LA LECHE LEAGUE GREAT BRITAIN

England & Wales · Charity number 283771

Details

Other names	LA LECHE LEAGUE (GREAT BRITAIN) LIMITED, L L L - G B, LA LECHE LEAGUE (GREAT BRITAIN), LA LECHE LEAGUE GREAT BRITAIN, LA LECHE LEAGUE GREAT BRITIAN
Status	Registered
Legal form	Charitable company
Company number	01566925
Registered	1982-02-05
Register	View on the Charity Commission register

Contact

Address	La Leche League GB Charlotte House The Wyvern Business Park Stanier Way DE21 6BF
Phone	0345 1202918
Email	operationsmanager@laleche.org.uk
Website	www.laleche.org.uk

Activities

Objects: TO PROMOTE THE PHYSICAL AND PSYCHOLOGICAL HEALTH OF MOTHERS AND CHILDREN THROUGH EDUCATION IN THE TECHNIQUE OF BREASTFEEDING, AND TO ADVANCE THE EDUCATION OF THE PUBLIC AND ESPECIALLY THOSE CONCERNED WITH THE CARE OF CHILDREN IN THE HEALTH BENEFITS BOTH IMMEDIATE AND LONG-TERM OF BREASTFEEDING.

Activities: LLLGB offers free, evidence-based breastfeeding support. Our trained volunteer Leaders (breastfeeding counsellors) have all nursed our children. We empower mothers and families with knowledge, confidence and empathy. We provide understanding and connection through meetings, email, phone, messaging and social media.

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Classification

- **How:** 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

- Isle Of Man
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£158,679	£168,455	-	-
2024-03-31	£148,026	£159,074	-	-
2023-03-31	£117,158	£127,923	-	-
2022-03-31	£128,669	£96,673	-	-
2021-03-31	£115,738	£78,350	-	-

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Trustees

Name	Role	Appointed
Caitriona Martin		2024-11-16
Dr Maria Emilia Bertolo-Pardo		2024-11-16
Emma Baghdadi		2024-08-09
Heather Birt		2024-11-16
Jayne Joyce		2024-11-16
Kate Breen		2025-01-13
Nicola Coles Carr		2025-11-29
Nicola Sheldon		2024-11-16
Paula Muezerie Buchanan		2026-02-07
RACHEL MARIAN O'LEARY		2024-11-16
Rae Lowe		2024-11-16
Victoria Clubley-Moore		2025-11-28

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LA LECHE LEAGUE GREAT BRITAIN

England & Wales - Charity number 283771

Accounts

La Leche League GB

La Leche League Great Britain

Annual Report 2024/25

Company Number 1566925
Charity Number 283771 (England and Wales)
SC050396 (Scotland)

Registered Charity No. (England and Wales) 283771 (Scotland) SC050396

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LEGAL AND ADMINISTRATIVE INFORMATION

The Trustees present their report and financial statements for the year ended 31 March 2025. The Trustees have adopted the provisions of the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP) – FRS 102 in preparing the annual report and financial statements of the charity.

Principal activity: Provision of breastfeeding help, information, and education.

Registered name: LA LECHE LEAGUE GREAT BRITAIN
The company is incorporated under the 2006 Companies Act (No. 1566925).
La Leche League Great Britain is a registered charity (No. 283771 England and Wales, SC050396 Scotland.)

Registered address: Charlotte House, Stanier Way, The Wyvern Business Park, Derby, DE21 6BF

Directors

The directors of the charitable company are its trustees for the purposes of charity law. The following have served during the year April 2024 - March 2025.

Helen Russ	
Bronwyn Davies	Retired June 2024
Amanda Dunbar	Retired June 2024
Louise Moran	Retired June 2024
Eleanor Moriarty	Retired June 2024
Claire Williams	Retired June 2024
Deborah Barnes	Appointed July 2024, retired September 2024
Rebecca Cluett	Retired November 2024
Joanna Godden	Retired November 2024
Loreto Iglesias-Rubianes	Retired November 2024
Sian Keller	Retired November 2024
Ruth Lewis	Retired November 2024
Miriam Main	Retired November 2024
Karis White	Retired November 2024

Adriana Aspinhal	Appointed July 2024, retired December 2024
Emily Lunny	Appointed August 2024, retired December 2024
Emma Baghdadi	Appointed August 2024
Maria Emilia Bertolo-Pardo	Appointed November 2024
Heather Birt	Appointed November 2024
Sarah Fletcher	Appointed November 2024
Jayne Joyce	Appointed November 2024
Rae Lowe	Appointed November 2024
Caitriona Martin	Appointed November 2024
Rachel O'Leary	Appointed November 2024
Nicola Sheldon	Appointed November 2024
Maria Yasnova	Appointed November 2024
Kate Breen	Appointed January 2025

Company secretary:	Claire Patel
Independent examiner:	Mrs K Seagrave FCA, Fouetté Accountancy Solutions Limited, 82a Selby Lane, Keyworth, Nottingham, NG12 5AJ
Bankers:	TSB Bank plc, West Bridgford, Nottingham NG2 5JD

LETTER FROM THE CHAIRS

The past year has been an exceptionally challenging one for La Leche League Great Britain. Complex pressures, both internal and external, have tested the charity's resilience.

Wider cultural debates about gender inclusion have led to conflict within the organisation and with La Leche League International (LLLI), resulting in the loss of some Trustees and Leaders. The Council acknowledges the significant impact this has had on our community. We have taken time to reflect, rebuild, and strengthen our communication, laying the foundations for a more stable and united future.

At the heart of LLLGB are our volunteer Leaders. Throughout this year Leaders have provided skilled, empathetic support to families across England, Scotland and Wales: through group meetings, our helpline, online platforms, antenatal courses, and our website resources. The commitment and professionalism of LLL volunteers have ensured that the services of LLLGB remain available.

There is much to be proud of: a new Leader training pathway; the publication of the 9th edition of *The Art of Breastfeeding,* La Leche League's classic handbook; an expanded digital presence in our podcast and social media; a major review of our website content. And the reach of our 'Beginning Breastfeeding' antenatal courses has continued to grow, connecting more expectant parents with LLL support.

The Council of Directors is focused on consolidation and renewal, sound governance, transparency, and financial stability, with stronger support for our volunteers. We are engaging constructively with LLLI to review the affiliate relationship, seeking clearer frameworks for cooperation and mutual understanding.

On behalf of the Council, we thank all our Leaders, staff, members, and donors for their commitment during a difficult year. The charity has carried on supporting and

advocating for breastfeeding, which matters so deeply. Looking forward, we are determined to ensure that La Leche League Great Britain continues to be a trusted, inclusive, and compassionate source of information and support for every family who needs us.

Emma Baghdadi and Jayne Joyce
Co-Chairs of Trustees
La Leche League GB
November 2025

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2025

Who we are

LLLGB was established in 1981 as an independent affiliate of La Leche League International (LLLI), serving England, Wales, and Scotland. LLLI, founded in 1956, is the world's leading mother-to-mother, peer-to-peer breastfeeding support organisation.

La Leche League's Vision

To realise, deepen and share the love and wisdom found in the breastfeeding relationship.

What we do in LLLGB

Our charity's objective is to promote the physical and psychological health of mothers and children through education in the technique of breastfeeding, and to advance the education of the public and especially those concerned with the care of children, in the health benefits both immediate and long-term of breastfeeding.

Who we benefit

In shaping our objectives for the year and planning our activities, the Trustees have considered the Charity Commission's general guidance on public benefit, and in particular the advancement of education on the technique of breastfeeding for those who are breastfeeding or who wish to breastfeed, and the education of the public about breastfeeding.

How we do it

Our Leaders

Our volunteer breastfeeding counsellors (La Leche League Leaders) are the cornerstone of our organisation. They provide up-to-date information and compassionate, non-judgmental support through the whole span of breastfeeding, from pregnancy to weaning.

The flexible LLLI accreditation (training) pathway accommodates family life, with applicants (trainees) assisted by their local Leader and the Leader Accreditation Department (LAD). Once accredited, Leaders continue to receive support from their District Co-ordinator and Leader Department Director, alongside informal peer connections, creating a strong and connected community. Leaders are supported by our Professional Liaison (PL) Department for more complex queries. The PL Department is part of the wider LLLI Global Professional Liaison Network, ensuring access to international expertise. Our Panel of Professional Advisors, comprising experts in breastfeeding and birth research and practice, advises the PL Department and assists with medical queries and challenges, enhancing the quality and depth of support we provide to families.

Local support

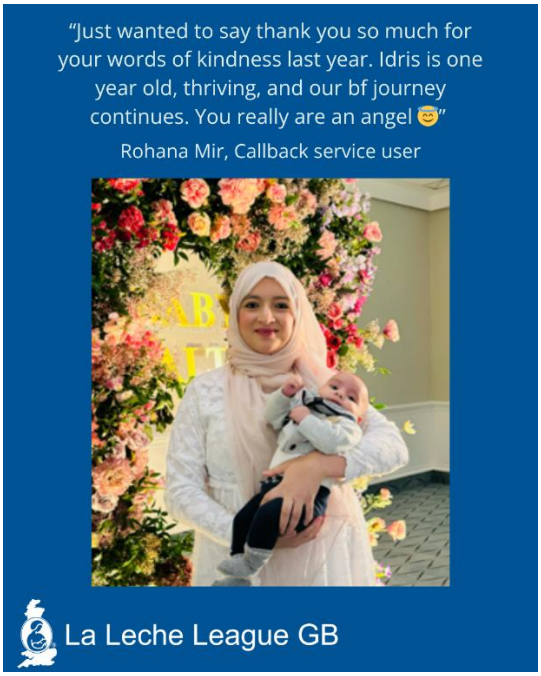
Our in-person breastfeeding support groups have always been the heart of La Leche League. Held in a wide range of locations, from community centres and family hubs to cafés and martial arts studios, our meetings offer safe spaces to receive support with work on breastfeeding issues and connect with others who understand the challenges and joys of ‘mothering through breastfeeding’. Within their local

communities, our Leaders also offer flexible one-to-one support via phone and video calls, Zoom meetings, social media chat groups, email, direct messaging, and more.

In Tranent, East Lothian, Scottish Government funding enables us to commission a peer support project (via Breastfeeding LENS) which serves as an example of good practice in reaching underserved communities.

National support

Our national Callback phone service, webchat, and email Helpforms are available for anyone in Britain, whether they're pregnant, a breastfeeding mum, a family member, friend, or professional supporting someone else to breastfeed, or a member of the public seeking information about breastfeeding. Virtual LLL meetings and specialist national social media support groups (e.g. for mothers who are tandem nursing) are available for those who are pregnant or breastfeeding.



Antenatal education

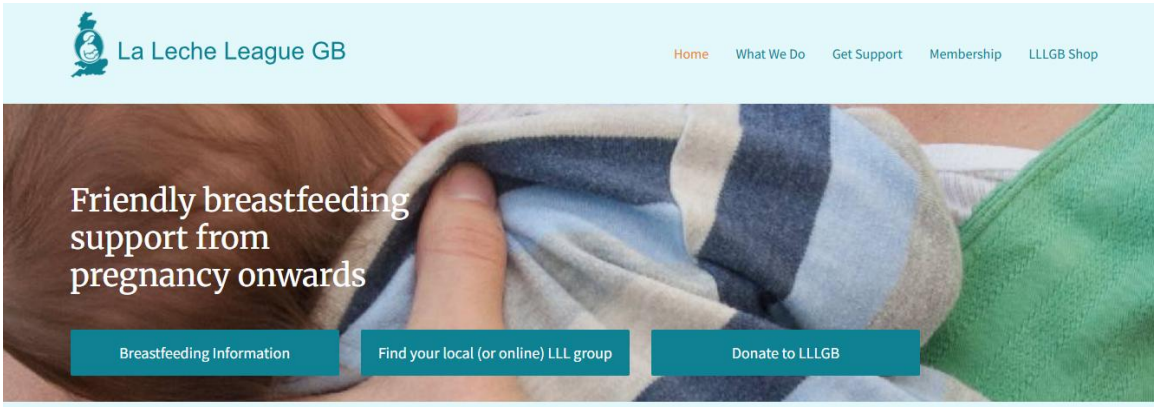
Launched during the pandemic, our four-hour virtual Beginning Breastfeeding course is a growing area of our educational work. It's free of charge for anyone who is pregnant, and partners and supporters are welcome too.

"I couldn't have done it without the amazing work you do at LLL. I never thought I would enjoy breastfeeding so much, even though it's not always easy. Actually never used a drop of formula throughout! Thanks again for everything" – Esther, Beginning Breastfeeding course participant

High quality, accessible breastfeeding information

Our website is a leading source of free, evidence-based breastfeeding information in the UK. During the year we began a major review and update of website content, preparatory to redevelopment.

Our printed publications have been trusted by families and health professionals for decades. These, and other carefully selected breastfeeding resources, are available through our wholly owned trading subsidiary, LLLGB Books. Key texts are discounted for Leaders.



Advocacy

LLLGB is represented on the Baby Feeding Law Group UK, which advocates for government and policy-makers to implement and enforce marketing laws that protect infant and young child feeding.

WHAT WE ACHIEVED IN 2024-5

- 1036 calls taken by our Callback service
- 437 email Helpforms replied to
- 2886 other one-to-one support situations
- 4140 individuals supported in group settings
- 37 Beginning Breastfeeding Online antenatal courses
- 29 new Leaders accredited
- Reached our first 1000 podcast followers

Digital reach

- Facebook: 29,000 followers
- Instagram: 15,000 followers
- Podcast: 16,500 downloads

Most popular post:

Using Donor Milk and Formula to support Breastfeeding – nearly 45k Facebook views.

2024/5 HIGHLIGHTS

MAY 2024

Food allergies: educating our Leaders, educating the public

A highlight of our London Spring Workshop was a talk about food allergies by Dr Robert Boyle. A member of our Panel of Professional Advisors, Bob is a consultant paediatric allergist at St Mary's Paddington, and a Reader in Paediatric Allergy at Imperial College. After leading this session for our volunteers, trainees, and potential trainees, Bob collaborated with our publications team, supported by a panel of peer reviewers from our groups, to update the breastfeeding and food allergy information on our website.

OCTOBER 2024

LLLGB's Breastfeeding Matters podcast celebrated its first birthday

Highlights this year include interviews with:

Sarah Ojar, Breastfeeding Coordinator at Positive about Down Syndrome.

Zainab Yate, infant feeding research ethics expert and campaigner, on breastfeeding aversion.

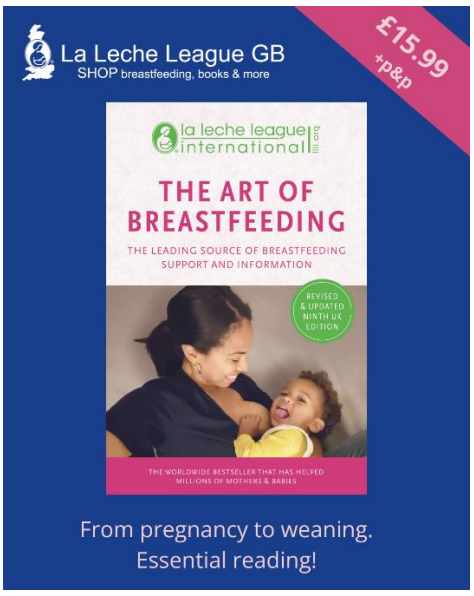
Emily Lunny, autistic mother and researcher, on breastfeeding and neurodiversity.

Zarina Ayyub, on new motherhood in the south Asian community.

OCTOBER 2024

Release of *The Art of Breastfeeding*

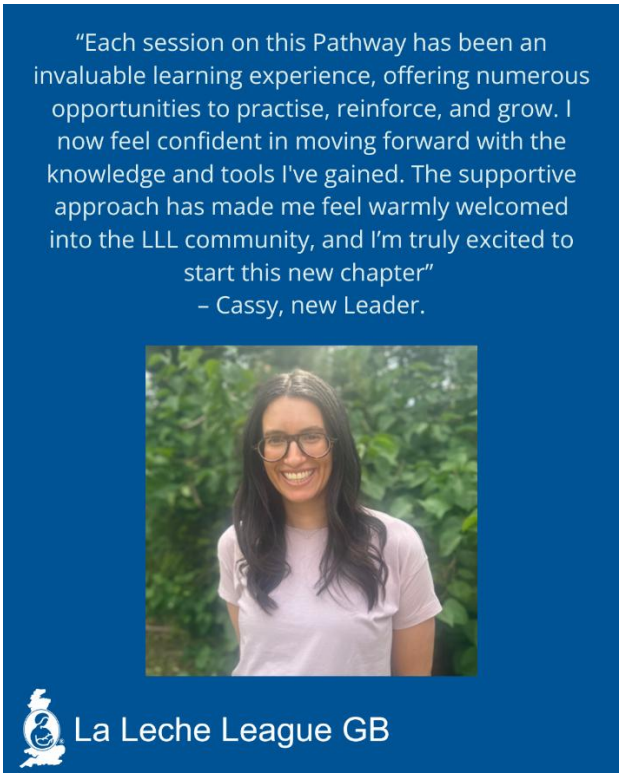
The long-awaited 9th edition of LLL's bestselling manual *The Art of Breastfeeding* arrived this autumn. Last updated in 2010, it is filled with up-to-date information and stories from around the world to support breastfeeding at every stage. LLLGB Leader and Council Co-Chair Jayne Joyce was one of the four writers – the first LLLGB Leader to have this honour. Following launch events in Chicago, she connected with families, health professionals, community organisers, and policymakers during a successful three-day *Art of Breastfeeding* Scottish Book Tour. The UK edition of the book is available to our Leaders at a discount via LLLGB Shop.



JANUARY 2025

A new way to train LLL Leaders

Based on a pilot project by LLL Canada, we launched our 10 week pathway – a new training model using Zoom and WhatsApp, offered as an alternative to our self-directed learning approach. In March we celebrated the 'graduation' of our first cohort of eight new volunteer breastfeeding counsellors. Evaluation and learning from this pilot are helping us shape new pathways for the future. We're excited about the potential to engage a more diverse range of volunteer Leaders and make the accreditation process easier to fit into busy lives. Our goal is to double the number of Leaders we accredit in 2025, compared with 2024.

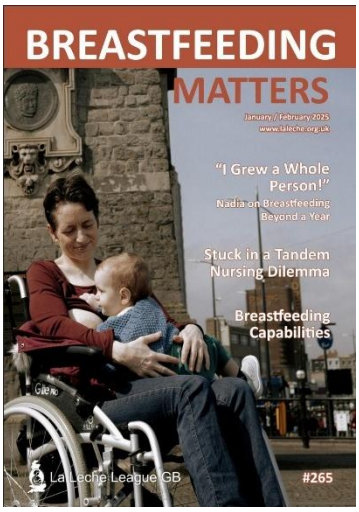


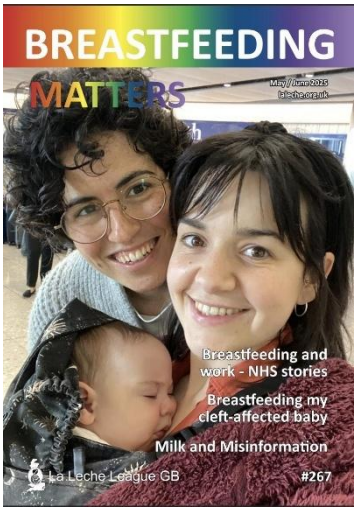
2024-25

Spotlight on inclusion

Our bi-monthly members' publication *Breastfeeding Matters* features stories, interviews, news, poetry, and artwork from the LLLGB community.

Special editions this year included Black Breastfeeding Week, Neurodiversity, and Pride.





STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

La Leche League Great Britain (LLLGB) is an Affiliate of La Leche League International (LLLI), a global not-for-profit organisation and internationally recognised authority on breastfeeding. LLLGB is a registered charity with both the Charity Commission and the Office of the Scottish Charity Regulator (OSCR). It is a company limited by guarantee, incorporated in England under the Companies Act 2006 and governed by its Memorandum and Articles of Association, originally dated 9 June 1981 and subsequently amended on 23 October 2004, 22 November 2008, 12 October 2013, 25 May 2014, 12 October 2014, 10 October 2015, and 16 April 2020, to reflect current governance arrangements.

The members of the company are La Leche League Leaders – individuals accredited by La Leche League International as competent to provide breastfeeding information and support – who have paid their annual Leader fee to LLLGB. As of 31 March 2025 there were 163 accredited Leaders in membership.

Appointment of Directors

As set out in our Articles of Association, the Chair of Trustees is elected by the Council of Directors (the Trustee Board).

