirect investment in any business based in China, Russia, Japan or North Korea. This relates to the violation of human rights in these countries.

7. Management, Reporting and Monitoring

7.1 The Association has appointed Adam and Company to manage the funds on a discretionary basis, in line with the investment policy. The Association has nominated a list of authorised signatories, three of which are required to sign any instructions to the investment manager.

7.2 The investment manager will provide the following information at the end of each quarter. This will include valuation of investments, transaction report, performance analysis and commentary.

7.3 The charity Chairman, Treasurer and one other Trustee have responsibility for agreeing strategy and monitoring the invested assets. The charity Chairman, Treasurer and one other Trustee will perform the role of the charity Finance Committee. The Finance Committee will review the information provided by the investment manager following each report. The information given by the Investment manager on 31st March will be that reported in the Annual Report and Accounts of the Association.

7.4 No Trustee of the charity may serve on the Finance Committee if they receive payment from the charity in another capacity.

7.5 Performance of the investment portfolio will be measured against inflation and its investment objective.

7.6 If the charity ceases to function the invested assets shall be returned to Mr Graham C. Pye's Will Trust or if this Trust has been finalised, then to the Pye Charitable Settlement.

THE ASSOCIATION FOR POST-NATAL ILLNESS

INVESTMENT POLICY STATEMENT (CONTINUED)

8. Approval and Review

8.1 This Investment Policy Statement was approved by the full Committee of the Association for Post-natal Illness to provide a framework for the management of its reserves. This Investment Policy will be reviewed on an annual basis to ensure continuing appropriateness.

Approved by the Finance Committee

Signed: ..... Signed: .....

Dated: 22/8/22 Dated: 17/08/22

Signed... Clare Delpech

Dated: 15/08/22

Adopted by the Committee of the Association **Date of Meeting: 27/07/22**

Reference Minute: EGM Minutes Paragraph 2

INDEPENDENT AUDITORS REPORT TO THE TRUSTEES OF

THE ASSOCIATION FOR POST-NATAL ILLNESS

Opinion

We have audited the financial statements of The Association for Post-Natal Illness (the 'charitable association') for the year ended 31 March 2023, which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows, and related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *the Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable association's affairs at 31 March 2023 and of its incoming resources and applications of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the Charities Act 2011 together with the Charities SORP (FRS 102).

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing UK (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard - Provisions Available for Audits of Small Entities, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.
Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable association's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The Trustees are responsible for the other information. The other information comprises the information included in the Trustees' Annual Report, other than the financial statements and our auditors' report thereon. Our opinion on the financial statements does not cover the other information and, accept to the extent otherwise explicitly stated in our report, that we do not express any form of assurance conclusion thereon.

INDEPENDENT AUDITORS REPORT TO THE TRUSTEES OF

THE ASSOCIATION FOR POST-NATAL ILLNESS (CONTINUED)

Other information (continued)
In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Charities Act 2011
In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and

Matters on which we are required to report by exception
In the light of our knowledge and understanding of the charitable association and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' report.

We have nothing to report in respect of the following matters in relation to which the Charities Act 2011 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for your audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Other matter - Unaudited corresponding figures
The prior year's financial statements were not required to be audited, and thus this year's comparative figures are unaudited.

Responsibilities of Trustees
As explained more fully in the Statement of Trustees' Responsibilities set out on page 7, the Trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable association's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees intend either to liquidate the charitable association or to cease operations, or have no realistic alternative but to do so.

INDEPENDENT AUDITORS REPORT TO THE TRUSTEES OF

THE ASSOCIATION FOR POST-NATAL ILLNESS (CONTINUED)

Auditors' responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditors' report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditors' report.

Extent to which the audit was considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. In addition, we:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the charitable association's internal controls.

- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.

INDEPENDENT AUDITORS REPORT TO THE TRUSTEES OF

THE ASSOCIATION FOR POST-NATAL ILLNESS (CONTINUED)

Extent to which the audit was considered capable of detecting irregularities, including fraud (continued)

- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditors' report. However, future events or conditions may cause the charitable association to cease to continue as a going concern.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable association's members, as a body, in accordance with Chapter 3 section 144 of the Charities Act 2011. Our audit work has been undertaken so that we might state to the charitable association's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable association and the charitable association's members as a body, for our audit work, for this report, or for the opinions we have formed.

Malcolm Boydell

.....

Malcolm Boydell (Senior Statutory Auditor)
For and on behalf of
Boydell & Co
Statutory Auditors
146B Chiswick High Road
London
W4 1PU

7/12/2023

THE ASSOCIATION FOR POST-NATAL ILLNESS

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2023

		Unrestricted general fund	Restricted fund	2023	2022
Income and expenditure					
Incoming resources:					
Grants and donations	(2)	1,427,819	-	1,427,819	139,225
Fundraising	(3)	2,312	-	2,312	6,491
Investment income	(4)	4,936	-	4,936	-
Publication sales		-	-	-	541
Total incoming resources		1,435,067	-	1,435,067	146,257
Resources expended:					
Fundraising		216	-	216	216
Direct charitable expenditure	(5)	60,917	-	60,917	47,189
Management and administration	(6)	34,682	-	34,682	16,133
Total resources expended	(7)	95,815	-	95,815	63,538
Net income/(expenditure)		1,339,252	-	1,339,252	82,719
Value adjustment in respect of investments - unrestricted	(9)	12,446	-	12,446	-
Net incoming resources for the year		1,351,698	-	1,351,698	82,719
Balance brought forward at 1 April 2022		126,919	-	126,919	44,200
Balance carried forward at 31 March 2023		£ 1,482,217	£ -	£ 1,482,217	£ 126,919

There are no recognised gains or losses other than as disclosed above.

The notes on the following pages form part of these financial statements.

THE ASSOCIATION FOR POST-NATAL ILLNESS

BALANCE SHEET AT 31 MARCH 2023

	Notes	2023		2022	
FIXED ASSETS					
Tangible fixed assets	(8)		3,154		530
Investments	(9)		1,053,347		-
			1,056,501		530
CURRENT ASSETS					
Debtors	(10)	1,250		1,250	
Cash at bank and in hand	(11)	426,266		126,879	
		427,516		128,129	
CREDITORS: amounts falling due within one year	(12)	(5,400)		(1,740)	
NET CURRENT ASSETS			422,116		126,389
NET ASSETS			£ 1,478,617		£ 126,919
Representing:					
Unrestricted fund			1,478,617		126,919
Restricted fund			-		-
			£ 1,478,617		£ 126,919

The financial statements were approved by the Committee on 23/11/ 2023 and signed on its behalf by:

.....
David Clarke
Chairman

Clare Delpech
.....
Clare Delpech
Treasurer

The notes on the following pages form part of these financial statements.

