

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

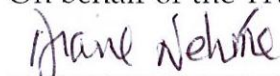
25th March 2022: Liz Wise interview with CNN

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 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

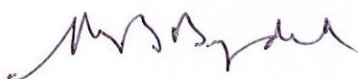
My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or 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

	<u>Notes</u>	<u>2022</u>	<u>2021</u>
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
		<u>128,129</u>	<u>45,254</u>
CREDITORS: amounts falling due within one year	(8)	(1,740)	(1,680)
NET CURRENT ASSETS		<u>126,389</u>	<u>43,574</u>
NET ASSETS		<u>£ 126,919</u>	<u>£ 44,200</u>
Representing:			
FUND			
Unrestricted general fund		126,919	44,200
Restricted fund		-	-
		<u>£ 126,919</u>	<u>£ 44,200</u>

The financial statements were approved by the Committee on behalf by:

*1st Nov.* 2022 and signed on its



.....  
David Clarke  
Chairman



.....  
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

	<u>2022</u>	<u>2021</u>
<u>Legacy Payments</u>		
Graham C Pye will Trust	100,000	-
<u>Charitable Trusts/Corporate:</u>		
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	<u>130,000</u>	<u>42,700</u>



THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

2. <u>GRANTS AND DONATIONS (continued)</u>	<u>2022</u>	<u>2021</u>
Brought forward	130,000	42,700
<u>Individuals:</u>		
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
	<hr/> 9,225	<hr/> 14,842
	<hr/> £ 139,225	<hr/> £ 57,542
	<hr/>	<hr/>

THE ASSOCIATION FOR POST-NATAL ILLNESS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

3.	<u>FUNDRAISING</u>	<u>2022</u>	<u>2021</u>
	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	-
		<u>£ 6,491</u>	<u>£ 9,013</u>

4. DIRECT CHARITABLE EXPENDITURE

	Unrestricted funds	Restricted funds	Total 2022	Total 2021
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
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
	<u>£ 47,189</u>	<u>-</u>	<u>£ 47,189</u>	<u>£ 46,602</u>

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
	<hr/>	<hr/>	<hr/>	<hr/>
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
	<hr/>	<hr/>	<hr/>	<hr/>
	£ 16,133	£ -	£ 16,133	£ 13,881
	<hr/>	<hr/>	<hr/>	<hr/>

6. TOTAL RESOURCES EXPENDED

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



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

	<u>2022</u>	<u>2021</u>
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

		<u>2022</u>	<u>2021</u>
INCOME			
Legacy, Grants and donations	(2)	139,225	59,055
Fundraising	(3)	6,491	5,000
Publication sales		541	715
		<u>146,257</u>	<u>64,770</u>
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
		<u>(63,538)</u>	<u>(60,699)</u>
SURPLUS ON ORDINARY ACTIVITIES		<u>£ 82,719</u> =====	<u>£ 4,071</u> =====

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