Each year at the Annual General Meeting (AGM), usually held in October or November, one third of the Directors (or as close to that number as possible) step down from the Council. Directors may serve up to six consecutive years, and can be re-elected after a three-year break. The Council can fill vacancies or add new Directors temporarily, but those appointees must be re-elected at the next AGM. Directors are not required to be LLL Leaders. No more than five Directors may be non-Leader Members. The majority must always be accredited Leaders. Before each AGM, all voting members are informed which Directors are retiring and invited to nominate candidates for election. The Council may also co-opt additional Directors during the year to fill vacancies or bring in particular expertise; anyone appointed in this way must then stand for election at the next AGM.

Trustee induction and training

New Directors receive an orientation pack (revised and updated as necessary) to brief them on their legal obligations under charity and company law, a copy of the Memorandum and Articles of Association, the charity's policies and procedures handbook, the department structure and decision-making processes, the recent financial statements of the charity, and the current strategic plan. New Directors are

also orientated into the online workspaces and documents drive used for all trustee work. Opportunities are given to new Directors to meet employees and other Directors. Directors are encouraged to attend appropriate external training events where these will facilitate the undertaking of their role.

ORGANISATION

The Council of Directors (CoD), which administers the charity, can have up to thirteen Directors. The Council holds four quarterly meetings each year. These are full day meetings in person (online in certain circumstances). In addition as required, the CoD holds regular shorter meetings online for day-to-day departmental and governance work.

The Directors manage the day-to-day operations of the charity. To facilitate effective operations, authority is delegated to staff and other volunteers, within terms of delegation approved by the Directors, for operational matters including finance, volunteer training and support, publications, and training activities.

RISK MANAGEMENT

The Council regularly reviews the risks facing the organisation and develops plans to manage them. These plans are monitored and refined as needed. The key areas of risk are addressed in the following ways:

Reputational risk

This has presented a significant challenge over the past year. Wider societal conflict surrounding gender identity, and its implications for LLLGB's work, led to tensions escalating within the organisation, and between some Directors and LLLI, culminating in LLLI removing Leader accreditation from six LLLGB Directors. One was reinstated. The others subsequently left the organisation; some have made public statements in the media and elsewhere critical of LLLGB's position on gender inclusion. In line with public relations guidance from LLLI, LLLGB has chosen not to engage publicly with negative commentary. This has limited LLLGB's usual social media activity and engagement, for example our X, Instagram and Facebook accounts were deactivated for a few weeks. It is not yet possible to gauge the extent of reputational impact. Feedback received from beneficiaries and the wider public reflects a range of views on the underlying issues.

Reducing future risk depends on a careful process of reconciliation, reflection, and consensus-building within the organisation, which is underway. In January, a Q&A session for Leaders with leading human rights barrister Akua Reindorf KC explored the legal context for the charity's decision-making. The trustees are grateful to Ms Reindorf, and to the Charity Commission for their advice and guidance.

Risks associated with the links to La Leche League International (LLLI)

La Leche League GB has been an independent affiliate of La Leche League International since 1981. There is no legal ownership and the only financial link is the quarterly cost-sharing payments made under the current affiliate agreement, which sets out certain contractual commitments for both parties relating to use of the LLL name and logo, and contributions to shared central costs. Leaders are subject to LLLI Policy, such as the Code of Conduct, except where this is incompatible with local laws.

LLLGB plays an active role in the governance of La Leche League International, contributing to discussions on its management, strategic direction, and proposed policy changes. LLLGB has a guaranteed seat on the LLLI Board and a representative on the DCE (Direct Connect Entity) review panel, alongside counterparts from other entities such as LLL New Zealand and LLL Canada. This ensures that the voices of LLLGB Leaders are represented at an international level.

When implementing LLLI policies in Great Britain, LLLGB trustees must ensure alignment with UK law and with LLLGB's charitable objects. The recent conflict between LLLI and a subset of LLLGB Directors has highlighted the potential risks that can arise from disagreements within this global structure. The provision in LLLGB's governing document allowing for a proportion of non-Leader Directors has protected the organisation from disruption arising from any sanctions imposed by LLLI on individual Leaders. In the coming year, LLLGB and LLLI will work together to review and revise the Affiliate Agreement between the two organisations, with the goal of establishing stronger frameworks for collaboration, and constructive resolution of any future differences.

Risks associated with trustee turnover

Directors are responsible for much of the day-to-day management of the charity at national level. The unprecedented level of trustee turnover during the year posed a risk to the continuity of departmental operations. The Operations Manager, bookkeeper and the Directors who remained in post, along with effective shared work software, have been invaluable in maintaining stability, ensuring that essential internal functions continue to operate smoothly. The newly constituted Council is prioritising clear and consistent communication to strengthen governance and provide robust support for volunteers, Directors, and staff. It is also actively working to distribute responsibilities more widely across the organisation, reducing reliance on the trustee board.

Financial risks

Risks associated with the economic links between the trading subsidiary (LLL Books Ltd) and LLLGB.

These risks have been mitigated by cost containment. LLLGB Shop (LLL Books Ltd) is a trading subsidiary wholly owned by LLLGB and financially separate from the charity. LLLGB benefits from an annual donation from the profits of LLLGB Shop, which this year was £1066 (from 2023-24 profits). The Shop's downturn in sales this financial year will result in no donation in the next financial year, however, LLLGB does not rely on these donations for running costs. LLLGB's Directors are working with the Directors of LLLGB Shop to consider how to adapt the business to better meet the needs of LLLGB and future customers.

Risks associated with lack of general funds from memberships and donations

While general donations increased significantly this year — largely due to a one-off donation of £30,000 — the charity remains cautious about relying on this income stream. Membership income saw a slight decline, and economic pressures across Great Britain continue to affect individuals' capacity to give. LLLGB has undertaken

fundraising efforts, including online donations and membership promotion. Grant funding continues to support specific projects, and some grants also help local LLL Groups with the costs of running meetings. To ensure financial sustainability, LLLGB continues to prioritise careful budgeting, forecasting, and cost reduction where possible.

Risks associated with the costs of our infrastructure

The charity's database, accounting software, and website play a key role in maintaining administrative efficiency and supporting core activities. These systems are essential to processing membership subscriptions, delivering services, and ensuring reliable communication. Memberships are offered on both annual and monthly direct debit plans. While infrastructure costs represent a fixed financial commitment, the charity holds sufficient reserves to ensure these costs can be met even in the event of reduced income. The charity regularly reviews infrastructure costs to ensure they remain proportionate to operational needs and aligned with available resources.

ADMINISTRATION and FINANCE

This financial year the charity's main sources of income were:

- **Subscriptions**: as usual, much of our income came from various forms of subscriptions (memberships) totalling around £34,973 this year (£35,827 in 2023/24).
- **Donations:** £40,354 (£22,801 in 2024), including the **LLLGB Books Donation** of £1,066 (£2,522 in 2024); In particular, we are very grateful for a £30,000 donation from a generous donor who is keen to support us in our work after recognising the importance of skilled breastfeeding support when they recently had children.
- **Grants**: such as the Scottish Government Funding and Awards for All funding for some groups.
- **Interest**: the interest shown in this year's accounts of £10,988 is largely made up of the £9,575.20 interest received in the COIF account over the last three years, which is all showing in this year's accounts as we are pleased to have recently regained access to the account.

The accounts show total incoming resources for the year of £158,679 which shows an increment when compared with last year's amount (£148,026 in 2024). The expenses have risen in the past year from £159,704 in 2024 to £168,455 in 2025. The expenditure includes a large sum of £27,894 of legal and professional fees paid in this financial year (found in the category 'Governance costs'). This is comprised of £17,064 solicitor fees for updating policies and handbooks, plus £10,830 on legal advice, mediation services, and election services relating to the EGMs and AGM during the financial year. In future, we aim to explore pro bono or low cost legal services which are available to registered charities to prevent such large expenditure being incurred again, should we be in need of legal advice or support. We are working on increasing our income, for example by increasing the cost of membership on 1st November 2025, and have been carefully analysing our outgoings in order to reduce expenditure where practical to ensure that our financial position is sustainable.

The vast majority of LLLGB groups hold funds for local use in their own group bank accounts. These funds are used to pay for the running of their group meetings and paying Leader expenses, including, for example, venue hire and resources needed for meetings and Leaders' continual professional development. LLLGB's balance sheet included £87,856.85 held by those groups.

Restricted funds are funds received from a funder and are to be used for a specific purpose, such as a particular project or activity. The balance of restricted funds is the amount not yet spent on those specific projects and activities.

Most LLLGB funds are unrestricted funds, which means that they can be used for any purpose as long as they are used in accordance with our charity aims and objectives.

La Leche League's goal is to uphold reserves to guarantee continuity of our work, even in less ideal economic conditions and our current level of reserves is more than sufficient in this respect.

We are deeply appreciative of the support from our members, as well as the grants awarded to groups and the generous donations from individuals. We extend our heartfelt thanks to everyone who felt moved to contribute to our cause, whether their donations were large or small. We are also immensely grateful to our fantastic volunteers who have dedicated their time and energy to volunteering with us this year. The donations and memberships received are a reflection of some of the lives they have touched with all the support they have given.

Trustees' responsibilities in relation to the financial statements

Company law requires the Trustees to prepare financial statements that give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year. In doing so the Trustees are required to:

- select suitable accounting policies and then apply them consistently.
- make judgements and estimates that are reasonable and prudent; 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 position of the charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The Trustees 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.

Independent examiner

Mrs K Seagrave FCA of Fouetté Accountancy Solutions Limited will be in office as independent examiner for the ensuing year.

Small company provisions

This report has been prepared in accordance with the special provisions relating to small companies under Part 15 of the Companies Act 2006.

The LLLGB Council of Directors

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF LA LECHE LEAGUE GREAT BRITAIN

I report on the accounts of the Charitable Company for the year ended March 31, 2025, which are set out on pages 12 to 20.

Respective responsibilities of trustees and examiner

The Charity's Trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's Trustees 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.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility:

- to examine the 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 Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

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

- which gives me reasonable cause to believe that, in any material respect, the requirements
    - to keep accounting records in accordance with section 386 of the Companies Act 2006; and

    - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice (FRS 102): Accounting and Reporting by Charities have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mrs K Seagrave FCA

Fouetté Accountancy Solutions Limited

82a Selby Lane, Keyworth, Nottingham, NG12 5AJ

Date 29 November 2025

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 MARCH 2025

INCOMING AND ENDOWMENTS		Unrestricted	Restricted	**31.03.25 Total**	31.03.24
	Notes	**£**	**£**	**£**	£
Income and endowments from generated funds:					
Voluntary income		107,641	-	**107,641**	118,322
Activities for generating funds		8,707	-	**8,707**	3,452
Investment income		10,988	-	**10,988**	1,465
Income and endowments from charitable activities		10,637	20,706	**31,343**	24,787
Total income and endowments	**1/2**	**137,973**	**20,706**	**158,679**	148,026
RESOURCES EXPENDED					
Cost of generating funds:					
Cost of generating voluntary income	**3**	-	-	**-**	-
Fundraising trading: cost of goods sold & other goods	**3**	19,439	-	**19,439**	12,309
Charitable activities	**3**	98,893	14,920	**113,813**	140,673
Governance costs	**3**	35,203	-	**35,203**	6,722
Total Resources Expended	**3**	**153,535**	**14,920**	**168,455**	159,704

NET INCOMING RESOURCES FOR THE YEAR					
net (expenditure)/income for the year		(15,562)	5,786	**(9,776)**	(11,678)
Transfer between funds		-	-	-	-
Fund balances at 1 April,2024	**11**	265,613	30,331	**295,944**	307,622
Fund balances at 31 March,2025	**11**	**250,051**	**36,117**	**286,168**	295,944

The statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 30-40 form part of these accounts.

COMPANY NUMBER 1566925

BALANCE SHEET AS AT 31 MARCH 2025

		2025	2024
FIXED ASSETS	**Notes**	**£**	£
Tangible	**5**	**-**	184
Investment in subsidiary	**4**	**10,000**	10,000
		10,000	10,184
CURRENT ASSETS			
Stock		**2,212**	2,379
Sundry debtors and prepayments	**6**	**17,705**	10,293
Balance at Charities Official Investment Fund		**89,319**	79,744
Cash in bank		**187,297**	222,780
		296,533	315,196
CURRENT LIABILITIES-CREDITORS:	**7**		
Amounts falling due within one year		**20,365**	29,436
NET CURRENT ASSETS		**276,168**	285,760
TOTAL ASSETS LESS CURRENT LIABILITIES		**286,168**	295,944

REPRESENTED BY:			
RESERVES:			
Unrestricted funds			
Designated fund	**8**	**-**	-
General funds	**8**	**250,051**	265,613
		250,051	265,613
Restricted funds	**8**	**36,117**	30,331
	11	**286,168**	295,944

The Trustees are satisfied that the charitable company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the accounts for the year by virtue of section 477 and that no member or members have requested an audit pursuant to section 476 of the Act.

The Trustees acknowledge their responsibilities for:

(i) ensuring that the charitable company keeps proper accounting records which comply with section 386 of the Act, and

(ii) preparing accounts which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its surplus or deficiency for the financial year in accordance with the requirements of sections 394 and 395, and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions for small companies, subject to the small companies regime.
These financial statements were approved by the board of Trustees on 29 November 2025 and signed on its behalf by:

Caitriona Martin - TRUSTEE/DIRECTOR

Jayne Joyce - TRUSTEE/DIRECTOR

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1. Accounting policies

The accounts have been prepared under the historical cost convention and in accordance with the provisions of Section 1A “Small Entities” of Financial Reporting Standard 102 “The Financial Reporting Standard applicable in the UK and Republic of Ireland”, the Charities Act, the Companies Act 2006 and the Statement of Recommended Practice: “Accounting and Reporting by Charities” (FRS 102).

Donations and grants

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable, except as follows:

- When donors specify that donations and grants given to the charity must be used in future accounting periods, the income is deferred until those periods.
- When donors impose conditions, which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.
- When donors specify that donations and grants, including capital grants, are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds receivable.

Resources expended

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered.

Certain expenditure is directly attributable to specific activities and has been included in those cost categories. Certain other costs, which are attributable to more than one activity, are apportioned across cost categories on the basis of an estimate of the proportion of time spent on those activities.

Charitable activities include expenditure associated with the provision of information, advice and support, and include both the direct costs and support costs relating to these activities.

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

Consolidation

The Company is exempt from the requirements to prepare group accounts under 398 of the Companies Act 2006 as the group qualifies as a small size group and thus group accounts have not been prepared.

Fixed assets

Fixed assets are included in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of fixed assets over their estimated useful life of four years on a straight-line basis. Assets costing under £50 are not normally capitalised.

Stocks

Stocks are valued at the lower of cost and net realisable value. It is not possible to value the goods that are donated to the shops and these are therefore carried at a £Nil valuation within the year end stocks.

Pensions

Pensions are accounted for in accordance with FRS 102.

Pension costs and the pension provision for the defined benefit scheme are calculated on the basis of actuarial advice and are charged to the statement of financial activities on a basis to spread the costs over the employees' working lives.

Pension costs for the defined contribution scheme are charged to the accounts on an accruals basis in the period in which they occur.

A pension provision has been created within unrestricted funds in compliance with the requirements of the SORP.

Fund accounting

Funds held by the charity are either:

- Unrestricted general funds – these are funds which can be used in accordance with the charitable objectives at the discretion of the Trustees.
- Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Branches

The operating results and net assets of branches of La Leche League Great Britain have been included in the Statement of Financial Activities and Balance Sheet.

2. Incoming resources

	Unrestricted Funds	Restricted Funds	**Total 31.03.25**	Total 31.03.24
INCOMING RESOURCES	£	£	**£**	£
Voluntary income				
Grants receivable	31,758	-	**31,758**	59,198
Others	556	-	**556**	496
Subscriptions	34,973	-	**34,973**	35,827
Donations	40,354	-	**40,354**	22,801
	107,641	**-**	**107,641**	118,322
Activities for generating funds				
Group other income	6,873	-	**6,873**	2,054
Group sales of books and leaflets	115	-	**115**	98
Breastfeeding Matters sales	1,719	-	**1,719**	1,300
	8,707	-	**8,707**	3,452
Investment income				
Interest receivable	10,988	-	**10,988**	1,465
Rent receivable	-	-	**-**	-
Sale of assets	-	-	**-**	-
Compensation	-	-	**-**	-
	10,988	**-**	**10,988**	1,465

Incoming resources from charitable activities				
Scottish government grants	3,257	20,706	**23,963**	18,153
Alison Parkes memorial fund	-	-	**-**	1,158
Conference	6,177	-	**6,177**	2,865
Others	1,203	-	**1,203**	2,611
	10,637	**20,706**	**31,343**	24,787

3. Analysis of total resources expended:

	Costs of Generating Funds £	Fundraising Trading £	Information advice and support £	Governance £	**2025 Total £**	2024 Total £
Costs directly allocated to activities						
Salaries	-	-	31,556	-	**31,556**	26,967
Direct costs and materials	-	877	52,592	-	**53,469**	65,058
Publications and leaflets	-	12,343	-	-	**12,343**	12,085
Travel and accommodation	-	-	-	5,057	**5,057**	1,149
Communications	-	-	1,106	-	**1,106**	1,281
Training and conferences	-	-	13,842	508	**14,350**	25,141
Depreciation	-	-	-	183	**183**	183
Premises costs	-	-	469	-	**469**	613
Other costs	-	6,219	14,248	29,455	**49,922**	27,227
	-	**19,439**	**113,813**	**35,203**	**168,455**	159,704

TOTAL RESOURCES EXPENDED INCLUDE THE FOLLOWING:

	2025	2024
	£	£
Depreciation	**183**	183
Management Committee remuneration	**-**	-
Management Committee expenses reimbursed:		
- Travel and incidental expenses of Trustees	**5,057**	1,149

Staff costs

	£	£
Salaries and wages	**31,556**	26,967
Social Security costs	**-**	-
	31,556	26,967

The average number of employees during the year was 2 (2024: 2). No employee earned in excess of £60,000 (2024: £60,000)

ANALYSIS OF GOVERNANCE COSTS:	**2025**	2024
	£	£
Independent Examination fees	**1,500**	1,494
Legal and professional fees	**27,894**	3,600
Costs of Trustee travel and subsistence	**5,057**	1,149
Bad debts	**-**	-
Other costs	**752**	479
	35,203	6,722

4. Investment in subsidiary

	2025	2024
	£	£
10,000 £1 Ordinary Shares in LLL (Books) Ltd	**10,000**	10,000

The Company owns 100% of the ordinary share capital of LLL (Books) Ltd., a company incorporated in England. LLL (Books) Ltd. is a trading company selling books on breastfeeding, child care and family life to La Leche League Leaders, members and the general public. Profits not needed for development are donated to the charity.

At 31 March 2025 the aggregate capital and reserves of LLL (Books) Ltd. were as follows:

	£
Aggregate capital	**10,000**
Reserves	**24,901**
	34,901

The net assets of LLL (Books) Ltd at 31 March 2025 comprise:

Tangible fixed assets	**52**
Stock	**15,530**
Debtors	**5,243**
Cash at Bank	**15,502**
	36,327

Less Creditors (including amounts due to group undertakings as below)

Amounts owed to the group	-
Other creditors	**1,426**
	1,426

LLL (Books) Ltd made a loss of £533 (2024: £11), after taxation in the year ended 31 March 2025.

5. Fixed Assets

COST	**Office equipment**
	£
Balance at 1 April 2024	**1,944**
Additions	**-**
Disposals	**-**
Balance at 31 March 2025	**1,944**
DEPRECIATION	
Balance at 1 April 2024	**1,760**
Provision in year	**184**
Disposals	**-**
Balance at 31 March 2025	**1,944**

NET BOOK VALUE	
At 1 April 2024	**184**
At 31 March 2025	**-**

6. Debtors

	2025	2024
	£	£
Sundry debtors	**17,705**	10,293
	17,705	10,293

7. Creditors

	2025	2024
	£	£
Amounts falling due within one year:		
Other income in advance	**14,753**	24,345
Trade creditors	**3,604**	3,872
Other creditors and accruals	**2,008**	1,219
	20,365	29,436

8. Analysis of net assets between funds

	Fixed Assets	Net current Assets	**2025 Total**	2024 Total
	£	£	**£**	£
Unrestricted				
Designated fund	-	-	**-**	-
General funds	10,000	240,051	**250,051**	265,613
Restricted	-	36,117	**36,117**	30,331
Total	**10,000**	**276,168**	**286,168**	295,944

9. Reserve Capital

The Company is limited by guarantee with no authorised share capital. The amounts guaranteed in the nature of reserve capital are £240. These amounts are only capable of being called up for the purposes of winding up the Company.