THE ASSOCIATION FOR POST-NATAL ILLNESS

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

	Note	2023	2022
		£	£
Net cash (outflow)/inflow from operating activities	14a	294,451	82,795
Investing activities			
Bank interest income		2,862	-
Dividend income		2,074	-
Net cash inflow from investing activities		4,936	-
Financing activities			
Interest paid		(-)	(-)
Net cash inflow/(outflow) from financing activities		-	-
Increase in cash and cash equivalents		299,387	82,795
Cash and cash equivalents at 1 April 2022	14b	126,879	44,084
Cash and cash equivalents at 31 March 2023	14b	426,266	126,879

The notes on the following pages form part of these financial statements.

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES

Statutory information
The Association for Post-Natal Illness is an unincorporated association, domiciled in England and Wales, with a registered charity number 280510. The registered office is 145 Dawes Road, Fulham, London, SW6 7EB.

Statement of compliance
The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK (FRS 102) and the Charities Act 2011. There were no material departures from the standard.

The Association for Post-Natal Illness meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The financial statements are prepared in sterling, which is the functional currency of the company.

The Trustees have reviewed the Charity's financial position to ensure it is appropriate to produce the accounts on a going concern basis.

Income recognition
Items of income are recognised in the financial statements when all of the following criteria are met:

- the Charity has entitlement to the funds;
- any performance conditions have been met or are fully within the control of the Charity; there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Government grants are recognised on the performance model, when the charity has complied with any conditions attaching to the grant and the grant will be received.

Expenditure recognition
Expenditure is recognised once there is a legal or constructive obligation to make payment to a third party, it is probable that settlement will be required and the amount can be measured reliably.

Expenditure includes those costs of a direct nature which can be allocated to a specific activity. It also includes indirect costs, including governance costs that do not relate to a specific activity but are necessary to support them. Support costs are apportioned to each activity on the basis of staff time.

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

1. ACCOUNTING POLICIES (CONTINUED)

Depreciation:
Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimate residual value, over their expected useful lives at the following rates:

Computers	15% per annum (reducing balance)
Office equipment	25% per annum (reducing balance)
Office furniture and fittings	15% per annum (reducing balance)

Investments
Fixed asset investments are shown at current market valuation.

Judgements and key sources of estimation uncertainty
In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates. The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

The Trustees do not consider there to be any estimates or judgements that are critical to the financial statements.

2. GRANTS AND DONATIONS

	2023	2022
Legacy Payments		
Graham C Pye will Trust	1,400,000	100,000
Charitable Trusts/Corporate:		
Mr and Mrs J A Pye's Charitable Settlement	15,000	20,000
Dyer's Company Charitable Trust	2,000	2,000
Amounts under £2,000	578	-
National Lottery Fund	-	8,000
Individuals:		
Amounts under £2,000	10,241	9,225
	£ 1,427,819	£ 139,225

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

3. FUNDRAISING

	2023	2022
Friends of St Mary's Barnes Charity Ball	2,000	-
Ladies Night Bake Sale	312	-
Lucie Holland: in memory of Emma Cadywould	-	2,363
Michael Mulkerrin - Half marathon	-	263
Samantha Cook - Half a Million Steps in June	-	1,004
Kirsti Koop - Charity Twitch Stream	-	490
	£ 2,312	£ 6,491

4. INVESTMENT INCOME

	2023	2022
Dividend income	2,074	-
Bank interest receivable	2,862	-
	£ 4,936	£-

5. DIRECT CHARITABLE EXPENDITURE

	Unrestricted funds	Restricted funds	Total 2023	Total 2022
Salaries and fees payable	49,006	-	49,006	41,868
Printing and postage of booklets	6,429	-	6,429	3,151
Telephone and internet	2,352	-	2,352	2,170
Advertising	3,130	-	3,130	-
	£ 60,917	-	£ 60,917	£ 47,189

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

6. MANAGEMENT AND ADMINISTRATION

	Unrestricted funds	Restricted funds	Total 2023	Total 2022
Professional fees	16,307	-	16,307	2,052
Audit fees	5,400		5,400	-
Accountancy	-	-	-	1,740
Depreciation	557	-	557	96
Insurance	2,894	-	2,894	2,508
Rent, rates and other office costs	8,903	-	8,903	9,483
Sundry expenses	621	-	621	254
	£ 34,682	£ -	£ 34,682	£ 16,133

7. TOTAL RESOURCES EXPENDED

	Staff costs	Other costs	Total 2023	Total 2022
Fundraising	-	216	216	216
Direct charitable expenditure	49,006	11,911	60,917	47,189
Management and administration	-	34,682	34,682	16,133
	£ 49,006	£ 46,809	£ 95,815	£ 63,538

8. TANGIBLE FIXED ASSETS

	Furniture and fittings	Office equipment	Computers	Total
Cost:				
At 1 April 2022	2,381	1,556	8,696	12,633
Additions	-	-	3,181	3,181
At 31 March 2023	2,381	1,556	11,877	15,814
Depreciation:				
At 1 April 2022	2,311	1,547	8,245	12,103
Charge for the year	11	1	545	557
At 31 March 2023	2,322	1,548	8,790	12,660
Written down value:				
At 31 March 2023	£ 59	£ 8	£ 3,087	£ 3,154
At 31 March 2022	£ 70	£ 9	£ 451	£ 530

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

9. INVESTMENTS

	2023	2022
Balance brought forward		-
Additions		1,040,901
Fair value adjustment		12,446
		£ 1,053,347

The Association's investments are managed by Adam & Company of Edinburgh and comprise principally equities and bonds; the portfolio is stated at closing market value and its related investment account is shown under note 11 cash at bank and in hand below.

10. DEBTORS

	2023	2022
Prepayments	1,250	1,250
	£ 1,250	£ 1,250

11. CASH AT BANK AND IN HAND

	2023	2022
CAF Bank Ltd accounts	74,552	114,226
HSBC plc charity account	9,825	11,327
NatWest plc reserve account	1,326	1,326
Adam & Company investment account	340,563	-
	£ 426,266	£ 126,879

12. CREDITORS: amounts falling due within one year

	2023	2022
Accruals	£5,400	£1,740

13. TRUSTEES REMUNERATION AND AVERAGE NUMBER OF EMPLOYEES

Trustees are not remunerated other than in one case. Mrs Diane Nehmé received £11,808 (2022: £10,500) for services rendered as administrator.

The average number of employees, including Trustees employed under contracts of service is 5 (2022: 5). No employee received remuneration amounting to more that £60,000 in either year.