10. Restricted Funds

Restricted funds relate to the following programmes:

- Scottish government grants.
- Alison Parkes memorial fund

11. Movements in funds

	Balance at 01.04.24 £	Incoming Resources £	Resources used £	Transfers £	Balance at 31.03.25 £
RESTRICTED FUNDS:					
Alison Parkes memorial fund	3,523	-	-	-	**3,523**
Scottish Government Grant	26,808	20,706	(14,920)	-	**32,594**
Total restricted funds	30,331	20,706	(14,920)	**-**	**36,117**
UNRESTRICTED FUNDS:					
General funds	265,613	137,973	(153,535)	-	**250,051**
Total unrestricted funds	265,613	137,973	(153,535)	**-**	**250,051**
TOTAL FUNDS	**295,944**	**158,679**	**(168,455)**	**-**	**286,168**

APPENDIX 1

Scottish Government Breastfeeding Programme

In 2024-2025 La Leche League GB received an additional year of funding from the Scottish Government for two projects: LLL Group Development in Scotland, and Peer Support Training, with Breastfeeding LENs Ltd. This was the seventh and final year of funding available to LLLGB under the Scottish Government Breastfeeding Programme for Government.

The funding has helped to expand the work of La Leche League in Scotland. The charity has used the funds to secure venues for face-to-face meetings, and to provide resources and continuing professional development (CPD) for volunteers. The Peer Support Training project, with Breastfeeding LENs is a community project employing a part-time facilitator; it supports mothers and families in a specific area of economic deprivation in East Lothian with low breastfeeding rates.

This reporting period saw us continue our CPD offer for La Leche League Leaders and trainee Leaders. Fifteen attended the La Leche League International online conference in October 2024; six volunteer breastfeeding counsellors from Scotland were able to attend the LLLGB National Workshop offered by the charity in Birmingham in November 2024. The autumn also saw a successful book launch tour for *The Art of Breastfeeding, 9th edition,* in Aberdeen, Glasgow and Edinburgh, promoting the book and increasing awareness of LLL in Scotland. *The Art of Breastfeeding* is the key breastfeeding text published in multiple languages from La Leche League International.. 200 copies of the UK adaptation were purchased and distributed, including to 31 of Scotland's 33 public library systems, to all of our LLL Groups and volunteers, and to our Scottish-wide lending library for La Leche League groups.

La Leche League groups in Scotland have continued to offer support to mothers and families by phone and online, as well as in-person meetings. The 'Beginning Breastfeeding' course online has been offered by Leaders in Scotland on a bi-monthly basis, reaching approximately eight families each session.

The Peer Support Project with Breastfeeding LENs trains local mothers to support each other and promote breastfeeding in an area in East Lothian with low breastfeeding rates. The number of groups meeting each week via WhatsApp and online continues to grow, as does the number of trained peer supporters. Outreach to schools by the project staff and volunteers providing interactive workshops with children and youth seek to increase understanding of breastfeeding in the community. Annual data show small increases in breastfeeding rates in the project area.

Project oversight for Peer Support Training is provided by Breastfeeding LENs in cooperation with LLLGB.

With both projects, LLLGB aims to contribute to the Scottish Government's objective of reducing the breastfeeding attrition rate at the 6-8 week infant review.

APPENDIX 2 – REPORT FROM DIRECTORS OF LLLGB SHOP (LLL BOOKS LTD – THE TRADING ARM OF LLLGB)

LLLGB Shop (LLL Books Ltd) is a trading subsidiary wholly owned by LLLGB and financially separate from the charity. It is a registered UK company with its own board of (unpaid) Directors who also do the day-to-day administration.

We stock an exceptionally wide range of books, leaflets and Leader resources, currently totalling more than 100 different lines. All our products are in line with LLL philosophy. Our customer base includes parents, breastfeeding supporters (paid and volunteer), NHS trusts and other health organisations. The new LLLI *Art of Breastfeeding* book, published in October 2024 was our best-selling book, with 324 copies sold. We have also been working closely with the LLLGB Publications team on a new 20-page A5 leaflet, *Expressing & Storing Milk,* to replace some of our existing older leaflets. Whilst our leaflet *Full Sample Set* and *Complete Reference Set* have continued to be steady sellers, there has been a significant drop in overall sales of LLLGB leaflet tear-off pads and packs. This is becoming an ongoing trend year by year as customers, including Leaders, move to using online sources.

We ran successful stalls at the London Spring Workshop in May 2024 and LLLGB National Workshop in October 2024, and supplied *The Art of Breastfeeding* for sale at a series of Scottish book launch events in Nov/Dec 2024.

Any surplus income at the end of the financial year is donated to LLLGB. The 2024-25 tax year brought a turnover of £15,104 (2024 £16,852) but rising costs led to a net loss of £533 (2024 surplus £1,066 shown as a donation in these accounts). As a result there will be no donation from LLL Shop to LLLGB in 2025-26 accounts relating to the 2024-25 financial year. The drop in profitability is due to reduced sales of leaflets, tough competition from other booksellers, and ongoing increases in overheads and shipping costs. Over the coming year the Directors will be working together with the LLLGB trustees to consider how to adapt the business to better meet the needs of LLLGB and future customers.

La Leche League GB

www.laleche.org.uk

breastfeedinglllgb
lalecheleague_gb
lllgb
lllgb.bsky.social
YouTube @LLLGB

Registered office: Charlotte House, Stanier Way,
The Wyvern Business Park, Derby, DE21 6BF

Registered Charity No. (England and Wales) 283771 (Scotland) SC039386

LA LECHE LEAGUE GREAT BRITAIN

England & Wales - Charity number 283771

Accounts

La Leche League GB
mother-to-mother support for breastfeeding

LA LECHE LEAGUE GREAT BRITAIN
(A charity and company limited by guarantee
and not having share capital, registered in England)

REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

Company Number 1566925
Charity Number 283771 (England and Wales)
SC050396 (Scotland)

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

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LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

COUNCIL OF DIRECTORS REPORT FOR ANNUAL FINANCIAL STATEMENTS

In the last year our charity has continued to offer a range of in person, local group meetings and online meetings. Online meetings started during the pandemic LLLGB have chosen to continue to offer them as they have further extended our reach to those unable to travel or unable to access our local group meetings for a variety of reasons.

LLLGB offers free at point of access, help to all who plan to breastfeed through mother-to-mother support, encouragement, information and education, and promotes a better understanding of breastfeeding as an important element in the healthy development of the baby. Mothers can access support through face-to-face and online meetings, the website, social media, email, text message, phone, and podcast. Breastfeeding is the most healthy and eco-friendly way to feed your baby, it is widely promoted by the NHS as a healthy start in life for babies.

In addition, LLLGB provides free information and education to partners, family members, health care professionals and anybody interested to protect and promote the health benefits of immediate and long-term breastfeeding. This is accessible through our online resources, extra meetings, workshops and if agreed with the local Leader, as one to one support. We depend on memberships and donations as our primary income source to cover the costs involved in running a national organisation, for example our website running and maintenance costs, training our volunteers and paying for our two part-time staff members.

With fewer donations from families and general costs going up, our total profit for the last two years has decreased compared to previous years. We are not in an ideal financial position at the moment, despite a surplus from previous years. Therefore, we are aware that LLLGB needs to include planning strategies to increase our income streams and review budgeting forecasts and outgoings regularly in order to continue to be sustainable long term.

We plan to extend support to a wider variety of communities in the next few years. We have started reviewing our current practices and policies to highlight awareness amongst our volunteers and potential projects to broaden our reach, including extra equity, diversity and inclusion training for all volunteers, creating new and improved resources and ongoing updates of our website. The LLLGB podcast, launched in 2023, has been a success, reaching a wider audience and offering a variety of topics that can be accessed on the move, at any time. We have more projects in the pipeline. LLLGB seeks to maintain our mission and philosophy whilst bearing in mind the needs and expectations of our beneficiaries.

We would like to extend a heartfelt thank you to all our amazing volunteers and staff who selflessly offer support to each other, LLLGB and the mothers, parents and families who come to us for support and information.

Helen Russ - on behalf of the Council of Directors

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

REPORT OF THE TRUSTEES

The Trustees present their report and financial statements for the year ended 31 March 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

PRINCIPAL ACTIVITY

The principal activity of the company is the provision of breastfeeding help, information and education.

LEGAL AND ADMINISTRATIVE INFORMATION

Name of company: LA LECHE LEAGUE GREAT BRITAIN
The company is incorporated under the 2006 Companies Act (No. 1566925).
La Leche League Great Britain is a registered charity (No. 283771 England and Wales, SC050396 Scotland)

DIRECTORS

The directors of the charitable company are its trustees for the purposes of charity law. The following persons have served during the year April 2023- March 2024.

Joanna Godden	(appointed February 2024)
Eleanor Moriarty	(appointed February 2024, resigned June 2024)
Miriam Main	(appointed November 2023)
Helen Russ	(appointed November 2023)
Ruth Lewis	(appointed November 2023)
Rebecca Cluett	(appointed November 2023)
Sian Keller	(appointed November 2023)
Amanda Dunbar	(appointed November 2023, resigned June 2024)
Anne Gaskell	(appointed November 2023, resigned March 2024)
Rachele Lowe	(appointed August 2023, resigned November 2023)
Hannah Ford	(appointed May 2023, resigned March 2024)
Efrat Burman	(appointed October 2022, resigned January 2024)
Bronwyn Davies	(appointed October 2022, resigned June 2024)
Louise Moran	(appointed October 2022, resigned June 2024)
Claire Grimstead	(appointed October 2022, resigned January 2024)
Benaifer Bhandari	(appointed October 2022, resigned June 2023)
Sarah Denniston	(appointed October 2021, resigned April 2023)
Cheryl Inwood	(appointed October 2021, resigned April 2023)
Kerrie-Louise Goodman	(appointed November 2020, resigned November 2023)
Clare Davidson	(appointed July 2019, resigned November 2023)

COMPANY SECRETARY

Claire Patel

REGISTERED OFFICE	Charlotte House, Stanier Way, The Wyvern Business Park, Derby, DE21 6BF
INDEPENDENT EXAMINER	Mrs K Seagrave FCA, Fouetté Accountancy Solutions Limited 82a Selby Lane, Keyworth, Nottingham, NG12 5AJ
BANKERS	TSB Bank plc West Bridgford Nottingham NG2 5JD

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2024

PURPOSES AND AIMS

OUR PURPOSES

Our purposes as set out in objects of the company's Memorandum and Articles of Association are:

- to promote the physical and psychological health of mothers and children through education in the technique of breastfeeding, and
- to advance the education of the public and especially those concerned with the care of children, in the health benefits both immediate and long-term of breastfeeding.

OUR AIMS

Our aims are to help mothers to breastfeed through mother-to-mother support, encouragement, information and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and the mother. Our aims fully reflect the purposes the charity was set up to further.

OUR OBJECTIVES

Our objectives for the year continued to be the provision of information and support in diverse formats to pregnant and breastfeeding mothers, as well as offering support and information to the fathers/partners, families and health professionals who are supporting the mother and baby.
The strategies employed to achieve the charity's objectives are through:

- Training and supporting La Leche League Leaders
- Encouraging and supporting Leaders in forming local groups
- Supporting Leaders in delivering support and information to mothers.
- Developing breastfeeding courses
- Maintaining and growing our subscribing and health professional memberships, providing them with well referenced information and support
- Producing publications for Leaders, members, health professionals and the general public
- Raising public awareness of the benefits of breastfeeding and La Leche League as a trusted source of well referenced information and excellent support, through social media, attending local events and membership of and participation in other relevant local, national and international organisations .

In shaping our objectives for the year and planning our activities, the Trustees have considered the Charity Commission's guidance on public benefit.

ENSURING OUR WORK DELIVERS OUR AIMS

We review our aims, objectives and activities on a regular basis. The main objectives for the year continued to be the provision of information and support in diverse formats to pregnant and breastfeeding mothers and their families, in addition to achieving significant cost savings and raising money in order to secure our financial future. This review looks at the success of each activity we have undertaken, and the benefits they have brought to each group. We have referred to the guidance given in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives, and in planning future activities. In particular, the Trustees consider how planned activities will contribute to the aims and activities set.

The strategies employed to achieve the charity's objectives are to:

- focus on meeting the needs of breastfeeding mothers and babies for information and support;
- enable mothers and families throughout the UK to access our information and services easily (e.g. with a baby in arms and older child(ren) at their knee);
- provide healthcare professionals with tools to enable them to help mothers/families effectively in their local communities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

GOVERNING DOCUMENT

La Leche League Great Britain (LLLGB) is an Affiliate of La Leche League International (LLLI), a world-wide not-for-profit organisation and internationally recognised authority on breastfeeding. La Leche League GB is registered as a charity with the Charity Commission and with the OSCR and is a company limited by guarantee, registered in England, incorporated under the 2006 Companies Act, governed by its Memorandum and Articles of Association, dated 9 June 1981 and amended to allow for current governance arrangements on 23 October 2004, 22 November 2008, 12 October 2013, 25 May 2014, 12 October 2014, 10 October 2015, 16 April 2020. The leader Members of the Company are those who have been accredited by La Leche League International as competent to offer breastfeeding information to the best of their ability in the advancement of the objectives of La Leche League Great Britain ("La Leche League Leaders") and who have paid their annual Leader fee to LLLGB. LLL Leader numbers at 31/3/24 - 218

APPOINTMENT OF TRUSTEES

As set out in the Articles of Association, the Chair of the Trustees is elected by the Council of Directors (the Trustee board). Each year, at the Annual General Meeting (usually held in October/November) attended by the members of the charitable company, one third (or the nearest number to a third) of Trustees shall retire, but shall be eligible for re-election, subject to restrictions placed on the re-election of Departmental Directors. Departmental Directors are Trustees who have been elected by the membership to take responsibility for designated areas of the company's business and who may not serve more than two three-year terms in such a position. All voting members are circulated with invitations prior to the AGM advising them of the retiring Trustees and requesting them to nominate Trustees for election at the AGM. The Trustee board has the power to co-opt other Trustees during the year, subject to such persons then standing for election at the next AGM. When considering co-opting Trustees, the board has regard to the requirement for any specialist skills needed.

TRUSTEE INDUCTION AND TRAINING

New Trustees receive an orientation pack (revised and updated as necessary) to brief them on their legal obligations under charity and company law, a copy of the Memorandum and Articles of Association, the charity's policies and procedures handbook, the department structure and decision-making processes, the recent financial statements of the charity and the current strategic plan. New trustees are also orientated into the online workspaces and documents drive currently used for all trustee work. Opportunities are given to new Trustees to meet key employees and other Trustees. Trustees are encouraged to attend appropriate external training events where these will facilitate the undertaking of their role.

ORGANISATION

The Council of Directors (CoD), which administers the charity, can have up to thirteen Directors. The Council holds four quarterly meetings each year. These are full day meetings in person (online in certain circumstances). In addition as required, the CoD holds regular shorter meetings online for day-to-day departmental and governance work. In this way the CoD are able to work collaboratively, keeping up to date as directors in our shared online workspaces

The Trustees manage the day-to-day operations of the charity. To facilitate effective operations, authority is delegated to staff and other volunteers, within terms of delegation approved by the Trustees, for operational matters including finance, volunteer training and support, publications and training activities.

RISK MANAGEMENT

Risks facing the organisation are reassessed on an ongoing basis and plans put in place to mitigate them, with these plans carefully monitored and adjusted as necessary. These risks are addressed in the following ways:

Risks associated with the costs of our infrastructure: Our database supports our administrative efficiency, particularly in the way we process memberships. We offer annual memberships and monthly memberships payable by direct debit. The new website has further increased efficiency of administration. This year we have increased security on the website and minimised phishing attacks.

Risks associated with the economic links between the trading subsidiary (LLL (Books) Ltd.) and LLLGB: these risks have been mitigated by cost containment and improved trading conditions as detailed in this report.

Risks associated with the links to La Leche League International (LLLI), with whom LLLGB has and affiliate agreement: LLLGB are able to join discussions about LLLI's management and consider details of changes to bylaws and other proposed revisions to the LLLI Policy and Standing Rules (PSR), ensuring that GB Leaders have their voices heard. This includes having a guaranteed GB Leader seat on the LLLI Board and a CoD representative on the LLL DCE review panel. When implementing LLLI Policies in GB, trustees need to ensure alignment and compliance with UK laws and LLLGB charitable objects.

Risks associated with lack of general funds from memberships and donations: some fundraising has been undertaken, including online donations and encouraging membership. The charity is increasingly working on obtaining grant funding for specific tailored projects and the provision of training to our volunteer Leaders, through local and national grants which can also be used to support local LLL Groups with the costs of running meetings. In times of economic pressure across Great Britain, the charity cannot place significant reliance on income from donations. LLLGB recognises that going forward focussing on budgeting, forecasting expenditure and reducing costs where possible are all essential to sustainable finances.

Risks relating to compliance with laws and regulations: LLLGB needs to ensure compliance with both company law and charity law. To minimise risks trustees include those with knowledge and experience of relevant regulations in supporting LLLGB CoD. LLLGB take legal and professional advice where necessary, recognising this as part of our trustee responsibility, in addition, attending relevant governance and role specific training where appropriate.

MAIN AREAS OF OPERATION AND HOW THEY DELIVER PUBLIC BENEFIT

Our main activities providing information and support are described below; these are undertaken to further our charitable purposes for public benefit. Our online resources, contacts and website deliver services to all areas of Great Britain. LLLGB are working to increase our local outreach further through accrediting more Leaders and opening local groups, as achieved for example with project funding secured for LLLGB work in Scotland.

SUPPORT

Breastfeeding support - We offer free access to support, encouragement and information to mothers, who plan to or are breastfeeding, through LLLGB local groups, a helpline (with a callback service), online Help Forms, a comprehensive website including live chat and a range of social media channels. We also offer free to access information and support to partners, families and health care professionals.

Volunteer support - LLL Leaders follow the LLLI accreditation pathway which has built in flexibility to allow for family needs. Leader applicants are supported throughout the process by their local Leader and the LLLGB Leader Accreditation Department (LAD). Once accredited, Leaders are supported by a locally based District Co-ordinator and the Leader Department Director; there are also significant levels of informal mutual support.

Professional Liaison Department (PL) and Panel of Professional Advisors (PPA)
LLL Leaders offer support with the normal course of breastfeeding. The Professional Liaison (PL) Department is a small department within LLLGB providing support and information to Leaders dealing with more complex breastfeeding queries. Our PL Department is part of a wider LLL Global PL Group. The LLLGB Panel of Professional Advisors (PPA) are a body of experts in breastfeeding and birth research and practice. They advise our Professional Liaison Department and support us with medical queries and challenges.

INFORMATION

We share breastfeeding information through our paper publications, website, professional liaison, public relations, and trading subsidiary LLL (Books) Limited. We are also actively pursuing closer cooperation with other breastfeeding support organisations in the UK. For example the Baby Feeding Law Group. (BFLG)

EDUCATION and DEVELOPMENT

Our Education and Development Department runs a programme of antenatal breastfeeding courses, which in the current financial year have been provided both online and in person under the title of "Beginning Breastfeeding". This innovative offering, provided at no charge to families, has contributed significantly to a wider awareness of the support LLLGB offers, in this year thirty-four courses have been run.
This year LLLGB invested in Vimeo to facilitate in-house enrichment training for Leaders including the National Workshop 2023 being run as a fully accessible live hybrid event with access to key sessions available for a month afterwards. We are in the process of rolling out Leader training during 2024, covering the following areas: Safeguarding Children Levels 1 & 2, Safeguarding Adults Levels 1 & 2 Equality, Diversity & Human Rights and Information Governance.

ADMINISTRATION and FINANCE

We have departmental directors for both Administration and Finance, who are supported by two part-time members of staff, our Operations Manager and Bookkeeper. Further information on our financial position is set out in the Finance Report.

Public Relations and Media
LLLGB has been working to raise awareness of who we are and what we do at both a local and a GB level. We aim to increase awareness of and accessibility to our GB-wide provision of breastfeeding support via local Leader contact and local groups all over GB. La Leche League GB has received several media enquiries during the year asking for our response to various news stories about breastfeeding. LLL Leaders have taken part when availability allows in radio discussions on local radio, national media, and TV interviews. LLLGB has been quoted in articles on the national print media, as well as online media channels.
We have continued to explore and expand our social media presence as a way of reaching new and existing audiences, and of raising the profile and awareness of LLLGB in general.

Social Media
The social media team coordinates posts, memes, and information sharing via Facebook, X, Instagram and YouTube. We promote the information available on our website, raise awareness of the presence of LLLGB groups across England, Wales and Scotland, advocate for families, and encourage membership and donations. We also aim to encourage interaction, peer support and encouragement across our channels. On X we interact with Healthcare Professionals, academic and allied organisations, for example, covering conferences and APPG on Infant Feeding & Inequalities

meetings on the latest research and best practice. We offer individual support to anyone who contacts us via social media with a view to eventually connecting them with their local group where possible.

VOLUNTEER SUPPORT

Leader Accreditation Department (LAD)

Our team of Coordinators of Leader Accreditation (CLAs) continue to work with new and existing Leader Applicants. The LAD team met in-person in March 2024 for a productive departmental meeting.

The Administrator of Leader Applicants (ALA) meets monthly with the International LAD Council and every other month with the LLLI Board. In March 2024, the LLLGB LAD ALA attended the LAD council International Meeting where the future of accreditation was discussed.

Scottish Government Breastfeeding Programme for Government 2018-2024

In 2023-2024 La Leche League GB received an additional year of funding from the Scottish Government for two projects: LLL Group Development in Scotland and Peer Support Training with Breastfeeding LENs Ltd.

La Leche League groups in Scotland have continued to offer support by phone and online, as well as in-person meetings. Scottish Government funding continues to be used to secure venues for face-to-face meetings, and for continuing professional development (CPD) for volunteers. The 'Beginning Breastfeeding' course online continues to be offered by Leaders in Scotland. This past year, it has been offered quarterly, reaching approximately eight families each session.

This reporting period saw us continue our CPD offer for La Leche League Leaders and trainee Leaders. LLL Groups in Scotland held an in-person educational event in Edinburgh in May 2023. The funding enabled us to invite guest speakers, to choose an accessible venue and redeem travel and workshop expenses to volunteers.

The Peer Support Project with Breastfeeding LENs trains local mothers to support each other and promote breastfeeding in an area in East Lothian with low breastfeeding rates. The number of groups meeting each week and the number of trained peer supporters have continued to grow. Enrichment activities for volunteer peer supporters included a talk by Dr Justice Reilly. Annual data show breastfeeding rates increased over the past year in the project area. Project oversight is provided by Breastfeeding LENs in cooperation with LLLGB. With both projects, LLLGB aims to contribute to the Scottish Government's objective of reducing the breastfeeding attrition rate at the 6-8 week infant review.

In March 2024, three Leaders from Scotland travelled to the La Leche League European Management Symposium in Frankfurt to present a talk on our work in Scotland. The presentation, entitled, "Breastfeeding Friendly Scotland: Developing LLLGB in a Positive Policy Climate", was delivered to European administrators of LLL.

INFORMATION

Publications

Breastfeeding Matters

Breastfeeding Matters, LLLGB's bi-monthly member newsletter, is produced by a team of dedicated Leaders and is a terrific resource for our members who can choose to receive it in paper form or electronically. It is full of information and wonderful stories shared by mothers and families, which provide encouragement and there are often suggestions for those in similar situations.

There have been changes to the *Breastfeeding Matters* team over the past year, including a new editor, Jayne Joyce, and our Operations Manager has recently taken on the role of layout editor in addition to her other responsibilities.

Breastfeeding Matters articles are often referred to by our breastfeeding counsellors during our local group meetings, whether in person or online, and they can be a useful resource to promote LLLGB membership. *Breastfeeding Matters* is read around the world, although its circulation is especially wide across Britain, Ireland and France. Articles of particular interest are also made available on the LLLGB website.

Podcast - The episodes released to date of the LLLGB Podcast are proving successful in adding another way for LLL information and support to become more accessible and well known in GB. The podcast was launched, with its first episode 'Why Breastfeeding Support Matters', in November 2023 and has added another avenue for LLLGB to become more widely recognised.

Leaflets Team: Booklets & Information Sheets

LLLGB publishes over fifty different information sheets and booklets. These are for sale in the LLLGB shop as single copies and bulk pads and packs, and are popular with parents, Leaders, breastfeeding supporters and health professionals in the UK and beyond. The text of many leaflets can also be read on the LLLGB website.

Our Positioning and Attachment leaflet is available for sale in Kindle format. Also available is the popular Complete Reference Set, comprising the contents of the Full Sample Set, ready filed for easy reference. Parents attending LLLGB Beginning Breastfeeding Antenatal Courses receive a pack of specially selected leaflets as part of their course. LLL Ireland purchases and sells our leaflets and LLL New Zealand have continued to print many of our titles under licence.

The leaflets team continued their work on revamping and streamlining our leaflet collection using the information collated following a survey of Leaders. LLLGB engaged a graphic designer and have been working with her on a new design and format. The possibility of updating the LLLGB logo to reflect our reach is being discussed. The LLLGB publications team plan to build the team by recruiting new writers and continue to make progress, optimistic that some leaflets in the updated format will be published in 2024.

Website

From 1st April 2023 to 31st March 2024, our national website (www.laleche.org.uk) recorded 2.2m page views from 1.2m active users.

After "La Leche League", our most google searched queries were about how to increase milk supply, and alcohol & breastfeeding. The pages with the most views are "Breastfeeding At Night" (115K), "Sleepy Baby" (75K) and "How to increase your milk supply" (69K). Other popular pages were information on thrush and too much milk/oversupply as well as our Get Support page where mothers can find out how to get in touch with a Leader or a local group directly.

Keeping the breastfeeding information on our website up to date and accurate is an ongoing priority, ahead even of generating new content. We continue to monitor our use of images and language to ensure they represent the full diverse range of mothers and children we support.

A new privacy tool was installed on the website in January 2024 to improve GDPR compliance. We have improved our website search function and prioritised the breastfeeding information as the recommended content in the search. We started consulting with volunteer web experts, as a long term piece of work to update the website with particular focus

on user experience, accessibility and functionality. We have improved user engagement by optimising form design, functionality and usability.

We are increasing the audio visual content of the website, embedding videos where possible, including adding subtitles to videos where we have permission to alter the content.

Behind the scenes, we continue to develop our website-based resources for our Leaders so they can record their work securely online which also improves our internal record keeping.

LLLGB LEADER ALUMNAE

We value our alumni and are grateful to them for the service they have provided to LLLGB and their continued support.

LLLGB Shop (LLL Books Ltd – the trading arm of LLLGB)

LLLGB Shop (LLL Books Ltd) is a trading subsidiary wholly owned by LLLGB and financially separate from the charity. It is a registered UK company with its own board of (unpaid) directors.

Any surplus income at the end of the financial year is donated to LLLGB. The 2023-24 tax year brought a turnover of £16,852 (2023 £20,166), which enabled us to Gift Aid a surplus of £1,066 to LLLGB (2023 £2,522). This reduction in sales income and ongoing significant increases in fulfilment and shipping costs have been the main factors in the fall in our overall surplus.

We stock an exceptionally wide range of books, leaflets and Leader resources totalling more than 120 different lines. All our products are in line with LLL philosophy. Our customer base includes parents, breastfeeding supporters (paid and volunteer), NHS trusts and other health organisations. Our leaflet Full Sample Set and Complete Reference Set were our top sellers. These are made up in small batches to ensure they always contain current leaflets. The *Breastfeeding Answers Pocket Guide*, *Sweet Sleep*, *The Womanly Art of Breastfeeding*, and *Adventures in Tandem Nursing* were our best-selling books. One very large purchase order of leaflet pads during the year gave a significant boost to our income.

We work closely with the LLLGB Publications team to ensure we continue to offer a wide range of current breastfeeding leaflets. The team has been restructuring the range of titles we sell in printed form to ensure it stays manageable and can be kept up to date in a timely way.

We keep a close eye on pricing and make adjustments when necessary, but remain committed to offering a good deal on our products any time a customer needs to order. LLLGB Shop attended the LLLGB National Workshop in November 2023, where we were able to showcase a vast range of products to Leaders and Leader Applicants. We also ran sales stalls at the Lactation Consultants of Great Britain Conference in April 2023 and the LLL SE London Spring Workshop in Woolwich.

We use a self-employed book-keeper. The remaining admin tasks are shared on a voluntary basis between the three company directors working from home. Company directors Sue Upstone, Kate Wootton-Beard and Heather Birt would like to thank Sally Harris and Suzanne Cohen for their ongoing contributions over the past few years and all the Leaders who encourage people to buy from the LLLGB Shop.

RELATED PARTIES

La Leche League GB is affiliated with La Leche League International, though there is no legal ownership and the only financial link is the quarterly cost-sharing payments made under our current affiliate agreement, which sets out certain contractual commitments for both parties relating to use of the LLL name and logo, and contributions to shared central costs.

ADMINISTRATION and FINANCE

This financial year the charity's main sources of income were:
Subscriptions, as usual the bulk of our income came from various forms of subscriptions totaling around £35,827 this year (compared with £36,575 last year)
Donations £22,801 (£14,730 in 2023), including the **LLLGB Books Donation** of £2,522;
Grants, such as the Scottish Government Funding

The accounts show total incoming resources for the year of £148,026 which shows an increment when compared with last year's amount (£117,158). The expenses have risen in the past two years from £127,923 in 2023 to £159,704 in 2024. This is a reflection in the UK cost of living increment in the last few years. Although we have some reserves, we're aware that the cost of living and inflation have increased, leading to higher expenses. We aim to boost our income and make necessary adjustments to accommodate these costs. With the assistance of various department heads, we plan to create a budget with designated funds for each department. As well as help implementing budget to local groups so they can access further education and do what they know best: support mothers and their families.

Most of the local groups resumed their in person meetings, which revealed a rise in donations for the first time in the last couple of years.
A substantial amount of the groups hold funds for local use, which includes venues hiring and resources needed for the meetings and to accommodate the needs of our attendees.
LLLGB's balance sheet included £97,695.63 cash held by those groups. .

Restricted funds are funds received from a funder and are to be used for a specific purpose, such as a particular project or activity. The balance of restricted funds is the amount not yet spent on those specific projects and activities.
Most LLLGB funds are unrestricted funds, which means that they can be used for any purpose as long as they are used in accordance with our charity aims and objectives.
La Leche League's goal is to uphold reserves to guarantee continuity of our work, even in less ideal economic conditions.

We are, as ever, deeply appreciative of the support from our local funders, as well as the grants awarded to groups and the generous donations from individuals. We extend our heartfelt thanks to everyone who felt moved to contribute to our cause, whether their donations were large or small. We are also immensely grateful to the volunteers who have dedicated their time and energy to secure grant funding, thereby allowing the heart of our work to take place.

TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS

Company law requires the Trustees to prepare financial statements that give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year. In doing so the Trustees are required to:

- select suitable accounting policies and then apply them consistently.
- make judgements and estimates that are reasonable and prudent; 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 position of the charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The Trustees 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.

INDEPENDENT EXAMINER

Mrs K Seagrave FCA of Fouetté Accountancy Solutions Limited will be in office as independent examiner for the ensuing year.

SMALL COMPANY PROVISIONS

This report has been prepared in accordance with the special provisions relating to small companies under Part 15 of the Companies Act 2006.

The LLLGB Council of Directors

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF LA LECHE LEAGUE GREAT BRITAIN

I report on the accounts of the Charitable Company for the year ended March 31, 2024, which are set out on pages 13 to 21.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The Charity's Trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's Trustees 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. Even though the charity's gross income did not exceed £250,000 its governing document requires an independent examination and I am qualified to undertake the examination by being a qualified member of the ICAEW.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility:

- to examine the 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 Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement
In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements

(a) to keep accounting records in accordance with section 386 of the Companies Act 2006; and

(b) to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice (FRS 102): Accounting and Reporting by Charities have not been met; or

- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mrs K Seagrave FCA
Fouetté Accountancy Solutions Limited
82a Selby Lane, Keyworth, Nottingham, NG12 5AJ

Date 16 November 2024

PUPLICATE.

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF LA LECHE LEAGUE GREAT BRITAIN

I report on the accounts of the Charitable Company for the year ended March 31, 2024, which are set out on pages 2 to 20.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The Charity's Trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's Trustees 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. Even though the charity's gross income did not exceed £250,000 its governing document requires an independent examination and I am qualified to undertake the examination by being a qualified member of the ICAEW.

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  (a) to keep accounting records in accordance with section 386 of the Companies Act 2006; and
  (b) to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice (FRS 102): Accounting and Reporting by Charities have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mrs K Seagrave FCA
Fouetté Accountancy Solutions Limited
82a Selby Lane, Keyworth, Nottingham, NG12 5AJ

Date 16 November 2024

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2024

INCOMING AND ENDOWMENTS		Unrestricted	Restricted	**31.03.24 Total**	31.03.23
	Notes	£	£	£	£
Income and endowments from generated funds:					
Voluntary income		118,322	-	**118,322**	72,592
Activities for generating funds		3,452	-	**3,452**	2,619
Investment income		1,465	-	**1,465**	1,688
Income and endowments from charitable activities		5,476	19,311	**24,787**	40,259
Total income and endowments	**1/2**	**128,715**	**19,311**	**148,026**	117,158
RESOURCES EXPENDED					
Cost of generating funds:					
Cost of generating voluntary income	**3**	-	-	-	-
Fundraising trading: cost of goods sold & other goods	**3**	12,309	-	**12,309**	18,373
Charitable activities	**3**	118,302	22,371	**140,673**	107,543
Governance costs	**3**	6,722	-	**6,722**	2,007
Total Resources Expended	**3**	**137,333**	**22,371**	**159,704**	127,923
NET INCOMING RESOURCES FOR THE YEAR net (expenditure for the year		(8,618)	(3,060)	**(11,678)**	(10,765)
Transfer between funds		-	-	-	-
Fund balances at 1 April,2023	**11**	274,231	33,391	**307,622**	318,387
Fund balances at 31 March,2024	**11**	**265,613**	**30,331**	**295,944**	307,622

The statement of financial activities includes all gains and losses recognised in the year.

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

COMPANY NUMBER 1566925
BALANCE SHEET AS AT 31 MARCH 2024

	Notes	2024	2023
FIXED ASSETS		£	£
Tangible	5	184	367
Investment in subsidiary	4	10,000	10,000
		10,184	10,367
CURRENT ASSETS			
Stock		2,379	2,379
Sundry debtors and prepayments	6	10,293	5,867
Balance at Charities Official Investment Fund		79,744	79,744
Cash in bank		222,780	236,524
		315,196	324,514
CURRENT LIABILITIES-CREDITORS:			
Amounts falling due within one year	7	29,436	27,259
NET CURRENT ASSETS		285,760	297,255
TOTAL ASSETS LESS CURRENT LIABILITIES		295,944	307,622
REPRESENTED BY:			
RESERVES:			
Unrestricted funds			
Designated fund	8	-	-
General funds	8	265,613	274,231
		265,613	274,231
Restricted funds	8	30,331	33,391
	11	295,944	307,622

The Trustees are satisfied that the charitable company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the accounts for the year by virtue of section 477 and that no member or members have requested an audit pursuant to section 476 of the Act.

The Trustees acknowledge their responsibilities for:

(i) ensuring that the charitable company keeps proper accounting records which comply with section 386 of the Act, and

(ii) preparing accounts which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its surplus or deficiency for the financial year in accordance with the requirements of sections 394 and 395, and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions for small companies, subject to the small companies regime.

These financial statements were approved by the board of Trustees on 16 November 2024

and signed on its behalf by: Helen Russ ..Helen Mary Russ.....

Adriana Espinhal ..Espinhal.....

DUPLICATE.

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

COMPANY NUMBER 1566925
BALANCE SHEET AS AT 31 MARCH 2024

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Designated fund	8	-	-
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The Trustees are satisfied that the charitable company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the accounts for the year by virtue of section 477 and that no member or members have requested an audit pursuant to section 476 of the Act.

The Trustees acknowledge their responsibilities for:

(i) ensuring that the charitable company keeps proper accounting records which comply with section 386 of the Act, and

(ii) preparing accounts which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its surplus or deficiency for the financial year in accordance with the requirements of sections 394 and 395, and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions for small companies, subject to the small companies regime.

These financial statements were approved by the board of Trustees on 16 November 2024

and signed on its behalf by: Helen Mary Russ

HELEN MARY RUSS - LEADER DEPARTMENT
DIRECTOR

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

1. ACCOUNTING POLICIES

The accounts have been prepared under the historical cost convention and in accordance with the provisions of Section 1A "Small Entities" of Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", the Charities Act, the Companies Act 2006 and the Statement of Recommended Practice: "Accounting and Reporting by Charities" (FRS 102).

DONATIONS AND GRANTS

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable, except as follows:

- When donors specify that donations and grants given to the charity must be used in future accounting periods, the income is deferred until those periods.
- When donors impose conditions, which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.
- When donors specify that donations and grants, including capital grants, are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds receivable.

RESOURCES EXPENDED

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered.

Certain expenditure is directly attributable to specific activities and has been included in those cost categories. Certain other costs, which are attributable to more than one activity, are apportioned across cost categories on the basis of an estimate of the proportion of time spent on those activities.

Charitable activities include expenditure associated with the provision of information, advice and support, and include both the direct costs and support costs relating to these activities.

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

CONSOLIDATION

The Company is exempt from the requirements to prepare group accounts under 398 of the Companies Act 2006 as the group qualifies as a small size group and thus group accounts have not been prepared.

FIXED ASSETS

Fixed assets are included in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of fixed assets over their estimated useful life of four years on a straight-line basis. Assets costing under £50 are not normally capitalised.

STOCKS

Stocks are valued at the lower of cost and net realisable value. It is not possible to value the goods that are donated to the shops and these are therefore carried at a £Nil valuation within the year end stocks.

PENSIONS

Pensions are accounted for in accordance with FRS 102.

Pension costs and the pension provision for the defined benefit scheme are calculated on the basis of actuarial advice and are charged to the statement of financial activities on a basis to spread the costs over the employees' working lives.

Pension costs for the defined contribution scheme are charged to the accounts on an accruals basis in the period in which they occur.

A pension provision has been created within unrestricted funds in compliance with the requirements of the SORP.

FUND ACCOUNTING

Funds held by the charity are either:

- Unrestricted general funds – these are funds which can be used in accordance with the charitable objectives at the discretion of the Trustees.
- Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

BRANCHES

The operating results and net assets of branches of La Leche League Great Britain have been included in the Statement of Financial Activities and Balance Sheet.

2. INCOMING RESOURCES

	Unrestricted Funds	Restricted Funds	Total 31.03.24	Total 31.03.23
INCOMING RESOURCES	£	£	£	£
Voluntary income				
Grants receivable	59,198	-	**59,198**	22,159
Others	496	-	**496**	525
Subscriptions	35,827	-	**35,827**	35,789
Donations	22,801	-	**22,801**	14,119
	118,322	-	**118,322**	72,592
Investment income				
Interest receivable	1,465	-	**1,465**	1,688
Rent receivable	-	-	-	-
Sale of assets	-	-	-	-
Compensation	-	-	-	-
	1,465	-	**1,465**	1,688
Incoming resources from charitable activities				
Scottish government grants	-	18,153	**18,153**	35,100
Alison memorial fund	-	1,158	**1,158**	2,365
Conference	2,865	-	**2,865**	825
Others	2,611	-	**2,611**	1,969
	5,476	19,311	**24,787**	40,259

3. ANALYSIS OF TOTAL RESOURCES EXPENDED:

	Costs of Generating Funds	Fundraising Trading	Information advice and support	Governance	2024 Total	2023 Total
Costs directly allocated to activities	£	£	£	£	£	£
Salaries	-	-	26,967	-	**26,967**	26,517
Direct costs and materials	-	224	64,834	-	**65,058**	60,041
Publications and leaflets	-	12,085	-	-	**12,085**	16,236
Travel and accommodation	-	-	-	1,149	**1,149**	444
Communications	-	-	1,281	-	**1,281**	1,180
Training and conferences	-	-	24,842	299	**25,141**	2,051
Depreciation	-	-	-	183	**183**	183
Premises costs	-	-	613	-	**613**	397
Other costs	-		22,136	5,091	**27,227**	20,874
	-	**12,309**	**140,673**	**6,722**	**159,704**	127,923

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024 (CONTINUED)

TOTAL RESOURCES EXPENDED INCLUDE THE FOLLOWING:

	2024	2023
	£	£
Depreciation	**183**	183
Management Committee remuneration	**-**	-
Auditors' remuneration – audit services	**-**	-
Management Committee expenses reimbursed:		
- Travel and incidental expenses of Trustees	**-**	-

Staff costs

	£	£
Salaries and wages	**26,967**	26,517
Social Security costs	**-**	-
	26,517	26,517

The average number of employees during the year was 2 (2023: 2). No employee earned in excess of £60,000 (2023: £60,000)

ANALYSIS OF GOVERNANCE COSTS:	2024	2023
	£	£
Independent Examination fees	**1,494**	1,020
Legal and professional fees	**3,600**	-
Costs of Trustee travel and subsistence	**1,149**	-
LLLGB International conference and meetings	**-**	-
Bad debts	**-**	-
Other costs	**479**	360
	6,722	1,380

4. INVESTMENT IN SUBSIDIARY

	2024	2023
	£	£
10,000 £1 Ordinary Shares in LLL (Books) Ltd	**10,000**	10,000

The Company owns 100% of the ordinary share capital of LLL (Books) Ltd., a company incorporated in England. LLL (Books) Ltd. is a trading company selling books on breastfeeding, child care and family life to La Leche League Leaders, members and the general public. Profits not needed for development are donated to the charity.