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

14. NOTES TO THE STATEMENT OF CASHFLOWS

a. Reconciliation of surplus to net cash inflow from operating activities:

	2023	2022
	£	£
Net surplus for the year	1,351,698	82,719
Adjustments to reconcile surplus for the year to net cash flow from operating activities:		
Purchase of fixed assets	(3,181)	(-)
Depreciation of plant and equipment	557	96
Investment income	(4,936)	-
Purchase of investments	(1,040,901)	(-)
Value adjustment of investments	(12,446)	(-)
Working capital movements:		
(Increase) in debtors	-	(80)
Increase in creditors	3,660	60
Net cash inflow from operating activities	294,451	82,795

b. Cash and cash equivalents:

	2023	2022
	£	£
Cash at bank and in hand	426,266	126,879

c. Change in net debt:

	At 1 April 2022	Reclassification	Cash-flows	At 31 March 2023
Cash	126,879		299,387	426,266
Loans falling due in less than one year	(-)	-	-	(-)
TOTAL NET DEBT	**126,879**	**-**	**299,387**	**426,266**

d. Major non-cash transactions:

There were no major non-cash transactions to disclose (2022: none).

The following page does not form part of the statutory financial statements.

THE ASSOCIATION FOR POST-NATAL ILLNESS

DETAILED INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

		2023		2022
INCOME				
Legacy, grants and donations		1,427,819		139,225
Fundraising		2,312		6,491
Publication sales		-		541
Investment Income		4,936		-
		1,435,067		146,257
LESS EXPENDITURE				
Audit fees	5,400		-	
Accountancy fees	-		1,740	
Professional & legal	16,307		2,052	
Depreciation	557		96	
Insurance	2,894		2,508	
Sundry expenses	621		254	
Printing, postage of booklets	6,429		3,151	
Advertising	3,130		-	
Rent, rates and other office costs	8,903		9,483	
Gross salaries payable	49,006		41,868	
Telephone and internet	2,352		2,170	
Fundraising	216		216	
		(95,815)		(63,538)
SURPLUS ON ORDINARY ACTIVITIES		£ 1,339,252		£ 82,719
		=======		=====

THE ASSOCIATION FOR POST-NATAL ILLNESS

England & Wales - Charity number 280510

Accounts

THE ASSOCIATION FOR POST-NATAL ILLNESS

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

BOYDELL & CO
Chartered Accountants
146B Chiswick High Road
London
W4 1PU

Registered Charity number: 280510

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THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES

LEGAL AND ADMINISTRATIVE DETAILS

The Association for Post-Natal Illness is an unincorporated association and its Governing Document is its Rules adopted on 30 June 1980. The Association obtained charitable status under Section 4 of the Charities Act 1960 from the Charity Commissioners on 4 August 1980 under registration number 280510.

Office:
145 Dawes Road
Fulham
London
SW6 7EB

Bankers:
National Westminster Bank Plc
67 High Street
Sevenoaks
Kent
TN13 1JY

CAFCASH Ltd
Kings Hill
West Malling
Kent
ME19 4TA

HSBC Bank Plc
567 Fulham Road
London
SW6 1EX

Independent Examiner:
M B Boydell FCA
Boydell & Co
Chartered Accountants
146B Chiswick High Road
London
W4 1PU

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Annual Report April 2021 - March 2022

Objects of the Association

The relief of women suffering from post-natal depression or conditions of severe or prolonged depression or related illness arising from pregnancy which threatens their mental or physical health or emotional stability and the promotion of research into post-natal depression or illness and the dissemination of the results thereof.

Professor Vivette Glover

We are very happy to announce that Professor Vivette Glover has agreed to become the new APNI President. Professor Glover has been carrying out research in the area of maternal mental illness for over 30 years. She is an advisor for the All Party Parliamentary Group for the First 100 days, a member of the Maternal Mental Health Alliance and the Global Alliance for Maternal Mental Health. She is also a member of the Early Intervention Foundation, Post Partum Support International, and is Treasurer of the Marce Society.

Review of Activities

The Association's current membership comprises 502 volunteers and 41 depressed mothers receiving support. There are 1029 paid up members of the supporters' scheme. During 2021, 28 mothers became well again and no longer needed volunteer support. The Association offers support via e-mail and at present over 200 volunteers are willing to provide this valuable source of help.

The Association receives between 2-5 letters per week along with 3-6 phone calls per day and 5-10 e-mails per day depending on publicity in the media. During the year there were 54 people who used the live Chat facility we offer. APNI has 1,289 followers on Instagram and our Facebook page has 1,751 followers. Siobhan posts on these sites and the posts are cheering and positive. Jenny Weeks wrote the Autumn 2021 newsletter that was sent to our members.

The office is staffed by Siobhan Merrifield, Jenny Weeks, Alice Hutton and Margie Smith. Alice Hutton does all the bookkeeping for the charity and contacts the Just Giving donors. The staff have all been working remotely during this year. The staff can remotely access the APNI email. Siobhan has kindly visited the office to ensure all is well and pick up post.

Mr and Mrs J.A. Pye's Charitable Settlement

In April, July and October 2021 the Trustees generously donated £5,000 for our core costs. In January 2022 the Trustees donated a further £5,000 towards our core costs. The total donated during this financial year was £20,000.

These generous donations from Mr and Mrs J.A. Pye's Charitable Settlement made a very significant difference to the work of the organisation throughout the year. The Association is immensely grateful to the Trustees of The Pye Charitable Settlement for their continued support.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

The Treebeard Trust

In November 2021 we called upon the Treebeard funds given in previous years and transferred £10,000 into the charities current account to cover core costs.

The Association is extremely grateful for the generous funding from the Treebeard Trustees which has enabled our organisation to continue our work especially when our income has not been sufficient to cover our expenses.

We have heard from the Trustees that their criteria for financial support has now changed so we wish to thank them for their generous funding over many years which has given APNI the ability to continue when other funding was insufficient.

Mr Graham Christopher Pye Legacy

In July 2021 Clare and Roger were invited to a meeting with the Trustees of the Pye Charitable Trust to report on our work and discuss the legacy of Mr Graham Pye who died in 2009. We had previously been informed that The Association for Post-natal Illness was one of five organisations who were to benefit from the legacy left by Mr Graham Pye. Following the meeting we were informed that APNI would receive £100,000 every January for the next 15 years starting in January 2022.

The Dyers' Company Charitable Trust

In March 2022 we received £2,000 from the Dyers' Company Charitable Trust.

We are very grateful to the Worshipful Company of Dyers' for this very generous donation and for their support which has assisted our work for many years.

The National Lottery

In April 2021 we received a grant of £8,000 from The National Lottery.

We are very grateful to The National Lottery for this generous grant.

In Memory Donations

Mr David Hamblett gave £250 in memory of his wife Sheila Hamblett who worked for APNI for many years. In the spring of 2021, we received a further £50 bringing the total donated to £1,390 in memory of Mrs Brenda Clarke. Lucy Holand Malangone raised £1,964 by doing a Virtual Marathon in memory of her sister Emma Cadywould. Mrs Pamela Pugh donated £52 in memory of Mrs Yvonne Pye.