At 31 March 2024 the aggregate capital and reserves of LLL (Books) Ltd. were as follows:

	£
Aggregate capital	10,000
Reserves	25,434
	35,434

The net assets of LLL (Books) Ltd at 31 March 2024 comprise:

Tangible fixed assets	65
Stock	16,852
Debtors	8,057
Cash at Bank	12,401
	37,375

Less Creditors (including amounts due to group undertakings as below)

Amounts owed to the group	613
Other creditors	1,328
	1,941

LLL (Books) Ltd made a loss of £11 (2023: £26), after taxation in the year ended 31 March 2024.

5. FIXED ASSETS

COST	**Office equipment** £
Balance at 1 April,2023	1,944
Additions	-
Disposals	-
Balance at 31 March,2024	1,944
DEPRECIATION	
Balance at 1 April,2023	1,577
Provision in year	183
Disposals	-
Balance at 31 March,2024	1,760
NET BOOK VALUE	
At 1 April, 2023	367
At 31 March, 2024	184

6. DEBTORS

	2024	2023
	£	£
Amounts due for Peer Counsellor Programme	-	-
Sundry debtors	10,293	5,867
	10,293	5,867

7. CREDITORS

	2024	2023
	£	£
Amounts falling due within one year:		
Peer Counsellor Programme Income in advance	-	-
Other income in advance	24,345	25,917
Trade creditors	3,872	152
Other creditors and accruals	1,219	1,190
	29,436	27,259

8. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Fixed Assets	Net current Assets	2024 Total	2023 Total
	£	£	£	£
Unrestricted				
Designated fund	-	-	-	-
General funds	10,000	255,613	265,613	274,231
Restricted	-	30,331	30,331	33,391
Total	10,000	285,944	295,944	307,622

9. RESERVE CAPITAL

The Company is limited by guarantee with no authorised share capital.
The amounts guaranteed in the nature of reserve capital are £240. These amounts are only capable of being called up for the purposes of winding up the Company.

10. RESTRICTED FUNDS

Restricted funds relate to the following programmes:

- Scottish government grants.
- Alison memorial fund

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024 (CONTINUED)

11. MOVEMENTS IN FUNDS

	Balance at 01.04.23 £	Incoming resources £	Resources used £	Transfers £	Balance at 31.03.24 £
RESTRICTED FUNDS:					
Alison memorial fund	2,365	1,158	-	-	**3,523**
Scottish Government Grant	31,026	18,153	(22,371)	-	**26,808**
Total restricted funds	33,391	19,311	(22,371)	-	**30,331**
UNRESTRICTED FUNDS:					
General funds	274,231	128,715	(137,333)	-	**265,613**
Total unrestricted funds	274,231	128,715	(137,333)	-	**265,613**
TOTAL FUNDS	**307,622**	**148,026**	**(159,704)**	-	**295,944**

LA LECHE LEAGUE GREAT BRITAIN

England & Wales - Charity number 283771

Accounts

La Leche League GB
mother-to-mother support for breastfeeding

LA LECHE LEAGUE GREAT BRITAIN
(A charity and company limited by guarantee
and not having share capital, registered in England)

REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

Company Number 1566925
Charity Number 283771 (England and Wales)
SC050396 (Scotland)

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

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LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

CHAIR'S REPORT FOR ANNUAL FINANCIAL STATEMENTS

In the last year our charity has continued to recover from the effects of the Covid-19 pandemic with more and more meetings being held in person.

The new Cost of Living crisis is affecting everyone in the UK and families are more than ever in need of the free, up-to-date and skilled support LLLGB offers - to help them breastfeed their children for as long as they choose. Breastfeeding is not only the most healthy and eco-friendly way to feed your baby, it is also a way to feed your baby free of charge.

LLLGB provides breastfeeding support and information with no cost to mothers, parents and families through our face-to-face and online meetings, website, social media, email, message, phone, and podcast. We depend on memberships and donations as our primary income source to cover the various costs involved in running a national organisation, for example our website running and maintenance costs, training our volunteers and paying for our two part-time staff members.

With fewer donations from families and general costs going up, our total profit for the year is down compared to last year. We are in a good financial position at the moment with a surplus from previous years and we are aware that we need to concentrate on increasing our income in order to continue to be sustainable long term.

We have several plans to support a wider variety of communities in the next few years. We have started multiple projects to broaden our reach, including extra training for our volunteers, creating new and improved resources, updating our website and launching our new podcast. We have many more exciting projects in the pipeline. I hope that we will succeed in maintaining step with modern needs and expectations, and reflecting and supporting fully the mothers, parents and families that we exist for.

I wish to use this opportunity to thank every single one of our volunteers, the ones who work hard to support UK families along their breastfeeding journeys, who give their time and energy to our charity because they are so passionate. Each of you is making a big positive difference!

Efrat Burman
Chair of La Leche League Great Britain Council of Directors

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

REPORT OF THE TRUSTEES

The Trustees present their report and financial statements for the year ended 31 March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

PRINCIPAL ACTIVITY

The principal activity of the company is the provision of breastfeeding help, information and education.

LEGAL AND ADMINISTRATIVE INFORMATION

Name of company: LA LECHE LEAGUE GREAT BRITAIN
The company is incorporated under the 2006 Companies Act (No. 1566925).
La Leche League Great Britain is a registered charity (No. 283771 England and Wales, SC050396 Scotland)

DIRECTORS

The directors of the charitable company are its trustees for the purposes of charity law. The following persons have served during the year.

Efrat Burman	(appointed October 2022)
Bronwyn Davies	(appointed October 2022)
Louise Moran	(appointed October 2022)
Claire Grimstead	(appointed October 2022)
Benaifer Bhandari	(appointed October 2022, resigned June 2023)
Helen Lloyd	(resigned October 2022)
Clare Davidson	
Justine Fieth	(resigned October 2022)
Hannah Ford	(appointed May 2023)
Rachele Lowe	(appointed August 2023)
Eva Natali Williams	(resigned October 2022)
Nicola Coles-Carr	(resigned October 2022)
Kerrie-Louise Goodman	
Sarah Denniston	(resigned April 2023)
Cheryl Inwood	(resigned April 2023)
Jennifer Thompson	(appointed October 2021, resigned December 2022)

SECRETARY

Claire Patel

REGISTERED OFFICE

18 St Christophers Way, Pride Park, Derby, DE24 8JY

INDEPENDENT EXAMINER

Mrs K Seagrave FCA, Fouetté Accountancy Solutions Limited
82a Selby Lane, Keyworth, Nottingham, NG12 5AJ

BANKERS

Lloyds TSB Bank plc
Tudor Square, West Bridgford
Nottingham NG2 5JD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2023

PURPOSES AND AIMS

OUR PURPOSES

Our purposes as set out in objects of the company's Memorandum and Articles of Association are:

- to promote the physical and psychological health of mothers and children through education in the technique of breastfeeding, and
- to advance the education of the public and especially those concerned with the care of children, in the health benefits both immediate and long-term of breastfeeding.

OUR AIMS

Our aims are to help mothers to breastfeed through mother-to-mother support, encouragement, information and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and the mother. Our aims fully reflect the purposes the charity was set up to further.

OUR OBJECTIVES

Our objectives for the year continued to be the provision of information and support in diverse formats to pregnant and breastfeeding mothers and their families, and the provision of specialist training to health professionals who work with breastfeeding women.

The strategies employed to achieve the charity's objectives are through:

- Training and supporting La Leche League Leaders
- Encouraging and supporting Leaders in forming local groups
- Supporting Leaders in delivering support and information to mothers and others
- Developing breastfeeding courses
- Maintaining a membership of mothers and health professionals and providing them with information and support
- Producing and purchasing publications for Leaders, members, health professionals and the general public
- Raising public awareness of breastfeeding and of La Leche League.

In shaping our objectives for the year and planning our activities, the Trustees have considered the Charity Commission's guidance on public benefit.

ENSURING OUR WORK DELIVERS OUR AIMS

We review our aims, objectives and activities on a regular basis. The main objectives for the year continued to be the provision of information and support in diverse formats to pregnant and breastfeeding mothers and their families, in addition to achieving significant cost savings and raising money in order to secure our financial future. This review looks at the success of each activity we have undertaken, and the benefits they have brought to each group. We have referred to the guidance given in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives, and in planning future activities. In particular, the Trustees consider how planned activities will contribute to the aims and activities they have set.

The strategies employed to achieve the charity's objectives are to:

- focus on meeting the needs of breastfeeding mothers and babies for information and support;
- enable families throughout the UK to access our information and services easily (e.g. with a baby in arms and older child(ren) at their knee);
- provide healthcare professionals with tools to enable them to help mothers/families effectively in their local communities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

GOVERNING DOCUMENT

La Leche League Great Britain (LLLGB) is an Affiliate of La Leche League International (LLLI), a world-wide not-for-profit organisation and internationally recognised authority on breastfeeding. La Leche League GB is registered as a charity with the Charity Commission and with the OSCR and is a company limited by guarantee, registered in England, incorporated under the 2006 Companies Act, governed by its Memorandum and Articles of Association, dated 9 June 1981 and amended to allow for current governance arrangements on 23 October 2004, 22 November 2008, 12 October 2013, 25 May 2014, 12 October 2014, 10 October 2015, 16 April 2020. The members of the Company are those who have been accredited by La Leche League International as competent to offer breastfeeding information to the best of their ability in the advancement of the objectives of La Leche League Great Britain ("La Leche League Leaders") and who have paid their annual Leader fee. Non-Leader members of the Company may only become voting members if appointed to serve on the Council of Directors. There 240 Leader members at 31 March 2022 (236 Leader-members at 31 March 2021, 240 at 31 March 2020) each of whom agreed to contribute £1 in the event of the charity winding up.

APPOINTMENT OF TRUSTEES

As set out in the Articles of Association, the Chair of the Trustees is elected by the Council of Directors (the Trustee board). Each year, at the Annual General Meeting (usually held in October) attended by the members of the charitable company, one third (or the nearest number to a third) of Trustees shall retire, but shall be eligible for re-election, subject to restrictions placed on the re-election of Departmental Directors. Departmental Directors are Trustees who have been elected by the membership to take responsibility for designated areas of the company's business and who may not serve more than two three-year terms in such a position. All voting members are circulated with invitations prior to the AGM advising them of the retiring Trustees and requesting them to nominate Trustees for election at the AGM. The Trustee board has the power to co-opt other Trustees during the year, subject to such persons then standing for election at the next AGM. When considering co-opting Trustees, the board has regard to the requirement for any specialist skills needed.

TRUSTEE INDUCTION AND TRAINING

New Trustees receive an orientation pack (revised and updated as necessary) to brief them on their legal obligations under charity and company law, a copy of the Memorandum and Articles of Association, the charity's policies and procedures, the department structure and decision-making processes, the recent financial statements of the charity and the current strategic plan. Opportunities are given to new Trustees to meet key employees and other Trustees. Trustees are encouraged to attend appropriate external training events where these will facilitate the undertaking of their role.

ORGANISATION

The Council of Directors, which administers the charity, can have up to 13 members (the majority of whom must be appointed from amongst the Leader-members of the company). In normal times, the Council meets three times a year; in exceptional pandemic-related circumstances this is replaced with more regular and shorter online meetings, reflecting current difficulties in arranging travel and managing risk.

The Trustees manage the day-to-day operations of the charity. To facilitate effective operations, authority is delegated to staff and volunteers, within terms of delegation approved by the Trustees, for operational matters including finance, volunteer training and support, publications and training activities.

RISK MANAGEMENT

Risks facing the organisation are reassessed on an ongoing basis and plans put in place to mitigate them, with these plans carefully monitored and adjusted as necessary. These risks have been/are being addressed in the following ways:

Risks associated with the costs of our infrastructure: we moved a few years ago to a new database which has enabled much efficiency, particularly in the way we process memberships. In addition to annual memberships we now offer monthly memberships payable by direct debit. The new website has further increased efficiency of administration.

Risks associated with the economic links between the trading subsidiary (LLL (Books) Ltd.) and LLLGB: these risks have been mitigated by cost containment and improved trading conditions as detailed in this report.

Risks associated with the links to La Leche League International (LLLI), our parent organisation: Trustees take part in discussions about LLLI's management and details of bylaws and other revisions, considering the effects on LLLGB of decisions taken internationally, and ensuring that GB Leaders have their voices heard at the highest level. This includes having a guaranteed GB Leader seat on the LLLI Board.

Risks associated with lack of general funds from memberships and donations: some fundraising has been undertaken, including online donations and encouraging membership. The charity is increasingly working on obtaining grant funding for specific tailored projects and the provision of CPD to our volunteer Leaders, through local and national grants which can also be used to support local LLL Groups with the costs of running meetings. In times of economic pressure across Great Britain, the charity cannot place significant reliance on income from donations, so one focus is on managing costs to ensure that our committed costs are not high, and that spending decisions and plans are based on available funds not on expectation of future income.

Risks relating to compliance with laws and regulations: LLLGB needs to ensure compliance with both company law and charity law and guidance, with the risks of non-compliance being both reputational and financial. These risks are managed by ensuring the trustee body includes those with knowledge and experience of relevant regulations and supporting trustees and our Company Secretary in attending training where appropriate. We take legal and professional advice where necessary, recognising this as part of our trustee responsibility.

MAIN AREAS OF OPERATION AND HOW THEY DELIVER PUBLIC BENEFIT

Our main activities providing information and support are described below; these are undertaken to further our charitable purposes for public benefit. We deliver services to many areas of the UK, and are working to increase our outreach further, as for example with project funding in Scotland.

SUPPORT

Mother-to-mother support - We support mothers, parents, and families through LLLGB Local Groups, our telephone helpline, online helpforms, online chat facility, website and a range of social media channels.

Volunteer support - The process to become accredited as an LLL Leader may take months or years and applicants are supported throughout the process by their local Leaders and a remote supporter. Once accredited, Leaders are supported by a locally based District Co-ordinator and our Leader Department Director; there are also significant levels of informal mutual support.

INFORMATION

We share breastfeeding information through our paper publications, website, professional liaison, public relations, and trading subsidiary LLL (Books) Limited. We are also actively pursuing closer cooperation with other breastfeeding support organisations in the UK.

EDUCATION and DEVELOPMENT

Our Education and Development Department run a programme of antenatal breastfeeding courses, which in the current financial year have all been provided online under the title of "Beginning Breastfeeding". This innovative offering, provided at no charge to families, has contributed significantly to our reputation and to wide awareness of the support we offer, and 86 instances of the course ran in the financial year.

ADMINISTRATION and FINANCE

Our only paid staff are our part-time administration manager and bookkeeper. Further information on our financial position is set out in the Finance Director's report.

BREASTFEEDING SUPPORT

LLLGB supports mothers, parents and families through its local groups and Leaders, providing free in person and online meetings. Leaders also provide support on the telephone, via helpform emails that are sent to our website, text messages and on social media. Leaders also provide support on a one-to-one basis, in person or on video calls.

Public Relations and Media

LLLGB has been working to raise awareness of who we are and what we do at both a local and a GB level. We aim to increase awareness and accessibility of our GB-wide provision of breastfeeding support at our LLL groups and by Leaders in their communities. We have continued to explore and expand our social media presence as a way of reaching new and existing audiences, and of raising the profile and awareness of LLLGB in general.

Social Media
The social media team co-ordinates posts, memes, and information sharing via Facebook, Twitter, Instagram and YouTube. We promote the information available on our website, raise awareness of the presence of LLLGB groups across the country, and encourage membership and donations. We also aim to encourage interaction and peer support and encouragement across our channels.

Media
La Leche League GB has received numerous media enquiries in the last year asking for our response to various news stories about breastfeeding. LLL Leaders have taken part in several radio discussions on local radio and national media, and TV interviews. LLLGB has been quoted in articles on the national print media, as well as online media channels.

VOLUNTEER SUPPORT

Leader Accreditation Department (LAD)

The Leader Accreditation Department continues to work to secure the future of LLLGB by working with Leader Applicants. This year there have continued to be many changes to LLLI documents and procedures requiring us to continually update our GB documentation and keep up with the global changes.

Eleven Co-ordinators of Leader Accreditation in Great Britain (and four ACLA-at-large helping from abroad) are supporting 105 Leader Applicants (38 of them are new in this year). LLLGB accredited 15 new Leaders in the last year - some who had only ever attended LLL meetings remotely through the pandemic.

The LAD department responds to those interested in leadership via our website, sometimes leading to applications.

Internationally, LAD is involved in twice monthly meetings with the LAD council and with the LLLI Board. Sharing their views on policy changes at Board level to ensure decisions are relevant to our work here in GB. We continue to be represented at every international LAD meeting and participate in many discussions online.

Scottish Government Breastfeeding Programme for Government 2018-2023

In 2021-2023 La Leche League GB received an additional year of funding from the Scottish Government for two projects: LLL Group Development in Scotland, and Peer Support Training with Breastfeeding LENs Ltd.

Since April 2021 La Leche League groups in Scotland have continued to offer support by phone and online (one-to-one and meetings), and as of June 2021, in-person meetings. Scottish Government funding continues to be used to secure venues for face-to-face meetings. Overall meeting frequency across Scotland has increased considerably as Covid restrictions have allowed. The Beginning Breastfeeding Online course continues to be offered by Leaders in Scotland. Since April 2021 this course was led by Leaders in Scotland 23 times and has reached approximately 20 families each month.

This reporting period saw us continue our CPD for La Leche League Leaders and applicants. Scottish Government funding supported them to attend the LLLI conference online in October 2021. LLL Groups in Scotland held an in-person and online Scottish Spring Workshop in Glasgow, funded by the Scottish Government grant. The funding enabled us to choose a highly accessible venue and redeem travel and workshop expenses to volunteers. This event was held entirely online in 2020 and 2021.

The Peer Support Project with Breastfeeding LENs trains local mothers to support each other and promote breastfeeding in an area in East Lothian with low breastfeeding rates. This year they increased the number of groups meeting each week and the number of trained peer supporters. Enrichment activities for volunteer peer supporters included a talk by Prof Helen Ball from BASIS and an in-person information event.

Annual data show breastfeeding rates increased over the past year. Project oversight is provided by Breastfeeding LENs in cooperation with LLLGB.

With these projects LLLGB aims to contribute to the Scottish Government's objective of reducing the breastfeeding attrition rate at the 6-8 week infant review.

LLL in Scotland is also proud to continue to be a part of the Scottish Government Breastfeeding Advocacy Advisory Group. Key work this year includes:
-the development of breastfeeding education to be included in the Scottish national curriculum from nursery to secondary school education
-the development of national guidelines for breastfeeding peer support volunteers
-a national map of all breastfeeding groups by location in Scotland, and all businesses signed up to the Breastfeeding Friendly Scotland scheme
-a collaboration with Healthcare Without Harm Europe on Breastfeeding and Climate Change

INFORMATION

Publications

Breastfeeding Matters

Breastfeeding Matters, LLLGB's bi-monthly newsletter, is produced by a team of dedicated Leaders and is a terrific resource for our members who can choose to receive it in paper form or electronically. It is full of information and wonderful stories shared by mothers and families, which provide encouragement and tips for nursing parents finding themselves in similar situations.

Breastfeeding Matters articles are often referred to by our breastfeeding counsellors during our local group meetings, whether in person or online, and they can be a useful resource to promote LLLGB membership. Breastfeeding Matters is read around the world, although its circulation is especially wide across Britain, Ireland and France. Articles of particular interest are also made available on the LLLGB website, making Breastfeeding Matters' reach truly global.

Leaflets Team: Booklets & Information Sheets

LLLGB publishes over fifty different information sheets and booklets. These are for sale in the LLLGB shop as single copies and bulk pads and packs, and are popular with parents, Leaders, breastfeeding supporters and health professionals in the UK and beyond. The text of many leaflets can also be read on the LLLGB website.