Gabrielle Matthewman donated £25 in memory of Michy a proud and dedicated NHS Midwife.

Sponsored Events

Sponsored events were still affected by Covid-19 during this year. Undeterred by this Michael Mulkerrin ran a Half Marathon and raised £210. Samantha Cook completed Half a Million Steps in June and raised £865. Kirsti Koop did a Charity Twitch Stream and raised £456.

Thank you to all these generous people who raised money for APNI, often by completing amazing personal challenges.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Supporters Scheme

For the second year in a row we sent a letter to Supporters saying that we understood if they did not feel able to make their annual donation of £5. In response our Supporters donated the huge sum of £5,081 from November 2021 to January 2022. Among these generous people Robert and Lynette Craig donated £1,500. Dominique Taillandier gave £50, Martin and Christine Keiffer gave £175, Julie Vile gave £500 + £493 from her employer, Andrew and Donatella Dickson gave £150. Mrs Eileen Blood gave £200. W. Neale gave £100, J. Wheeler gave £100, Ruth Adcock gave £50, B. Chapperlin gave £50. J. Dacosta gave £50. E. Brown gave £50. A.Waite gave £50. C. McLaren gave £50. R. Davidson gave £50. M. Hunn gave £50. Simone Plaut gave £60. Mary Tait gave £50.

Covenant Donations

Many of our donors give a monthly amount and have been loyal supporters of the work of the Association for years. We are deeply grateful to these donors for their highly valued regular support.

These donors include Emma Stabler, Dr Jennifer Barna, Juliet Mahrous, Jeff and Liz Robinson, Stephanie Ryland, Stella Giblett, Angela Crockatt, Elizabeth Daeth, Elizabeth Taylor, Tony Churchill, Alison Wilson, Alison Rose, Nelia Wallace, Pamela Smith, Hilary Dale, Lucy Gibson, Johanna Broome, Rebecca Rideout, Jeanette Caw, Donna Ferguson, Matthew Evans and R. Fenwick. R. Fenwick's donations were matched by her employers to the tune of £179.

Fundraising

Roger Delpech has continued to appeal to charitable Trusts on behalf of APNI. The donation from The Dyers' Company Charitable Trust and the donation from The National Lottery Fund were results of his appeals. The Association is very grateful to Roger for his work in this very competitive field.

Web Site

The Web site has proved to be very popular during the year. Total visits to the site during 2021 were 17,654. There were 28,777 pages viewed. The most popular pages are the booklet Post-natal depression.

The Web site is updated with special information whenever possible particularly the home page. Fundraising events and photographs of event participants are posted on the website. Our profound thanks to Richard Hindle of Webwax Ltd who maintains website.

HMRC

No repayments were applied for, nor received, during this financial period.

We did receive Gift aid on donations made via Just Giving and Virgin Money Giving.

Publications

Our publications numbers are still seriously reduced and affected by changes put in place since the beginning of the pandemic. It is our hope that as things start to normalise this will be reflected in higher demand for publications.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Publications (continued)

The Baby Blues and Post-natal Depression
The new Baby Blues leaflet was launched early in 2020. A small number, around 1500, have been requested during this year.

Post-natal Depression
This booklet is being revised and should be ready to re-launch later in 2022

Publicity
The following meetings were attended by APNI staff during the year.

6th May 2021: Siobhan attended Improving perinatal Mental Health services.

10th May 2021: Siobhan did an online interview with Dr Clare Johnson from the University of West England re an Artbox for HV's and Midwives

30th June 2021: Siobhan and Alice spoke to Involve Kent

27th September: Alice attended online Perinatal Mental Health Training

6th October: Alice attended MMHA Members meeting

21st October: Perinatal Healthcare conference

16th November: APNI staff training with Liz Wise

14th March 2022: Perinatal MH Community of Practice

25th March 2022: Liz Wise interview with CNN

13th April 2022: Liz Wise spoke to Nigerian Community Leeds

The following were Trustees of the Association for Post-Natal Illness and held office during the year 2021-2022 as members of the Committee.

Professor Vivette Glover	President
Mr David Clarke	Chairman
Mrs Diane Nehme	Secretary
Dr Raj Persaud	
Mrs Liz Wise	
Mrs Clare Delpech	Treasurer
Dr Victoria Farrow	

On behalf of the Trustees

Diane Nehme

.....

Diane Nehmé

Secretary

1/11/2022

INDEPENDENT EXAMINERS REPORT

TO THE TRUSTEES OF THE ASSOCIATION FOR POST-NATAL ILLNESS

I report on the financial statements of the Association for the year ended 31 March 2022 which are set out on pages 8 to 14.

Respective responsibilities of council members and examiners

The charity's council members are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as council members concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently we do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 130 of the 2011 Act; and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act, have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

M Barry Boydell FCA
Chartered Accountant
146B Chiswick High Road
London
W4 1PU

30/11/2022

THE ASSOCIATION FOR POST-NATAL ILLNESS

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2022

		Unrestricted general fund	Restricted fund	2022	2021
Income and expenditure					
Incoming resources:					
Grants and donations	(2)	139,225	-	139,225	59,055
Fundraising	(3)	6,491	-	6,491	5,000
Publication sales		541	-	541	715
Total incoming resources		146,257	-	146,257	64,770
Resources expended:					
Fundraising		216	-	216	216
Direct charitable expenditure	(4)	47,189	-	47,189	46,602
Management and administration	(5)	16,133	-	16,133	13,881
Total resources expended	(6)	63,538	-	63,538	60,699
Net incoming resources for the year		82,719	-	82,719	4,071
Balance brought forward at 1 April 2021		44,200	-	44,200	40,129
Balance carried forward at 31 March 2022		£ 126,919	£ -	£ 126,919	£ 44,200

There are no recognised gains or losses other than as disclosed above.

The notes on pages 10 to 14 form part of these financial statements.

THE ASSOCIATION FOR POST-NATAL ILLNESS

BALANCE SHEET AT 31 MARCH 2022

	Notes	2022		2021	
FIXED ASSETS					
Tangible fixed assets	(7)		530		626
CURRENT ASSETS					
Cash at bank and in hand		126,879		44,084	
Prepayments		1,250		1,170	
		128,129		45,254	
CREDITORS: amounts falling due within one year	(8)	(1,740)		(1,680)	
NET CURRENT ASSETS			126,389		43,574
NET ASSETS			£ 126,919		£ 44,200
Representing:					
FUND					
Unrestricted general fund			126,919		44,200
Restricted fund			-		-
			£ 126,919		£ 44,200

The financial statements were approved by the Committee on 1st Nov. 2022 and signed on its behalf by:

.....
David Clarke
Chairman

Clare Delpech
.....
Clare Delpech
Treasurer

The notes on pages 10 to 14 form an integral part of these financial statements

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1. ACCOUNTING POLICIES

Accounting convention:
The financial statements are prepared under the historical cost convention, applicable accounting standards and the statement of Recommended Practice "Accounting and Reporting by Charities" (SORP 2015).