Our Positioning and Attachment leaflet is available for sale in Kindle format. Also available is the popular Full Sample Set of all LLLGB published leaflets, along with a Complete Reference Set, comprising the contents of the Full Sample Set, ready filed for easy reference. Parents attending LLLGB Beginning Breastfeeding Antenatal Courses receive a pack of specially selected leaflets as part of their course. LLL Ireland purchase and sell our leaflets and LLL New Zealand continue to print many of our titles under licence.

A new Publications team was formed this year, comprising of Bronwyn Davies (Publications Director), Charlotte Allam and Ellie Moriarty (both Leaders). The Publications team are responsible for reviewing all new content, which is written either by them or other Leaders. The Publications team work closely with editorial consultants, proof readers and reviewers. Leaflet layout and graphic design services have been performed by Bronwyn Davies (leaflets coordinator).

This year our leaflet, Safer Sleep, has been updated with the latest research. We have also published a brand new leaflet, Using Donor Milk & Formula to Support Breastfeeding.

This year we have embarked upon a project to revamp and streamline our leaflet collection to reflect the expectation of modern mothers, families and supporters. A survey was conducted of the LLLGB Leaders and Leader applicants to ensure their voice was taken into account. The new set of leaflets will be rewritten and redesigned in 2023-2024.

Website

From 1st April 2022 to 31st March 2023, our national website (www.laleche.org.uk) had 3.95m page views from 3.03m visitors.

Our website had the most views during July 22 and January 23 and the pages with the most views are Breastfeeding At Night (212K) Sleepy Baby (174K and Alcohol and Breastfeeding (129K). Other popular pages are Too much milk and oversupply as well as our information on managing engorgement, information on thrush, how to access LLL support and Positioning and Attachment.

Keeping the breastfeeding information on our website up to date and accurate is an ongoing priority for the website team, ahead even of generating new content. We continue to monitor our use of images and language to ensure they represent the full diverse range of families we support.

Behind the scenes, we continue to develop our website-based resources for our Leaders so they can record their work securely online which also improves our internal record keeping.

LLLGB LEADER ALUMNAE

We value our alumnae and are grateful to them for the service they have provided to LLLGB and their continued support.

LLLGB Shop (LLL Books Ltd – the trading arm of LLLGB)

The LLLGB Shop (LLL Books Ltd) is a trading subsidiary wholly owned by LLLGB and financially separate from the charity. Any surplus income at the end of the financial year is donated to LLLGB. The 2022-23 tax year brought a turnover of £20,166, (2022 £ 14,275) which enables us to Gift Aid a surplus of £2,522 to LLLGB (2022 £2,796).

All our products are in line with LLL philosophy. Our customer base includes parents, breastfeeding supporters (paid and volunteer), NHS trusts and other health organisations. The Womanly Art of Breastfeeding, Sweet Sleep and Adventures in Tandem Nursing were our top selling books. Our leaflets Sample Set and Complete Reference Set both also sold well. We work closely with the LLLGB Publications team to ensure we continue to offer a wide range of printed breastfeeding leaflets and information sheets.

We keep a close eye on pricing and make adjustments, when necessary, but remain committed to offering a good deal on our products any time a customer needs to order. Unfortunately our costs for fulfilment and postage increased significantly during the year due to inflation, requiring us to review our shipping charges.

We did not attend any in-person events, apart from one local spring workshop, leading to a significant saving in costs. However we promoted the LLLGB Shop at some online events and workshops, offering items for their prize draws and discount codes.

We use a self-employed book-keeper. The remaining admin tasks are shared on a voluntary basis between the three company directors working from home. Company directors Sue Upstone, Kate Wootton-Beard and Heather Birt would like to thank Sally Harris and Suzanne Cohen for their ongoing contributions and all the Leaders who encourage people to buy from the LLLGB Shop.

RELATED PARTIES

La Leche League GB is affiliated with La Leche League International, though there is no legal ownership and the only financial link is the quarterly cost-sharing payments made under our current affiliate agreement, which sets out certain contractual commitments for both parties relating to use of the LLL name and logo, and contributions to shared central costs.

External Organisations

LLLGB is part of the Breastfeeding Alliance, a cooperative group made of representatives of breastfeeding organisations and other interested parties.

ADMINISTRATION and FINANCE

Some of the charity's main sources of income were:
Donations £14,730 (£17,890 in 2022) which includes **LLLGB Books Donation** £2,796 (£4,012 in 2021)
Grants such as the Scottish Government Funding and Awards For All applications, and, as usual, the bulk of our income is in **Subscriptions** of various forms (around £36,575 this year.

The expected **Gift Aid** claim for 2022-23 is £2067.87, down from last year's £2,883. We are planning to emphasise the importance of choosing to give us Gift Aid, which doesn't cost any extra to our donors and subscribers.

The accounts show total incoming resources for the year of £117,158 which is down from the 2022 figure of £128,669. We have experienced an increase in the outgoings: £127,923. up from £96,673 in 2022, as costs in the UK have risen substantially for everyone. We do have robust reserves and we plan to use some of them for various project that will provide further education for our volunteers and create more resources for the mothers, parents and families we support.

Donations have fallen this year, which reflects the continuing lower numbers of group meetings with potential for cash donations. In times of widespread economic difficulty, it may also be more difficult for families to spare cash for donations.

We are, as always, grateful for the support of the various local funders and for grants to groups as well as donations from individuals. We are also very grateful for those people who felt able to make a contribution to our work, large or small, and to those volunteers who have invested time and energy in obtaining grant funding to support their work.

During the year LLLGB's balance sheet included £93,695 cash held by groups. This has stayed fairly constant since last year, as we would expect with local groups unable to hire venues or share physical resources with attendees (around 1% increase). The number of groups holding funds has increased again by 1%, with the vast majority of our groups holding funds for local use.

La Leche League Great Britain will aim to maintain reserves in order to provide continuity of service provision. Unrestricted funds will be held in reserve for amounts of up to six months annual running costs to provide for any unexpected shortfall in funding. The current level of reserves is considered adequate.

The balance of restricted funds represents the unspent portion of the amount received from funders which is specifically earmarked for the completion of fund projects. As was the case last year, these funds may take longer than expected to clear due to the venue restrictions from Covid-19 management, and so may remain in our account for longer than originally planned, but will be redirected or reserved for completion of these projects as soon as circumstances allow.

TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS

Company law requires the Trustees to prepare financial statements that give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year. In doing so the Trustees are required to:

- select suitable accounting policies and then apply them consistently.
- make judgements and estimates that are reasonable and prudent; 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 position of the charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The Trustees 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.

INDEPENDENT EXAMINER

Mrs K Seagrave FCA of Fouetté Accountancy Solutions Limited will be in office as independent examiner for the ensuing year.

SMALL COMPANY PROVISIONS

This report has been prepared in accordance with the special provisions relating to small companies under Part 15 of the Companies Act 2006.

Efrat Burman
Chair of the La Leche League Great Britain Council of Directors

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF LA LECHE LEAGUE GREAT BRITAIN

I report on the accounts of the Charitable Company for the year ended March 31, 2023, which are set out on pages 12 to 20.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The Charity's Trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's Trustees 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. Even though the charity's gross income did not exceed £250,000 its governing document requires an independent examination and I am qualified to undertake the examination by being a qualified member of the ICAEW.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility:

- to examine the 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 Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement
In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements
  (a) to keep accounting records in accordance with section 386 of the Companies Act 2006; and
  (b) to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice (FRS 102): Accounting and Reporting by Charities have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mrs K Seagrave FCA
Fouetté Accountancy Solutions Limited
82a Selby Lane, Keyworth, Nottingham, NG12 5AJ

Date 4 November 2023

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 MARCH 2023

INCOMING AND ENDOWMENTS	Notes	Unrestricted £	Restricted £	**31.03.23 Total £**	31.03.22 £
Income and endowments from generated funds:					
Voluntary income		72,592	-	**72,592**	94,880
Activities for generating funds		2,619	-	**2,619**	3,805
Investment income		1,688	-	**1,688**	553
Income and endowments from charitable activities		2,794	37,465	**40,259**	29,431
Total income and endowments	**1/2**	**79,693**	**37,465**	**117,158**	128,669
RESOURCES EXPENDED					
Cost of generating funds:					
Cost of generating voluntary income	**3**	-	-	**-**	-
Fundraising trading: cost of goods sold & other goods	**3**	18,373	-	**18,373**	13,623
Charitable activities	**3**	88,331	19,212	**107,543**	81,406
Governance costs	**3**	2,007	-	**2,007**	1,644
Total Resources Expended	**3**	**108,711**	**19,212**	**127,923**	96,673
NET INCOMING RESOURCES FOR THE YEAR					
net (expenditure)/income for the year		(29,018)	18,253	**(10,765)**	31,996
Transfer between funds		-	-	**-**	-
Fund balances at 1 April,2022	**11**	303,249	15,138	**318,387**	286,391
Fund balances at 31 March,2023	**11**	**274,231**	**33,391**	**307,622**	318,387

The statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 14 to 20 form part of these accounts

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

COMPANY NUMBER 1566925
BALANCE SHEET AS AT 31 MARCH 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Tangible	5	367	-
Investment in subsidiary	4	10,000	10,000
		10,367	10,000
CURRENT ASSETS			
Stock		2,379	2,379
Sundry debtors and prepayments	6	5,867	5,734
Balance at Charities Official Investment Fund		79,744	79,744
Cash in bank		236,524	261,955
		324,514	349,812
CURRENT LIABILITIES-CREDITORS:			
Amounts falling due within one year	7	27,259	41,425
NET CURRENT ASSETS		297,255	308,387
TOTAL ASSETS LESS CURRENT LIABILITIES		307,622	318,387
REPRESENTED BY:			
RESERVES:			
Unrestricted funds			
Designated fund	8	-	-
General funds	8	274,231	303,249
		274,231	303,249
Restricted funds	8	33,391	15,138
	11	307,622	318,387

The Trustees are satisfied that the charitable company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the accounts for the year by virtue of section 477 and that no member or members have requested an audit pursuant to section 476 of the Act.

The Trustees acknowledge their responsibilities for:

(i) ensuring that the charitable company keeps proper accounting records which comply with section 386 of the Act, and

(ii) preparing accounts which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its surplus or deficiency for the financial year in accordance with the requirements of sections 394 and 395, and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006 and with the Financial Reporting Standard for Smaller Entities (effective April 2008).
These financial statements were approved by the board of Trustees on 4 November 2023 and signed on its behalf by:

EFRAT BURMAN – TRUSTEE/DIRECTOR

LOUISE MORAN - TRUSTEE/DIRECTOR

The notes on pages 14 to 20 form part of these accounts

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES

The accounts have been prepared under the historical cost convention and in accordance with the provisions of Section 1A "Small Entities" of Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", the Charities Act 2011, the Companies Act 2006 and the Statement of Recommended Practice: "Accounting and Reporting by Charities" (FRS 102).

DONATIONS AND GRANTS

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable, except as follows:

- When donors specify that donations and grants given to the charity must be used in future accounting periods, the income is deferred until those periods.
- When donors impose conditions, which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.
- When donors specify that donations and grants, including capital grants, are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds receivable.

RESOURCES EXPENDED

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered.

Certain expenditure is directly attributable to specific activities and has been included in those cost categories. Certain other costs, which are attributable to more than one activity, are apportioned across cost categories on the basis of an estimate of the proportion of time spent on those activities.

Charitable activities include expenditure associated with the provision of information, advice and support, and include both the direct costs and support costs relating to these activities.

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

CONSOLIDATION

The Company is exempt from the requirements to prepare group accounts under 398 of the Companies Act 2006 as the group qualifies as a small size group and thus group accounts have not been prepared.

FIXED ASSETS

Fixed assets are included in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of fixed assets over their estimated useful life of four years on a straight-line basis. Assets costing under £50 are not normally capitalised.

STOCKS

Stocks are valued at the lower of cost and net realisable value. It is not possible to value the goods that are donated to the shops and these are therefore carried at a £Nil valuation within the year end stocks.

PENSIONS

Pensions are accounted for in accordance with FRS 102.

Pension costs and the pension provision for the defined benefit scheme are calculated on the basis of actuarial advice and are charged to the statement of financial activities on a basis to spread the costs over the employees' working lives.

Pension costs for the defined contribution scheme are charged to the accounts on an accruals basis in the period in which they occur.

A pension provision has been created within unrestricted funds in compliance with the requirements of the SORP.

FUND ACCOUNTING

Funds held by the charity are either:

- Unrestricted general funds – these are funds which can be used in accordance with the charitable objectives at the discretion of the Trustees.
- Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

BRANCHES

The operating results and net assets of branches of La Leche League Great Britain have been included in the Statement of Financial Activities and Balance Sheet.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

2. INCOMING RESOURCES

	Unrestricted Funds	Restricted Funds	Total 31.03.23	Total 31.03.22
INCOMING RESOURCES	£	£	£	£
Voluntary income				
Grants receivable	22,159	-	**22,159**	35,594
Others	525	-	**525**	436
Subscriptions	35,789	-	**35,789**	40,960
Donations	14,119	-	**14,119**	17,890
	72,592	-	**72,592**	94,880
Investment income				
Interest receivable	1,688	-	**1,688**	553
Rent receivable	-	-	**-**	-
Sale of assets	-	-	**-**	-
Compensation	-	-	**-**	-
	1,688	-	**1,688**	553
Incoming resources from charitable activities				
Scottish government grants	-	35,100	**35,100**	27,575
Alison memorial fund	-	2,365	**2,365**	-
Conference	825	-	**825**	390
Others	1,969	-	**1,969**	1,466
	2,794	37,465	**40,259**	29,431

3. ANALYSIS OF TOTAL RESOURCES EXPENDED:

	Costs of Generating Funds	Fundraising Trading	Information advice and support	Governance	2023 Total	2022 Total
Costs directly allocated to activities	£	£	£	£	£	£
Salaries	-	-	26,517	-	**26,517**	20,659
Direct costs and materials	-	2,137	57,904	-	**60,041**	44,454
Publications and leaflets	-	16,236	-	-	**16,236**	11,673
Travel and accommodation	-	-	-	444	**444**	-
Communications	-	-	1,180	-	**1,180**	2,352
Training and conferences	-	-	2,051	-	**2,051**	3,285
Depreciation	-	-	-	183	**183**	-
Premises costs	-	-	397	-	**397**	551
Other costs	-		19,494	1,380	**20,874**	13,699
	-	**18,373**	**107,543**	**2,007**	**127,923**	96,673

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

TOTAL RESOURCES EXPENDED INCLUDE THE FOLLOWING:

	2023	2022
	£	£
Depreciation	**183**	-
Management Committee remuneration	-	-
Auditors' remuneration – audit services	-	-
Management Committee expenses reimbursed:		
- Travel and incidental expenses of Trustees	-	-

Staff costs

	£	£
Salaries and wages	**26,517**	20,659
Social Security costs	-	-
	26,517	20,659

The average number of employees during the year was 2 (2022: 2). No employee earned in excess of £60,000 (2022: £60,000)

ANALYSIS OF GOVERNANCE COSTS:	2023	2022
	£	**£**
Independent Examination fees	**1,020**	1,020
Legal and professional fees	-	-
Costs of Trustee travel and subsistence	-	-
LLLGB International conference and meetings	-	-
Bad debts	-	-
Other costs	**360**	360
	1,380	1,380

4. INVESTMENT IN SUBSIDIARY

	2023	**2022**
	£	**£**
10,000 £1 Ordinary Shares in LLL (Books) Ltd	**10,000**	10,000

The Company owns 100% of the ordinary share capital of LLL (Books) Ltd., a company incorporated in England. LLL (Books) Ltd. is a trading company selling books on breastfeeding, child care and family life to La Leche League Leaders, members and the general public. Profits not needed for development are donated to the charity.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

At 31 March 2023 the aggregate capital and reserves of LLL (Books) Ltd. were as follows:

	£
Aggregate capital	**10,000**
Reserves	**25,445**
	35,445

The net assets of LLL (Books) Ltd at 31 March 2023 comprise:

Tangible fixed assets	**76**
Stock	**18,962**
Debtors	**8,110**
Cash at Bank	**11,979**
	39,127

Less Creditors (including amounts due to group undertakings as below)

Amounts owed to the group	**2,069**
Other creditors	**1,613**
	3,682

LLL (Books) Ltd made a loss of £26 (2022: £26), after taxation in the year ended 31 March 2023.

5. FIXED ASSETS

COST	**Office equipment** £
Balance at 1 April,2022	**1,394**
Additions	**550**
Disposals	**-**
Balance at 31 March,2023	**1,394**
DEPRECIATION	
Balance at 1 April,2022	**1,394**
Provision in year	**183**
Disposals	**-**
Balance at 31 March,2023	**1,577**
NET BOOK VALUE	
At 1 April, 2022	-
At 31 March, 2023	**-**

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

6. DEBTORS

	2023	2022
	£	£
Amounts due for Peer Counsellor Programme	-	-
Sundry debtors	**5,867**	5,734
	5,867	5,734

7. CREDITORS

	2023	2022
	£	£
Amounts falling due within one year:		
Peer Counsellor Programme Income in advance	-	-
Other income in advance	**25,917**	26,084
Trade creditors	**152**	14,137
Other creditors and accruals	**1,190**	1,204
	27,259	41,425

8. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Fixed Assets £	**Net current** Assets £	2023 **Total** £	2022 **Total** £
Unrestricted				
Designated fund	-	-	-	-
General funds	10,000	264,231	**274,231**	303,249
Restricted	-	33,391	**33,391**	15,138
Total	**10,000**	**297,622**	**307,622**	318,387

9. RESERVE CAPITAL

The Company is limited by guarantee with no authorised share capital.
The amounts guaranteed in the nature of reserve capital are £240. These amounts are only capable of being called up for the purposes of winding up the Company.

10. RESTRICTED FUNDS

Restricted funds relate to the following programmes:

- Scottish government grants.
- Alison memorial fund

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)

11. MOVEMENTS IN FUNDS

	Balance at 01.04.22 £	Incoming resources £	Resources used £	Transfers £	Balance at 31.03.23 £
RESTRICTED FUNDS:					
Alison memorial fund	-	2,365	-	-	**2,365**
Scottish Government Grant	15,138	35,100	(19,212)	-	**31,026**
Total restricted funds	15,138	**37,465**	**(19,212)**	**-**	**33,391**
UNRESTRICTED FUNDS:					
General funds	303,249	79,693	(108,711)	-	**274,231**
Total unrestricted funds	**303,249**	**79,693**	**(108,711)**	**-**	**274,231**
TOTAL FUNDS	**318,387**	**117,158**	**(127,923)**	**-**	**307,622**

LA LECHE LEAGUE GREAT BRITAIN

England & Wales - Charity number 283771

Accounts

La Leche League GB
mother-to-mother support for breastfeeding

LA LECHE LEAGUE GREAT BRITAIN
(A charity and company limited by guarantee
and not having share capital, registered in England)

REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

Company Number 1566925
Charity Number 283771 (England and Wales)
SC050396 (Scotland)

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

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LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

CHAIR'S REPORT FOR ANNUAL FINANCIAL STATEMENTS

It has been another busy year for our charity.

When the financial year began in April 2021, the world was still in the throes of the Covid-19 pandemic, and though things settled during the period, it would be hard to say everything is once more normal.

Many of our groups have moved back to face to face meetings, with suitable care and precautions; others continue online to respect the needs of those who are not comfortable with indoor events. Our popular "Beginning Breastfeeding" antenatal courses continue to be run online, meaning they can reach a wide audience.

In most ways we remain stable, with our results and financial position similar to the previous year, and our volunteer numbers similar too. Perhaps what can't be seen in the figures is the ongoing extra strain on our people. It is a credit to our volunteers that we have kept up our offering throughout these difficult times, and the next challenge will be moving on purposefully in the new environment, making the best of our resources and ensuring we are an organisation that embraces the twenty-first century and reflects and supports fully the mothers and families that we exist for.

Efrat Burman
Chair of La Leche League Great Britain Council of Directors

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

REPORT OF THE TRUSTEES

The Trustees present their report and financial statements for the year ended 31 March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

PRINCIPAL ACTIVITY

The principal activity of the company is the provision of breastfeeding help, information and education.

LEGAL AND ADMINISTRATIVE INFORMATION

Name of company: LA LECHE LEAGUE GREAT BRITAIN
The company is incorporated under the 2006 Companies Act (No. 1566925).
La Leche League Great Britain is a registered charity (No. 283771 England and Wales, SC050396 Scotland)

DIRECTORS

The directors of the charitable company are its trustees for the purposes of charity law. The following persons have served during the year.