Grants and donations:
This income is included in the financial statements on a cash receipts basis.

Depreciation:
Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimate residual value, over their expected useful lives at the following rates:

Computers	15% pa reducing balance
Office equipment	25% pa reducing balance
Office furniture and fittings	15% pa reducing balance

2. GRANTS AND DONATIONS

	2022	2021
Legacy Payments		
Graham C Pye will Trust	100,000	-
Charitable Trusts/Corporate:		
Mr and Mrs J A Pye's Charitable Settlement	20,000	20,000
The Treebeard Trust	-	10,000
The Allen Lane Foundation	-	5,000
Marsh UK	-	3,300
Dyer's Company Charitable Trust	2,000	2,000
The Albert Hunt Trust	-	2,000
ADA Cosmetics	-	400
National Lottery Fund	8,000	-
Carried forward	130,000	42,700

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

2. GRANTS AND DONATIONS (continued)	2022	2021
Brought forward	130,000	42,700
Individuals:		
Robert and Lynette Craig	1,500	1,000
Donations in Memory of Mrs Brenda Clark	-	1,340
Donations in Memory of Professor Brice Pitt	-	627
Donations in Memory of Mrs Yvonne Pye	-	207
Mrs Angela F. Crockatt	240	240
David Hamblett - in memory of Sheila Hamblett	250	250
Julie Vile + employer matching payment of £493	544	500
Rachel Smith	70	500
Eileen Blood	200	80
Mrs Emma Stabler	300	300
R Fenwick	478	200
Mr and Mrs J Robinson	440	240
Mrs Juliet Mahrous	120	120
Mrs Stephanie Ryland	120	120
Mr & Mrs J.S. Whitehead	-	100
Martin & Christine Keiffer	175	150
Donatella Dickson	150	150
Tim and Sarah Gutch	125	100
Dominique Taillandier	50	50
Valerie Martin	-	100
Lawrence Edwards	-	100
W Neale	100	100
J Wheeler	100	100
A Adcock	50	100
E Daeth	60	60
S Giblett	60	60
E Taylor	90	90
J Barna	60	60
L Gibson	12	-
A Wilson	60	60
A Churchill	85	-
H Dale	24	-
Donna Ferguson	120	-
Other donations	3,642	8,738
	9,225	14,842
	£ 139,225	£ 57,542

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

3. FUNDRAISING

	2022	2021
Friends of St Mary's Barnes Charity Ball	-	5,000
Goldman Sachs (St Mary's Charity Ball)	-	2,500
Lucie Holland: in memory of Emma Cadywould	2,363	50
Sandra Laflin - swimming the length of The Channel	-	345
Karolina Klebanska	-	523
Spring Grove School	-	505
Katrina Blyth	-	90
Michael Mulkerrin - Half marathon	263	-
Samantha Cook - Half a Million Steps in June	1,004	-
Kirsti Koop - Charity Twitch Stream	490	-
	£ 6,491	£ 9,013

4. DIRECT CHARITABLE EXPENDITURE

	Unrestricted funds	Restricted funds	Total 2022	Total 2021
Salaries and fees payable	41,868	-	41,868	39,770
Printing and postage of booklets	3,151	-	3,151	2,770
Telephone and internet	2,170	-	2,170	2,262
Website redesign	-	-	-	1,800
	£ 47,189	-	£ 47,189	£ 46,602

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

5. MANAGEMENT AND ADMINISTRATION

	Unrestricted funds	Restricted funds	Total 2022	Total 2021
Professional fees	2,052	-	2,052	1,281
Accountancy	1,740	-	1,740	1,680
Depreciation	96	-	96	113
Insurance	2,508	-	2,508	2,195
Rent, rates and other office costs	9,483	-	9,483	8,138
Sundry expenses	254	-	254	474
	£ 16,133	£ -	£ 16,133	£ 13,881

6. TOTAL RESOURCES EXPENDED

	Staff costs	Other costs	Total 2022	Total 2021
Management and administration	-	16,133	16,133	13,881
Direct charitable expenditure	41,868	5,321	47,189	46,602
Fundraising	-	216	216	216
	£ 41,868	£ 21,670	£ 63,538	£ 60,699

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

7. TANGIBLE FIXED ASSETS

	Furniture and fittings	Office equipment	Computers	Total
Cost:				
At 1 April 2021	2,381	1,556	8,696	12,633
Additions	-	-	-	-
At 31 March 2022	2,381	1,556	8,696	12,633
Depreciation:				
At 1 April 2021	2,298	1,544	8,165	12,007
Charge for the year	13	3	80	96
At 31 March 2022	2,311	1,547	8,245	12,103
Written down value:				
At 31 March 2022	£ 70	£ 9	£ 451	£ 530
At 31 March 2021	£ 83	£ 12	£ 531	£ 626

8. CREDITORS: Amounts falling due within one year

	2022	2021
Accruals	£1,740	£1,680

9. TRUSTEES REMUNERATION

Trustees are not remunerated other than in one case. Mrs Diane Nehmé received £ 10,500 (2021: £ 10,400) for services rendered as administrator.

No employee received remuneration amounting to more that £60,000 in either year.

THE ASSOCIATION FOR POST-NATAL ILLNESS

DETAILED INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

		2022	2021
INCOME			
Legacy, Grants and donations	(2)	139,225	59,055
Fundraising	(3)	6,491	5,000
Publication sales		541	715
		146,257	64,770
LESS EXPENDITURE			
Accountancy		1,740	1,680
Professional		2,052	1,281
Depreciation		96	113
Insurance		2,508	2,195
Sundry expenses		254	474
Printing, postage of booklets		3,151	2,770
Website redesign		-	1,800
Rent, rates and other office costs		9,483	8,138
Salaries and fees payable		41,868	39,770
Telephone and internet		2,170	2,262
Fundraising		216	216
		(63,538)	(60,699)
SURPLUS ON ORDINARY ACTIVITIES		£ 82,719	£ 4,071

THE ASSOCIATION FOR POST-NATAL ILLNESS

England & Wales - Charity number 280510

Accounts

THE ASSOCIATION FOR POST-NATAL ILLNESS

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

BOYDELL & CO
Chartered Accountants
146B Chiswick High Road
London
W4 1PU

Registered Charity number: 280510

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Notes to the accounts	11 – 15
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THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES

LEGAL AND ADMINISTRATIVE DETAILS

The Association for Post-Natal Illness is an unincorporated association and its Governing Document is its Rules adopted on 30 June 1980. The Association obtained charitable status under Section 4 of the Charities Act 1960 from the Charity Commissioners on 4 August 1980 under registration number 280510.

Office:
145 Dawes Road
Fulham
London
SW6 7EB

Bankers:
National Westminster Bank Plc
67 High Street
Sevenoaks
Kent
TN13 1JY

CAFCASH Ltd
Kings Hill
West Malling
Kent
ME19 4TA

HSBC Bank Plc
567 Fulham Road
London
SW6 1EX

Independent Examiner:
M B Boydell FCA
Boydell & Co
Chartered Accountants
146B Chiswick High Road
London
W4 1PU

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Annual Report April 2020 - March 2021

Objects of the Association

The relief of women suffering from post-natal depression or conditions of severe or prolonged depression or related illness arising from pregnancy which threatens their mental or physical health or emotional stability and the promotion of research into post-natal depression or illness and the dissemination of the results thereof.

Professor Brice Pitt

It is with great sadness that we report the death of Professor Brice Pitt who died on 16th January 2021 of Covid 19. Brice was at the time of his death President of APNI. He had worked for nearly 16 years as Chairman on our Committee. Brice was a specialist in Old Age Psychiatry and ran an outstanding unit at St Charles Hospital. Brice was of great help to our organisation on a range of matters. He will be greatly missed.

Review of Activities

The Association's current membership comprises 489 volunteers and 51 depressed mothers receiving support. There are 1057 paid up members of the supporters' scheme. During 2020, 21 mothers became well again and no longer needed volunteer support. The Association offers support via e-mail and at present 200 volunteers are willing to provide this valuable source of help.

The Association receives between 2-5 letters per week along with 3- 6 phone calls per day and 5- 10 e-mails per day depending on publicity in the media. During the year there were 120 people who used the live Chat facility we offer. APNI has 987 followers on Instagram and our Facebook page has 1,631 followers. Siobhan posts on these sites and the posts are charming and positive. Jenny Weeks wrote the Autumn 2020 newsletter that was sent to our members.

The office is staffed by Siobhan Merrifield, Jenny Weeks, Alice Hutton, Margie Smith and Dave Page. Alice Hutton does all the bookkeeping for the charity and contacts the Just Giving donors. The staff have all been working remotely during this year. Alice made an arrangement with BT so that the staff can receive office phone calls on their mobile phones whilst they are at work. All staff can remotely access the APNI email. Siobhan and Dave have very kindly visited the office to ensure all is well and pick up post. Jenny kindly wrote the Autumn 2020 newsletter even though she was only working one shift per week at the time.
Whilst the country has been mainly in lockdown our brilliant staff have maintained a daily service to depressed mothers without any breaks. We are so grateful to our staff for their conscientious attitude and inspiring dedication to their work.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Mrs Yvonne Pye

We were very sad to hear the news that Mrs Yvonne Pye passed away on 23rd January 2021. Mrs Pye was President of The Pye Charitable Settlement since the death of her huband Mr Graham Pye in 2009. Yvonne was a lovely, caring lady. She was aware that the Association for Post Natal Illness is a charity of which the founders of the Pye Charitable Settlement, Mr & Mrs J.A. Pye, would approve. Mrs Yvonne Pye will be greatly missed by her friends, family and the Association for Post-natal Illness.

Mr and Mrs J.A. Pye's Charitable Settlement

In May, July and October 2020 the Trustees generously donated £5,000 for our core costs. In February 2021 the Trustees donated a further £5,000 towards our core costs. The total donated during this financial year was £20,000.

These generous donations from Mr and Mrs J.A. Pye's Charitable Settlement made a very significant difference to the work of the organisation throughout the year. The Association is immensely grateful to the Trustees of The Pye Charitable Settlement for their continued support.

Mr David Tallon

Mr David Tallon was for some 20 years a Trustee of The Pye Charitable Settlement.

Mr Tallon knew and worked with Mr Graham Pye and was instrumental in encouraging the Association to change its procedures and to make itself more professional. Mr David Tallon was always available to offer advice to the Association and he will be very much missed. We wish him a long and happy retirement.

The Treebeard Trust

Early in April 2020 we called upon the generous Treebeard grant given in the last financial year and transferred £10,000 into the charities current account to cover core costs.

In late September 2020 the Trustees of the Treebeard Trust generously donated a further sum of £10,000 to support the core costs of the organisation. The money was put in the charities current account and used during this financial year.

The Association is extremely grateful for the generous funding from the Treebeard Trustees which enables us to continue our work even when our income is insufficient to cover our expenses.

The Dyers' Company Charitable Trust

In March 2021 we received £2,000 from the Dyers' Company Charitable Trust.

We are very grateful to the Worshipful Company of Dyers' for this very generous donation and for their support which has assisted our work for many years.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Friends of St Mary's Church Barnes Charity Ball

Following the charity Ball held in February 2020 we were told that we would receive a donation of £7,500 which was a share of the proceeds from the Ball.
In October 2020 we received a donation of £5,000 from the Friends of St Mary's Barnes Charity Ball. In February 2021 we received £2,500 from Goldman Sachs as part of the donation from The Friends of St Mary's Barnes Charity Ball.
We are extremely grateful to the Trustees of the St. Mary's Church Barnes Charity Ball for their very generous support of our work.

Marsh UK Mental Health Fund

In July 2020 we received a generous donation of £3,300 from Marsh UK Mental Health Fund. We are very grateful for this support from Marsh UK.

Albert Hunt Trust

In October 2020 we received a donation of £2,000 from The Albert Hunt Trust for which we are very grateful.

The Allen Lane Foundation

In December 2020 we received a grant of £5,000 from The Allen Lane Foundation.
The Allen Lane Foundation has been a long standing and generous supporter of our work and we are very grateful for this splendid donation.

National Lottery Community Fund

In February 2021 we received a donation of £8,000 from the National Lottery Community Fund. We are very grateful to the National Lottery Community Fund for this donation.

In Memory Donations

Mr David Hamblett gave £250 in memory of his wife Sheila Hamblett who worked for APNI for many years. In the spring of 2021 we received donations totalling £1,340 in memory of Mrs Brenda Clarke. We also received £627 in memory of Professor Brice Pitt and £207 in memory of Mrs Yvonne Pye.

Sponsored Events

Sponsored events were seriously affected by Covid during this year. Despite this Sandra Laflin swam the length of the Channel 33.6km and raised £345. Spring Grove School in Kent arranged a Super Hero Challenge and raised £505.
Susan Hampson raised £28 dressing up for 365 days and Katrina Blyth raised £90 having a New Years Eve Rave. Thank you to all these generous people who raised money for APNI, often by completing amazing personal challenges.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

Corporate Donors

ADA Cosmetics gave £400, Karolina Klebanska (KK) gave £523, Your Space Therapy gave £300.