Efrat Burman	(appointed October 2022)
Bronwyn Davies	(appointed October 2022)
Louise Moran	(appointed October 2022)
Claire Grimstead	(appointed October 2022)
Benaifer Bhandari	(appointed October 2022)
Helen Lloyd	(resigned October 2022)
Rebecca Coyle	(resigned October 2021)
Clare Davidson	
Susan Dowling	(resigned May 2021)
Justine Fieth	(resigned October 2022)
Louise Moran	(resigned October 2021)
Eva Natali Williams	(resigned October 2022)
Alisha Okoroafo	(resigned May 2021)
Maria Yasnova	(resigned October 2021)
Nicola Coles-Carr	(resigned October 2022)
Kerrie-Louise Goodman	(appointed October 2020)
Sarah Denniston	(appointed October 2021)
Cheryl Inwood	(appointed October 2021)
Jennifer Thompson	(appointed October 2021, resigned December 2022)
Elizabeth Hall	(appointed October 2021, resigned February 2022)

SECRETARY

Claire Patel

REGISTERED OFFICE	18 St Christophers Way, Pride Park, Derby, DE24 8JY
INDEPENDENT EXAMINER	Mrs K Seagrave FCA, Fouetté Accountancy Solutions Limited White Rose House, 5 Walnut Grove Nottingham, NG12 3AU
BANKERS	Lloyds TSB Bank plc Tudor Square, West Bridgford Nottingham NG2 5JD

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2022

PURPOSES AND AIMS

OUR PURPOSES

Our purposes as set out in objects of the company's Memorandum and Articles of Association are:

- to promote the physical and psychological health of mothers and children through education in the technique of breastfeeding, and
- to advance the education of the public and especially those concerned with the care of children, in the health benefits both immediate and long-term of breastfeeding.

OUR AIMS

Our aims are to help mothers to breastfeed through mother-to-mother support, encouragement, information and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and the mother. Our aims fully reflect the purposes the charity was set up to further.

OUR OBJECTIVES

Our objectives for the year continued to be the provision of information and support in diverse formats to pregnant and breastfeeding mothers and their families, and the provision of specialist training to health professionals who work with breastfeeding women.

The strategies employed to achieve the charity's objectives are through:

- Training and supporting La Leche League Leaders
- Encouraging and supporting Leaders in forming local groups
- Supporting Leaders in delivering support and information to mothers and others
- Developing breastfeeding courses
- Maintaining a membership of mothers and health professionals and providing them with information and support
- Producing and purchasing publications for Leaders, members, health professionals and the general public
- Raising public awareness of breastfeeding and of La Leche League.

In shaping our objectives for the year and planning our activities, the Trustees have considered the Charity Commission's guidance on public benefit.

ENSURING OUR WORK DELIVERS OUR AIMS

We review our aims, objectives and activities on a regular basis. The main objectives for the year continued to be the provision of information and support in diverse formats to pregnant and breastfeeding mothers and their families, in addition to achieving significant cost savings and raising money in order to secure our financial future. This review looks at the success of each activity we have undertaken, and the benefits they have brought to each group. We have referred to the guidance given in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives, and in planning future activities. In particular, the Trustees consider how planned activities will contribute to the aims and activities they have set.

The strategies employed to achieve the charity's objectives are to:

- focus on meeting the needs of breastfeeding mothers and babies for information and support;
- enable families throughout the UK to access our information and services easily (e.g. with a baby in arms and older child(ren) at their knee);
- provide healthcare professionals with tools to enable them to help mothers/families effectively in their local communities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

GOVERNING DOCUMENT

La Leche League Great Britain (LLLGB) is an Affiliate of La Leche League International (LLLI), a world-wide not-for-profit organisation and internationally recognised authority on breastfeeding. La Leche League GB is registered as a charity with the Charity Commission and with the OSCR and is a company limited by guarantee, registered in England, incorporated under the 2006 Companies Act, governed by its Memorandum and Articles of Association, dated 9 June 1981 and amended to allow for current governance arrangements on 23 October 2004, 22 November 2008, 12 October 2013, 25 May 2014, 12 October 2014, 10 October 2015, 16 April 2020. The members of the Company are those who have been accredited by La Leche League International as competent to offer breastfeeding information to the best of their ability in the advancement of the objectives of La Leche League Great Britain ("La Leche League Leaders") and who have paid their annual Leader fee. Non-Leader members of the Company may only become voting members if appointed to serve on the Council of Directors. There 240 Leader members at 31 March 2022 (236 Leader-members at 31 March 2021, 240 at 31 March 2020) each of whom agreed to contribute £1 in the event of the charity winding up.

APPOINTMENT OF TRUSTEES

As set out in the Articles of Association, the Chair of the Trustees is elected by the Council of Directors (the Trustee board). Each year, at the Annual General Meeting (usually held in October) attended by the members of the charitable company, one third (or the nearest number to a third) of Trustees shall retire, but shall be eligible for re-election, subject to restrictions placed on the re-election of Departmental Directors. Departmental Directors are Trustees who have been elected by the membership to take responsibility for designated areas of the company's business and who may not serve more than two three-year terms in such a position. All voting members are circulated with invitations prior to the AGM advising them of the retiring Trustees and requesting them to nominate Trustees for election at the AGM. The Trustee board has the power to co-opt other Trustees during the year, subject to such persons then standing for election at the next AGM. When considering co-opting Trustees, the board has regard to the requirement for any specialist skills needed.

TRUSTEE INDUCTION AND TRAINING

New Trustees receive an orientation pack (revised and updated as necessary) to brief them on their legal obligations under charity and company law, a copy of the Memorandum and Articles of Association, the charity's policies and procedures, the department structure and decision-making processes, the recent financial statements of the charity and the current strategic plan. Opportunities are given to new Trustees to meet key employees and other Trustees. Trustees are encouraged to attend appropriate external training events where these will facilitate the undertaking of their role.

ORGANISATION

The Council of Directors, which administers the charity, can have up to 13 members (the majority of whom must be appointed from amongst the Leader-members of the company). In normal times, the Council meets three times a year; in exceptional pandemic-related circumstances this is replaced with more regular and shorter online meetings, reflecting current difficulties in arranging travel and managing risk.

The Trustees manage the day-to-day operations of the charity. To facilitate effective operations, authority is delegated to staff and volunteers, within terms of delegation approved by the Trustees, for operational matters including finance, volunteer training and support, publications and training activities.

RISK MANAGEMENT

Risks facing the organisation are reassessed on an ongoing basis and plans put in place to mitigate them, with these plans carefully monitored and adjusted as necessary. These risks have been/are being addressed in the following ways:

Risks associated with the costs of our infrastructure: we moved a few years ago to a new database which has enabled much efficiency, particularly in the way we process memberships. In addition to annual memberships we now offer monthly memberships payable by direct debit. The new website has further increased efficiency of administration.

Risks associated with the economic links between the trading subsidiary (LLL (Books) Ltd.) and LLLGB: these risks have been mitigated by cost containment and improved trading conditions as detailed in this report.

Risks associated with the links to La Leche League International (LLLI), our parent organisation: Trustees take part in discussions about LLLI's management and details of bylaws and other revisions, considering the effects on LLLGB of decisions taken internationally, and ensuring that GB Leaders have their voices heard at the highest level. This includes having a guaranteed GB Leader seat on the LLLI Board.

Risks associated with lack of general funds from memberships and donations: some fundraising has been undertaken, including online donations and encouraging membership. The charity is increasingly working on obtaining grant funding for specific tailored projects and the provision of CPD to our volunteer Leaders, through local and national grants which can also be used to support local LLL Groups with the costs of running meetings. In times of economic pressure across Great Britain, the charity cannot place significant reliance on income from donations, so one focus is on managing costs to ensure that our committed costs are not high, and that spending decisions and plans are based on available funds not on expectation of future income.

Risks relating to compliance with laws and regulations: LLLGB needs to ensure compliance with both company law and charity law and guidance, with the risks of non-compliance being both reputational and financial. These risks are managed by ensuring the trustee body includes those with knowledge and experience of relevant regulations and supporting trustees and our Company Secretary in attending training where appropriate. We take legal and professional advice where necessary, recognising this as part of our trustee responsibility.

Risks relating to the SARS-COVID-19 pandemic: The effects of the pandemic on the charity's operations were widespread, as one of the core pieces of our work has always been providing face to face support.

Breastfeeding support is helped by close physical proximity. Our guidelines for Leaders running face to face meetings or providing individual in-person support have continually tracked the changing regulations in each relevant part of Great Britain, always asking Leaders to ensure they comply with the law and are mindful of individual and group risks.

As we move into the post-pandemic period there are risks associated with re-opening groups and we encourage our volunteers only to provide services with which they are comfortable. This is balanced with the need to show we are still present and to maintain our reputation as providers of uniquely supportive and welcoming groups.

MAIN AREAS OF OPERATION AND HOW THEY DELIVER PUBLIC BENEFIT

Our main activities providing information and support are described below; these are undertaken to further our charitable purposes for public benefit. We deliver services to many areas of the UK, and are working to increase our outreach further, as for example with project funding in Scotland.

SUPPORT

Mother-to-mother support - We support mothers, parents, and families through LLLGB Local Groups, our telephone helpline, online helpforms, online chat facility, website and a range of social media channels.

Volunteer support - The process to become accredited as an LLL Leader may take months or years and applicants are supported throughout the process by their local Leaders and a remote supporter. Once accredited, Leaders are supported by a locally based District Co-ordinator and our Leader Department Director; there are also significant levels of informal mutual support.

INFORMATION

We share breastfeeding information through our paper publications, website, professional liaison, public relations, and trading subsidiary LLL (Books) Limited. We are also actively pursuing closer cooperation with other breastfeeding support organisations in the UK.

EDUCATION and DEVELOPMENT

Our Education and Development Department run a programme of antenatal breastfeeding courses, which in the current financial year have all been provided online under the title of "Beginning Breastfeeding". This innovative offering, provided at no charge to families, has contributed significantly to our reputation and to wide awareness of the support we offer, and 86 instances of the course ran in the financial year.

ADMINISTRATION and FINANCE

Our only paid staff are our part-time Operation Manager and bookkeeper. Further information on our financial position is set out in the Finance Director's report.

BREASTFEEDING SUPPORT

Local Groups

Our Leaders report summary statistics with us each quarter, which are summarised below:

Total attendances at meetings: 6,819
1,647 Telephone calls received or returned through our helpline and callback services
2,227 calls made directly to local LLL Leaders
1,172 Online helpforms responded to in writing
8,217 contacts through public or private social media
1,060 one to one support situations in person or on video calls

Public Relations and Media

LLLGB has been working to raise awareness of who we are and what we do at both a local and a GB level. We aim to increase awareness and accessibility of our GB-wide provision of breastfeeding support at our LLL groups and by Leaders in their communities. We have continued to explore and expand our social media presence as a way of reaching new and existing audiences, and of raising the profile and awareness of LLLGB in general.

Social Media
The social media team co-ordinates posts, memes, and information sharing via Facebook, Twitter, Instagram and YouTube. We promote the information available on our website, raise awareness of the presence of LLLGB groups across the country, and encourage membership and donations. We also aim to encourage interaction and peer support and encouragement across our channels.

Media
La Leche League GB has received numerous media enquiries in the last year asking for our response to various news stories about breastfeeding. LLL Leaders have taken part in several radio discussions on local radio and national media, and TV interviews. LLLGB has been quoted in articles on the national print media, as well as online media channels.

VOLUNTEER SUPPORT

Leader Accreditation Department (LAD)

The Leader Accreditation Department continues to work to secure the future of LLLGB by working with Leader Applicants. This year there have continued to be many changes to LLLI documents and procedures requiring us to continually update our GB documentation and keep up with the global changes.

Eleven Co-ordinators of Leader Accreditation in Great Britain (and four ACLA-at-large helping from abroad) are supporting 102 Leader Applicants. LLLGB accredited 27 new
Leaders in the last year - some who had only ever attended LLL meetings remotely through the pandemic.

The LAD department responds to those interested in leadership via our website, sometimes leading to applications.

LLLGB has accepted 40 new applications in 2021-2022 most of them supported by Leaders in a group. Our LLLGB Applicants Facebook group remains active.

Internationally, LAD is involved in twice monthly meetings with the LAD council and with the LLLI Board.
Sharing their views on policy changes at Board level to ensure decisions are relevant to our work here in GB.
We continue to be represented at every international LAD meeting and participate in many discussions online.

Scottish Government Breastfeeding Programme for Government 2018-2022

In 2021-2022 La Leche League GB received an additional fourth year of funding from the Scottish Government for two projects: LLL Group Development in Scotland, and Peer Support Training with Breastfeeding LENs Ltd.

Since April 2021 La Leche League groups in Scotland have continued to offer support by phone and online (one-to-one and meetings), and as of June 2021, in-person meetings. Scottish Government funding continues to be used to secure venues for face-to-face meetings. Overall meeting frequency across Scotland has increased considerably as Covid restrictions have allowed. The Beginning Breastfeeding Online course continues to be offered by Leaders in Scotland. Since April 2021 this course was led by Leaders in Scotland 23 times and has reached approximately 20 families each month.

This reporting period saw us continue our CPD for La Leche League Leaders and applicants. Scottish Government funding supported them to attend the LLLI conference online in October 2021. LLL Groups in Scotland held an in-person and online Scottish Spring Workshop in Glasgow, funded by the Scottish Government grant. The funding enabled us to choose a highly accessible venue and redeem travel and workshop expenses to volunteers. This event was held entirely online in 2020 and 2021.

The Peer Support Project with Breastfeeding LENs trains local mothers to support each other and promote breastfeeding in an area in East Lothian with low breastfeeding rates. This year they increased the number of groups meeting each week and the number of trained peer supporters. Enrichment activities for volunteer peer supporters included a talk by Prof Helen Ball from BASIS and an in-person information event.

Annual data show breastfeeding rates increased over the past year. Project oversight is provided by Breastfeeding LENs in cooperation with LLLGB.

With these projects LLLGB aims to contribute to the Scottish Government's objective of reducing the breastfeeding attrition rate at the 6-8 week infant review.

LLL in Scotland is also proud to continue to be a part of the Scottish Government Breastfeeding Advocacy Advisory Group. Key work this year includes:
-the development of breastfeeding education to be included in the Scottish national curriculum from nursery to secondary school education
-the development of national guidelines for breastfeeding peer support volunteers
-a national map of all breastfeeding groups by location in Scotland, and all businesses signed up to the Breastfeeding Friendly Scotland scheme
-a collaboration with Healthcare Without Harm Europe on Breastfeeding and Climate Change

INFORMATION

Publications

Breastfeeding Matters

Breastfeeding Matters, LLLGB's bi-monthly newsletter, is produced by a team of dedicated Leaders and is a terrific resource for our members who can choose to receive it in paper form or electronically. It is full of information and wonderful stories shared by mothers and families, which provide encouragement and tips for breastfeeding parents finding themselves in similar situations.

Breastfeeding Matters articles are often referred to by our breastfeeding counsellors during our local group meetings, whether in person or online, and they can be a useful resource to promote LLLGB membership. Breastfeeding Matters is read around the world, although its circulation is especially wide across Britain, Ireland and France. Articles of particular interest are also made available on the LLLGB website, making Breastfeeding Matters' reach truly global.

Leader and Leader Applicant resource (previously known as "Feedback")

LLLGB is in the process of creating a new resource for Leaders and Leader Applicants to replace the previous online repository (known as Feedback). The purpose of this resource is:

1. To provide information on LLLGB activities such as national and local workshop sessions, to help our breastfeeding counsellors stay up to date.
2. To allow LLLGB Leaders and Leader Applicants to more easily share documents which will be valuable resources for other Leaders and Leader Applicants, e.g. meeting plans.
3. To increase collaboration and community bonding amongst Leaders and Leader Applicants, e.g. "Meet a Leader" articles.

Leaflets Team: Booklets & Information Sheets

LLLGB publishes over fifty different information sheets and booklets. These are for sale in the LLLGB Shop as single copies and bulk pads and packs, and are popular with parents, Leaders, breastfeeding supporters and health professionals in the UK and beyond. The text of many leaflets can also be read on the LLLGB website.

Our *Positioning and Attachment* leaflet is available for sale in Kindle format. Also available is the popular *Full Sample Set* of all LLLGB published leaflets, along with a *Complete Reference Set,* comprising the contents of the *Full Sample Set,* ready filed for easy reference. Parents attending LLLGB Beginning Breastfeeding Antenatal Courses receive a pack of specially selected leaflets as part of their course. LLL Ireland purchase and sell our leaflets and LLL New Zealand continue to print many of our titles under licence.
Leaflets are written and updated on a rolling basis by the Leaflets Coordinator, working closely with other Leaders who act as editorial consultants, proof readers and reviewers, coordinated using a Facebook group.

Leaflet layout and graphic design services have been performed by Bronwyn Davies (leaflets coordinator).
This year the following leaflets were updated with the latest research:

- *Treating Thrush*
- *Nipple Confusion*

Printing of new leaflets has resumed this year as the demand for leaflets has picked up after COVID restrictions have eased.

Website

From 1st April 2021 to 31st March 2022, our national website (www.laleche.org.uk) had 3.3m page views from 2.2m visitors.

Our 20 most popular pages were viewed 2.2m times: these included our pages on Sleepy Baby – What and what to do, Too much milk and oversupply as well as our information on managing engorgement, information on thrush, and our page on alcohol and breastfeeding.

80% of our visitors are from the UK or United States, and the rest of our reach is geographically very wide, with visits from all over the world.

Keeping the breastfeeding information on our website up to date and accurate is an ongoing priority for the website team, ahead even of generating new content. We continue to monitor our use of images and language to ensure they represent the full diverse range of families we support.

Behind the scenes, we continue to develop our website-based resources for our Leaders so they can record their work securely online which also improves our internal record keeping. In the 2021-22 year we fully refreshed the area of our website for Leader use, reducing as far as possible the administrative difficulties arising from the necessary record-keeping that is part of our volunteers' responsibilities.

LLLGB LEADER ALUMNAE

We value our alumnae and are grateful to them for the service they have provided to LLLGB and their continued support.

LLLGB Shop (LLL Books Ltd – the trading arm of LLLGB)

Further into the coronavirus pandemic we found our overall sales again reduced with a total turnover for 2021-22 of £14,275 (2020-21 £19,416). We were concerned we might not break even. However lower costs of generating sales and a stock re-evaluation following resolution of our difficulties with the fulfilment company has enabled us to Gift Aid a surplus of £2,796 to LLLGB (paid during the 2022-23 tax year). Sales during early summer were mostly for books. However, from September 2021 face-to-face support groups began resuming and orders of LLLGB leaflets from Leaders and breastfeeding supporters increased and continued through to the end of the financial year.

We did not attend any in-person events, leading to a significant saving in costs. However we promoted the LLLGB Shop at online events including LLLI, LCGB and ABM conferences and workshops, offering items for their prize draws and discount codes.

We keep a close eye on pricing and make adjustments (both up and down) when necessary, but remain committed to offering a good deal on our products any time a customer needs to order. In 2021-22 the Womanly Art of Breastfeeding, Sweet Sleep and Adventures in Tandem Nursing were our top selling books. Our leaflets Sample Set and Complete Reference Sets both also sold well.

We use a self-employed book-keeper. The remaining admin tasks are shared on a voluntary basis between the three company directors working from home. More Leader volunteers are needed urgently to join this team in order to keep the shop running smoothly and ensure it can remain viable for the future. Company directors Sue Upstone, Kate Wootton-Beard and Heather Birt would like to thank Sally Harris, Suzanne Cohen and Ellie Moriarty for their ongoing contributions and all the Leaders who encourage people to buy from the LLLGB Shop.

RELATED PARTIES

La Leche League GB is affiliated with La Leche League International, though there is no legal ownership and the only financial link is the quarterly cost-sharing payments made under our current affiliate agreement, which sets out certain contractual commitments for both parties relating to use of the LLL name and logo, and contributions to shared central costs.

External Organisations

LLLGB is part of the Breastfeeding Alliance, a cooperative group made of representatives of breastfeeding organisations and other interested parties.

ADMINISTRATION and FINANCE

Some of the charity's main sources of income were:
Donations £17,890 (£20,612 in 2021)
LLLGB Books Donation £4,012 (£6,066 in 2021)
Grants such as the Scottish Government Funding and Awards For All applications, and, as usual, the bulk of our income is in **Subscriptions** of various forms (around £40,960 this year). Despite the economic effects of Covid-19 and furlough, we have been grateful to receive a very similar rate of subscriptions to that of last year, and this has allowed our Leaders to fund new and innovative ways of supporting families.