Supporters Scheme

Dave Page runs the Supporters scheme and the list of kind individuals who give us income monthly by covenant. This year we sent a letter to Supporters saying we understood if they did not feel able to make their annual donation of £5. In response our Supporters donated the huge sum of £6,763 from November 2020 to January 2021. Among these generous people James and Tiffany Whitehead gave £100, Robert and Lynette Craig donated £1,000. Dominique Taillandier gave £50.

Martin and Christine Keiffer gave £150, Julie Vile gave £500, Andrew and Donatella Dickson gave £150. Mrs Eileen Blood gave £80. W. Neale gave £100, J. Wheeler gave £100, Rachel Smith gave £500, Lawrence Edwards gave £100, R. Adcock gave £100, B. Chapperlin gave £100

Covenant Donations

Many of our donors give a monthly amount and have been loyal supporters of the work of the Association for years. We are deeply grateful to these donors for their highly valued regular support.

These donors include Emma Stabler, Dr Jennifer Barna, Juliet Mahrous, Eileen Blood, Jeff and Liz Robinson, Stephanie Ryland, Stella Giblett, Angela Crockatt, Elizabeth Daeth, Sharon Michlmayr, Elizabeth Taylor, Tony Churchill, Alison Wilson, Hilary O'Donnell, Alison Rose, Nelia Wallace, Pamela Smith, Hilary Dale, Lucy Gibson, Johanna Broome, Rebecca Rideout, Jeanette Caw, Donna Ferguson and R. Fenwick. R. Fenwick's donations were matched by her employers to the tune of £200.

Fundraising

Roger Delpech has continued to appeal to charitable Trusts on behalf of APNI. The Marsh UK Mental Health Fund donation, The Albert Hunt Trust donation, The Allen Lane Foundation donation, The National Lottery Community Fund donation and the donation from The Dyers' Company Charitable Trust were results of his appeals. The total raised was £20,300. The Association is very grateful to Roger for his work in this very competitive field.

Web Site

In the autumn of 2020 it became clear that there were some technical problems with our website and it needed major works to the platform. Richard Hindle re-designed the site and the new website was launched in spring 2020. The cost was £1,800.

The Web site has proved to be very popular during the year. Total visits to the site during 2020 were 19,646. There were 38,722 pages viewed. The most popular pages are the booklet Post-natal depression.

The Web site is updated with special information whenever possible particularly the home page. Fundraising events and photographs of event participants are posted on the website. Our profound thanks to Richard Hindle of Webwax Ltd who maintains website.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

HMRC

No repayments were applied for, nor received, during this financial period.
We did receive Gift aid on donations made via Just Giving and Virgin Money Giving.

Publications

Our publications numbers have been seriously affected by the pandemic and lockdown. It is our hope that as things start to normalise this will be reflected in higher demand for publications.

The Baby Blues and Post-natal Depression

The new Baby Blues leaflet was launched early in 2020. A small survey of regular users of this publication showed that, of those who responded, everyone preferred the new version of the leaflet. During the first lockdown following publicity, over 18 packages each of 200 leaflets was sent out to Midwives and Community Practitioners.

Post-natal Depression

This booklet is being revised and should be ready to re-launch later in 2021.

Publicity

In July 2020 Clare was interviewed on the Voice of Islam Radio.
During the year Siobhan has been advising the makers of Emmerdale on a PND storyline which will air in May 2021.
On 13th Jan 2021 Marsh UK gave a virtual webinar on maternal mental health. This was attended by Liz Wise on behalf of APNI and arranged by our Volunteer Arisa Cairns.
On 11th March 2021 Siobhan gave an interview about the signs and symptoms of PND to BBC Radio Berkshire 'Drive Time'.

THE ASSOCIATION FOR POST-NATAL ILLNESS

ANNUAL REPORT OF THE TRUSTEES (CONTINUED)

The following were Trustees of the Association for Post-Natal Illness and held office during the year 2020-2021 as members of the Committee.

Professor Brice Pitt - died 16.1.21	President
Mr David Clarke	Chairman
Mrs Diane Nehme	Secretary
Dr Raj Persaud	
Mrs Liz Wise	
Mrs Clare Delpech	Treasurer
Dr Victoria Farrow	

On behalf of the Trustees

Diane Nehmé

.....

Diane Nehmé
Secretary

INDEPENDENT EXAMINERS REPORT

TO THE TRUSTEES OF THE ASSOCIATION FOR POST-NATAL ILLNESS

I report on the financial statements of the Association for the year ended 31 March 2021 which are set out on pages 9 to 15.

Respective responsibilities of council members and examiners

The charity's council members are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as council members concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently we do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 130 of the 2011 Act; and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act, have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

M Barry Boydell FCA
Chartered Accountant
146B Chiswick High Road
London
W4 1PU

25/6/2021

THE ASSOCIATION FOR POST-NATAL ILLNESS

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2021

		Unrestricted general fund	Restricted fund	2021	2020
Income and expenditure					
Incoming resources:					
Grants and donations	(2)	57,542	-	57,542	46,779
Fundraising	(3)	6,513	-	6,513	13,122
Publication sales		715	-	715	443
Total incoming resources		64,770	-	64,770	60,344
Resources expended:					
Fundraising		216	-	216	216
Direct charitable expenditure	(4)	46,602	-	46,602	52,819
Management and administration	(5)	13,881	-	13,881	15,661
Total resources expended	(6)	60,699	-	60,699	68,696
Net incoming/(outgoing) resources for the year		4,071	-	4,071	(8,352)
Balance brought forward at 1 April 2020		40,129	-	40,129	48,481
Balance carried forward at 31 March 2021		£ 44,200	£ -	£ 44,200	£ 40,129

There are no recognised gains or losses other than as disclosed above.

The notes on pages 10 to 14 form part of these financial statements.

THE ASSOCIATION FOR POST-NATAL ILLNESS

BALANCE SHEET AT 31 MARCH 2021

	Notes		2021		2020
FIXED ASSETS					
Tangible fixed assets	(7)		626		739
CURRENT ASSETS					
Cash at bank and in hand		44,084		40,050	
Prepayments		1,170		1,020	
		45,254		41,070	
CREDITORS: amounts falling due within one year	(8)	(1,680)		(1,680)	
NET CURRENT ASSETS			43,574		39,390
NET ASSETS			£ 44,200		£ 40,129
Representing:					
FUND					
Unrestricted general fund			44,200		40,129
Restricted fund			-		-
			£ 44,200		£ 40,129

The financial statements were approved by the Committee on 30 Sept 2021 and signed on its behalf by:

.....
David Clarke
Chairman

Clare Delpech
.....
Clare Delpech
Treasurer

The notes on pages 10 to 14 form an integral part of these financial statements

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES

Accounting convention:
The financial statements are prepared under the historical cost convention, applicable accounting standards and the statement of Recommended Practice "Accounting and Reporting by Charities" (SORP 2015).

Grants and donations:
This income is included in the financial statements on a cash receipts basis.

Depreciation:
Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimate residual value, over their expected useful lives at the following rates:

Computers	15% pa reducing balance
Office equipment	25% pa reducing balance
Office furniture and fittings	15% pa reducing balance

2. GRANTS AND DONATIONS

	2021	2020
Charitable Trusts/Corporate:		
Mr and Mrs J A Pye's Charitable Settlement - Core funding	20,000	20,000
The Treebeard Trust	10,000	10,000
The Allen Lane Foundation	5,000	-
Marsh UK	3,300	-
Goldman Sachs (St Mary's Charity Ball)	2,500	-
Dyer's Company Charitable Trust	2,000	2,000
The Albert Hunt Trust	2,000	-
ADA Cosmetics	400	-
Woodward Trust	-	1,000
Simpson Travel Employees	-	450
Waitrose Customers Green Token scheme	-	250
Carried forward	45,200	33,700

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

2. GRANTS AND DONATIONS (continued)	2021	2020
Brought forward	45,200	33,700
Individuals:		
Mr John L. Crockatt	-	3,000
Donations in Memory of Mrs Brenda Clark	1,340	-
Donations in Memory of Professor Brice Pitt	627	-
Donations in Memory of Mrs Yvonne Pye	207	-
Robert and Lynette Craig	1,000	1,000
Mrs Angela F. Crockatt	240	740
David Hamblett – in memory of Sheila Hamblett	250	250
Julie Vile	500	600
Rachel Smith	500	-
Eileen Blood	80	400
Mrs Emma Stabler	300	300
R Fenwick	200	-
Mr and Mrs J Robinson	240	240
Mrs Juliet Mahrous	120	120
Mrs Stephanie Ryland	120	120
Mr & Mrs J.S. Whitehead	100	100
Martin & Christine Keiffer	150	150
Donatella Dickson	150	150
Tim and Sarah Gutch	100	100
Dominique Taillandier	50	100
Valerie Martin	100	100
Lawrence Edwards	100	-
W Neale	100	-
J Wheeler	100	-
A Adcock	100	-
Other donations	5,568	5,609
	12,342	13,079
	£ 57,542	£ 46,779

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

3. FUNDRAISING

	2021	2020
Friends of St Mary's Barnes Charity Ball	5,000	7,500
Lucie Holland: in memory of Emma Cadywould	50	351
Rachel Fenwick - Private equity lawyers conference	-	3,209
Lucie & Nick Malangone - Nick's 40th Birthday	-	686
Judith Lewis - SimplyHealth Great North Run	-	313
Kathryn Castle	-	250
Hilda Ho	-	295
Oliver Evans - SimplyHealth Great Bristol 10K	-	213
Sally Cosham - Edinburgh Half Marathon	-	155
Sandra Laflin - swimming the length of The Channel	345	150
Karolina Klebanska	523	-
Spring Grove School	505	-
Katrina Blyth	90	-
Prof. Chris Jackson - Babble talks	-	-
Wilson Clark - January dryathlon	-	-
Phillippa Noble - London marathon	-	-
Tessa Devonshire - Hackney half marathon	-	-
Rebecca Mowat - 5 event challenge	-	-
Lauren Souster - 3 month personal challenge	-	-
	£ 6,513	£ 13,122

4. DIRECT CHARITABLE EXPENDITURE

	Unrestricted funds	Restricted funds	Total 2021	Total 2020
Salaries and fees payable	39,770	-	39,770	43,367
Printing and postage of booklets	2,770	-	2,770	4,742
Telephone and internet	2,262	-	2,262	2,875
Website redesign	1,800	-	1,800	-
Advertising	-	-	-	1,835
	£ 46,602	-	£ 46,602	£ 52,819

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

5. MANAGEMENT AND ADMINISTRATION

	Unrestricted funds	Restricted funds	Total 2021	Total 2020
Professional fees	1,281	-	1,281	1,349
Accountancy	1,680	-	1,680	1,680
Depreciation	113	-	113	133
Insurance	2,195	-	2,195	2,183
Rent, rates and other office costs	8,138	-	8,138	9,758
Sundry expenses	474	-	474	558
	£ 13,881	£ -	£ 13,881	£ 15,661

6. TOTAL RESOURCES EXPENDED

	Staff costs	Other costs	Total 2021	Total 2020
Management and administration	-	13,881	13,881	15,661
Direct charitable expenditure	39,770	6,832	46,602	52,819
Fundraising	-	216	216	216
	£ 39,770	£ 20,929	£ 60,699	£ 68,896

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

7. TANGIBLE FIXED ASSETS

	Furniture and fittings	Office equipment	Computers	Total
Cost:				
At 1 April 2020	2,381	1,556	8,696	12,633
Additions	-	-	-	-
At 31 March 2021	2,381	1,556	8,696	12,633
Depreciation:				
At 1 April 2020	2,283	1,540	8,071	11,894
Charge for the year	15	4	94	113
At 31 March 2021	2,298	1,544	8,165	12,007
Written down value:				
At 31 March 2021	£ 83	£ 12	£ 531	£ 626
At 31 March 2020	£ 98	£ 16	£ 625	£ 739

8. CREDITORS: Amounts falling due within one year

	2021	2020
Accruals	£1,680	£1,680

9. TRUSTEES REMUNERATION

Trustees are not remunerated other than in one case. Mrs Diane Nehmé received £ 10,400 (2020: £ 8,971) for services rendered as administrator.

No employee received remuneration amounting to more that £60,000 in either year.

THE ASSOCIATION FOR POST-NATAL ILLNESS

DETAILED INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2021

		2021	2020
INCOME			
Grants and donations	(2)	57,542	46,779
Fundraising	(3)	6,513	13,122
Publication sales		715	443
		64,770	60,344
LESS EXPENDITURE			
Accountancy		1,680	1,680
Professional		1,281	1,349
Depreciation		113	133
Insurance		2,195	2,183
Sundry expenses		474	516
Printing, postage of booklets		2,770	4,742
Website redesign		1,800	-
Rent, rates and other office costs		8,138	9,800
Advertising		-	1,835
Salaries and fees payable		39,770	43,367
Telephone and internet		2,262	2,875
Fundraising		216	216
		(60,699)	(68,696)
SURPLUS/(DEFICIT) ON ORDINARY ACTIVITIES		£ 4,071	£ (8,352)

This page does not form part of the statutory financial statements of the Association.