The expected **Gift Aid** claim for 2021-22 is £2,883, down from last year's £4009. We are planning to emphasise the importance of choosing to give us Gift Aid, which doesn't cost any extra to our donors and subscribers.

The accounts show total incoming resources for the year of £128,669 which is up from the 2021 figure of £115,738. This increase is in line with an increase in outgoings (£78,350 to £96,673), as costs of providing services went up as expected as we restarted providing face to face helping. Our reserves are still robust, and we will use our surplus as needed to support a full return to face to face work alongside a continued virtual offering wherever possible.

Donations have fallen this year, which reflects the continuing lower numbers of group meetings with potential for cash donations. In times of widespread economic difficulty, it may also be more difficult for families to spare cash for donations.

We are, as always, grateful for the support of the various local funders and for grants to groups as well as donations from individuals. We are also very grateful for those people who felt able to make a contribution to our work, large or small, and to those volunteers who have invested time and energy in obtaining grant funding to support their work.

During the year LLLGB's balance sheet included £94,145 cash held by groups. This amount increased from last year, with local groups only starting to offer face to face support and outgoing funds to hire venues or share physical resources with attendees have not been back yet to pre-pandemic levels.

La Leche League Great Britain will aim to maintain reserves in order to provide continuity of service provision. Unrestricted funds will be held in reserve for amounts of up to six months annual running costs to provide for any unexpected shortfall in funding. The current level of reserves is considered adequate.

The balance of restricted funds represents the unspent portion of the amount received from funders which is specifically earmarked for the completion of fund projects. As was the case last year, these funds may take longer than expected to clear due to the venue restrictions from Covid-19 management, and so may remain in our account for longer than originally planned, but will be redirected or reserved for completion of these projects as soon as circumstances allow.

During the year there was again a net increase in total funds, in this case of £31,996 (2021: £37,388). This leaves us in a strong position to not only fund our return to previous levels of support but also look to combine those previous settings with the new innovations the last year has triggered and build something offering even more support to the babies and families we support next year and further into the future.

TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS

Company law requires the Trustees to prepare financial statements that give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year. In doing so the Trustees are required to:

- select suitable accounting policies and then apply them consistently.
- make judgements and estimates that are reasonable and prudent; 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 position of the charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The Trustees 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.

INDEPENDENT EXAMINER

Mrs K Seagrave FCA of Fouetté Accountancy Solutions Limited will be in office as independent examiner for the ensuing year.

SMALL COMPANY PROVISIONS

This report has been prepared in accordance with the special provisions relating to small companies under Part 15 of the Companies Act 2006.

Efrat Burman
Chair of the La Leche League Great Britain Council of Directors

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF LA LECHE LEAGUE GREAT BRITAIN

I report on the accounts of the Charitable Company for the year ended March 31, 2022, which are set out on pages 12 to 20.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The Charity's Trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's Trustees 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. Even though the charity's gross income did not exceed £250,000 its governing document requires an independent examination and I am qualified to undertake the examination by being a qualified member of the ICAEW.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility:

- to examine the 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 Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement
In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements
  - (a) to keep accounting records in accordance with section 386 of the Companies Act 2006; and
  - (b) to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice (FRS 102): Accounting and Reporting by Charities have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mrs K Seagrave FCA
Fouetté Accountancy Solutions Limited
White Rose House, 5 Walnut Grove
Nottingham, NG12 3AU

Date 15 October 2022

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 MARCH 2022

INCOMING AND ENDOWMENTS	Notes	Unrestricted £	Restricted £	**31.03.22 Total £**	31.03.21 £
Income and endowments from generated funds:					
Voluntary income		94,880	-	**94,880**	79,925
Activities for generating funds		3,805	-	**3,805**	5,981
Investment income		553	-	**553**	668
Income and endowments from charitable activities		1,856	27,575	**29,431**	29,164
Total income and endowments	**1/2**	**101,094**	**27,575**	**128,669**	115,738
RESOURCES EXPENDED					
Cost of generating funds:					
Cost of generating voluntary income	**3**	-	-	**-**	-
Fundraising trading: cost of goods sold & other goods	**3**	13,623	-	**13,623**	17,152
Charitable activities	**3**	54,963	26,443	**81,406**	59,591
Governance costs	**3**	1,644	-	**1,644**	1,607
Total Resources Expended	**3**	**70,230**	**26,443**	**96,673**	78,350
NET INCOMING RESOURCES FOR THE YEAR					
net (expenditure)/income for the year		30,864	1,132	**31,996**	37,388
Transfer between funds		-	-	**-**	-
Fund balances at 1 April,2021	**11**	272,385	14,006	**286,391**	249,003
Fund balances at 31 March,2022	**11**	**303,249**	**15,138**	**318,387**	286,391

The statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 14 to 20 form part of these accounts

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

COMPANY NUMBER 1566925
BALANCE SHEET AS AT 31 MARCH 2022

	Notes	2022 £	2021 £
FIXED ASSETS			
Tangible	5	-	-
Investment in subsidiary	4	10,000	10,000
		10,000	10,000
CURRENT ASSETS			
Stock		2,379	2,379
Sundry debtors and prepayments	6	5,734	19,809
Balance at Charities Official Investment Fund		79,744	79,615
Cash in bank		261,955	204,510
		349,812	306,313
CURRENT LIABILITIES-CREDITORS:			
Amounts falling due within one year	7	41,425	29,922
NET CURRENT ASSETS		308,387	276,391
TOTAL ASSETS LESS CURRENT LIABILITIES		318,387	286,391
REPRESENTED BY:			
RESERVES:			
Unrestricted funds			
Designated fund	8	-	-
General funds	8	303,249	272,385
		303,249	272,385
Restricted funds	8	15,138	14,006
	11	318,387	286,391

The Trustees are satisfied that the charitable company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the accounts for the year by virtue of section 477 and that no member or members have requested an audit pursuant to section 476 of the Act.

The Trustees acknowledge their responsibilities for:

(i) ensuring that the charitable company keeps proper accounting records which comply with section 386 of the Act, and

(ii) preparing accounts which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its surplus or deficiency for the financial year in accordance with the requirements of sections 394 and 395, and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006 and with the Financial Reporting Standard for Smaller Entities (effective April 2008).
These financial statements were approved by the board of Trustees on 15 October 2022 and signed on its behalf by:

EFRAT BURMAN – TRUSTEE/DIRECTOR

Clare Davidson - TRUSTEE/DIRECTOR

The notes on pages 14 to 20 form part of these accounts

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

1. ACCOUNTING POLICIES

The accounts have been prepared under the historical cost convention and in accordance with the provisions of Section 1A "Small Entities" of Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", the Charities Act 2011, the Companies Act 2006 and the Statement of Recommended Practice: "Accounting and Reporting by Charities" (FRS 102).

DONATIONS AND GRANTS

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable, except as follows:

- When donors specify that donations and grants given to the charity must be used in future accounting periods, the income is deferred until those periods.
- When donors impose conditions, which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.
- When donors specify that donations and grants, including capital grants, are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds receivable.

RESOURCES EXPENDED

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered.

Certain expenditure is directly attributable to specific activities and has been included in those cost categories. Certain other costs, which are attributable to more than one activity, are apportioned across cost categories on the basis of an estimate of the proportion of time spent on those activities.

Charitable activities include expenditure associated with the provision of information, advice and support, and include both the direct costs and support costs relating to these activities.

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

CONSOLIDATION

The Company is exempt from the requirements to prepare group accounts under 398 of the Companies Act 2006 as the group qualifies as a small size group and thus group accounts have not been prepared.

FIXED ASSETS

Fixed assets are included in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of fixed assets over their estimated useful life of four years on a straight-line basis. Assets costing under £50 are not normally capitalised.

STOCKS

Stocks are valued at the lower of cost and net realisable value. It is not possible to value the goods that are donated to the shops and these are therefore carried at a £Nil valuation within the year end stocks.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022 (CONTINUED)

PENSIONS

Pensions are accounted for in accordance with FRS 102.

Pension costs and the pension provision for the defined benefit scheme are calculated on the basis of actuarial advice and are charged to the statement of financial activities on a basis to spread the costs over the employees' working lives.

Pension costs for the defined contribution scheme are charged to the accounts on an accruals basis in the period in which they occur.

A pension provision has been created within unrestricted funds in compliance with the requirements of the SORP.

FUND ACCOUNTING

Funds held by the charity are either:

- Unrestricted general funds – these are funds which can be used in accordance with the charitable objectives at the discretion of the Trustees.
- Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

BRANCHES

The operating results and net assets of branches of La Leche League Great Britain have been included in the Statement of Financial Activities and Balance Sheet.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022 (CONTINUED)

2. INCOMING RESOURCES

	Unrestricted Funds	Restricted Funds	Total 31.03.22	Total 31.03.21
INCOMING RESOURCES	£	£	**£**	**£**
Voluntary income				
Grants receivable	35,594	-	**35,594**	10,169
Others	436	-	**436**	341
Subscriptions	40,960	-	**40,960**	48,803
Donations	17,890	-	**17,890**	20,612
	94,880	-	**94,880**	79,925
Investment income				
Interest receivable	553	-	**553**	668
Rent receivable	-	-	**-**	-
Sale of assets	-	-	**-**	-
Compensation	-	-	**-**	-
	553	-	**553**	668
Incoming resources from charitable activities				
Scottish government grants	-	27,575	**27,575**	21,675
Lens income	-	-	**-**	1,500
Conference	390	-	**390**	1,854
Others	1,466	-	**1,466**	4,135
	1,856	27,575	**29,431**	29,164

3. ANALYSIS OF TOTAL RESOURCES EXPENDED:

	Costs of Generating Funds	Fundraising Trading	Information advice and support	Governance	2022 Total	2021 Total
Costs directly allocated to activities	£	£	£	£	**£**	£
Salaries	-	-	20,659	-	**20,659**	20,263
Direct costs and materials	-	1,950	42,504	-	**44,454**	27,444
Publications and leaflets	-	11,673	-	-	**11,673**	12,564
Travel and accommodation	-	-	-	-	**-**	227
Communications	-	-	2,352	-	**2,352**	2,566
Training and conferences	-	-	3,285	-	**3,285**	4,122
Depreciation	-	-	-	-	**-**	-
Premises costs	-	-	287	264	**551**	274
Other costs	-		12,319	1,380	**13,699**	10,890
	-	**13,623**	**81,406**	**1,644**	**96,673**	78,350

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022 (CONTINUED)

TOTAL RESOURCES EXPENDED INCLUDE THE FOLLOWING:

	2022	2021
	£	£
Depreciation	-	-
Management Committee remuneration	-	-
Auditors' remuneration – audit services	-	-
Management Committee expenses reimbursed:		
- Travel and incidental expenses of Trustees	-	227

Staff costs

	£	£
Salaries and wages	**20,659**	20,263
Social Security costs	-	-
	20,659	20,263

The average number of employees during the year was 2 (2021: 2). No employee earned in excess of £60,000 (2021: £60,000)

ANALYSIS OF GOVERNANCE COSTS:	2022	2021
	£	**£**
Independent Examination fees	**1,020**	1,020
Legal and professional fees	-	-
Costs of Trustee travel and subsistence	-	227
LLLGB International conference and meetings	-	-
Bad debts	-	-
Other costs	**360**	360
	1,380	1,607

4. INVESTMENT IN SUBSIDIARY

	2022	**2021**
	£	**£**
10,000 £1 Ordinary Shares in LLL (Books) Ltd	**10,000**	10,000

The Company owns 100% of the ordinary share capital of LLL (Books) Ltd., a company incorporated in England. LLL (Books) Ltd. is a trading company selling books on breastfeeding, child care and family life to La Leche League Leaders, members and the general public. Profits not needed for development are donated to the charity.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022 (CONTINUED)

At 31 March 2022 the aggregate capital and reserves of LLL (Books) Ltd. were as follows:

	£
Aggregate capital	**10,000**
Reserves	**25,471**
	35,471

The net assets of LLL (Books) Ltd at 31 March 2022 comprise:

Tangible fixed assets	**102**
Stock	**20,615**
Debtors	**7,064**
Cash at Bank	**11,903**
	39,684

Less Creditors (including amounts due to group undertakings as below)

Amounts owed to the group	**2,343**
Other creditors	**1,870**
	4,213

LLL (Books) Ltd made a loss of £26 (2021: £32), after taxation in the year ended 31 March 2022.

5. FIXED ASSETS

COST	**Office equipment** £
Balance at 1 April,2020	**1,394**
Additions	-
Disposals	-
Balance at 31 March,2021	**1,394**
DEPRECIATION	
Balance at 1 April,2020	**1,394**
Provision in year	-
Disposals	-
Balance at 31 March,2021	**1,394**
NET BOOK VALUE	
At 1 April, 2020	-
At 31 March, 2021	-

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022 (CONTINUED)

6. DEBTORS

	2022	2021
	£	£
Amounts due for Peer Counsellor Programme	-	-
Sundry debtors	**5,734**	19,809
	5,734	19,809

7. CREDITORS

	2022	2021
	£	£
Amounts falling due within one year:		
Peer Counsellor Programme Income in advance	-	-
Other income in advance	**26,084**	28,207
Trade creditors	**14,137**	472
Other creditors and accruals	**1,204**	1,243
	41,425	29,922

8. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Fixed Assets £	**Net current** Assets £	2022 **Total** £	2021 **Total** £
Unrestricted				
Designated fund	-	-	-	-
General funds	10,000	293,249	**303,249**	272,385
Restricted	-	15,138	**15,138**	14,006
Total	**10,000**	**308,387**	**318,387**	286,391

9. RESERVE CAPITAL

The Company is limited by guarantee with no authorised share capital.
The amounts guaranteed in the nature of reserve capital are £240. These amounts are only capable of being called up for the purposes of winding up the Company.

10. RESTRICTED FUNDS

Restricted funds relate to the following programmes:

- Scottish government grants.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022 (CONTINUED)

11. MOVEMENTS IN FUNDS

	Balance at 01.04.21 £	Incoming resources £	Resources used £	Transfers £	Balance at 31.03.22 £
RESTRICTED FUNDS:					
Scottish Government Grant	14,006	27,575	(26,443)	-	**15,138**
Total restricted funds	14,006	**27,575**	**(26,443)**	-	**15,138**
UNRESTRICTED FUNDS:					
General funds	272,385	101,094	(70,230)	-	**303,249**
Total unrestricted funds	**272,385**	**101,094**	**(70,230)**	-	**303,249**
TOTAL FUNDS	**286,391**	**128,669**	**(96,673)**	-	**318,387**

LA LECHE LEAGUE GREAT BRITAIN

England & Wales - Charity number 283771

Accounts

La Leche League GB
mother-to-mother support for breastfeeding

LA LECHE LEAGUE GREAT BRITAIN
(A charity and company limited by guarantee
and not having share capital, registered in England)

REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

Company Number 1566925
Charity Number 283771 (England and Wales)
SC050396 (Scotland)

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

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LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

CHAIR'S REPORT FOR ANNUAL FINANCIAL STATEMENTS

The 2020-21 financial year has been nothing like we could have expected. Just before it began, the Covid-19 pandemic began, and almost overnight we were moved abruptly into a "new normal". Face to face breastfeeding support has always been at the heart of our work, and suddenly our groups could no longer meet and our Leaders could no longer see mothers and families.

What's been truly remarkable is our response, as a whole charity made up of its volunteers. We had a steep learning curve as we all experimented with online tools that would let us keep up a continuous service: after all, babies did not stop being born. This process was easier for some of us than others, but we did it: we kept functioning, our groups ran online, our Leaders offered support by phone, video, social media, and everything except face to face contact.

Even our antenatal courses moved almost seamlessly online, and we took the decision to offer these courses at no charge during the pandemic. They were remarkably successful, with well over 100 courses running during the year, each with 8-12 families attending.

While our volunteer Leaders were juggling a new set of commitments, perhaps with children suddenly at home, or trying to perform paid work from a sofa, they still found the time and emotional resources to keep giving of themselves to mothers and families, often at considerable cost to themselves and we're rightly proud of ourselves.

Of course the pandemic gave us other challenges too. Financially, many families have been hit hard and are having to look carefully at their spending, meaning that both donations and memberships are down. We have had lower costs too, without needing to pay to hire meeting venues, but even providing online meetings comes at a cost, and we've been so grateful to those who have been able to continue supporting us, including the ongoing support from the Scottish Government to our groups in Scotland. Careful financial management in past years means we have remained financially stable, and we will be taking care to remain that way, using our funds responsibly and in line with our goals.

As we move through to the other side of the pandemic, we'll cling to the lessons we've learned about our own flexibility and resilience as volunteers and as a charity, and we'll cautiously start to rebuild our face to face presence while keeping up the online offerings that have been a lifeline to so many.

Our focus now has to be on inclusion and reach, as we ask ourselves hard questions about which mothers, parents and families we're not reaching. We can congratulate ourselves on what we have done, but we need to look at what's next, and to find out what barriers are in place that are getting in the way of our providing truly equitable breastfeeding support. It's going to be an ongoing journey which is completely necessary, and we're very committed to it.

This is my first annual report as Chair, and it's been an exciting and challenging first year. We're building on our common values as Leaders, and on the strength we've all shown in the last year, and next year should be even better.

Helen Lloyd
Chair of La Leche League Great Britain Council of Directors

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

REPORT OF THE TRUSTEES

The Trustees present their report and financial statements for the year ended 31 March 2021. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

PRINCIPAL ACTIVITY

The principal activity of the company is the provision of breastfeeding help, information and education.

LEGAL AND ADMINISTRATIVE INFORMATION

Name of company: LA LECHE LEAGUE GREAT BRITAIN
The company is incorporated under the 2006 Companies Act (No. 1566925).
La Leche League Great Britain is a registered charity (No. 283771 England and Wales, SC050396 Scotland)

DIRECTORS

The directors of the charitable company are its trustees for the purposes of charity law. The following persons have served during the year.

Helen Lloyd	(chair)
Eden Anderson	(retired October 2020)
Rebecca Coyle	
Clare Davidson	
Susan Dowling	(resigned May 2021)
Justine Fieth	
Helen Marriott	(resigned May 2020)
Louise Moran	
Eva Natali Williams	
Alisha Okoroafo	(resigned May 2021)
Claire Wells	(resigned April 2020)
Maria Yasnova	
Nicola Coles-Carr	(appointed October 2020)
Kerrie-Louise Goodman	(appointed October 2020)

SECRETARY

Helen Butler

REGISTERED OFFICE 18 St Christophers Way, Pride Park, Derby, DE24 8JY

INDEPENDENT EXAMINER Mrs K Seagrave FCA, Fouetté Accountancy Solutions Limited
White Rose House, 5 Walnut Grove
Nottingham, NG12 3AU

BANKERS Lloyds TSB Bank plc
Tudor Square, West Bridgford
Nottingham NG2 5JD

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2021

PURPOSES AND AIMS

OUR PURPOSES
Our purposes as set out in objects of the company's Memorandum and Articles of Association are:

- to promote the physical and psychological health of mothers and children through education in the technique of breastfeeding, and
- to advance the education of the public and especially those concerned with the care of children, in the health benefits both immediate and long-term of breastfeeding.

OUR AIMS
Our aims are to help mothers to breastfeed through mother-to-mother support, encouragement, information and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and the mother. Our aims fully reflect the purposes the charity was set up to further.

OUR OBJECTIVES
Our objectives for the year continued to be the provision of information and support in diverse formats to pregnant and breastfeeding mothers and their families, and the provision of specialist training to health professionals who work with breastfeeding women.

The strategies employed to achieve the charity's objectives are through:

- Training and supporting La Leche League Leaders
- Encouraging and supporting Leaders in forming local groups
- Supporting Leaders in delivering support and information to mothers and others
- Developing breastfeeding courses
- Maintaining a membership of mothers and health professionals and providing them with information and support
- Producing and purchasing publications for Leaders, members, health professionals and the general public
- Raising public awareness of breastfeeding and of La Leche League.

In shaping our objectives for the year and planning our activities, the Trustees have considered the Charity Commission's guidance on public benefit.

ENSURING OUR WORK DELIVERS OUR AIMS
We review our aims, objectives and activities on a regular basis. The main objectives for the year continued to be the provision of information and support in diverse formats to pregnant and breastfeeding mothers and their families, in addition to achieving significant cost savings and raising money in order to secure our financial future. This review looks at the success of each activity we have undertaken, and the benefits they have brought to each group. We have referred to the guidance given in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives, and in planning future activities. In particular, the Trustees consider how planned activities will contribute to the aims and activities they have set.

The strategies employed to achieve the charity's objectives are to:

- focus on meeting the needs of breastfeeding mothers and babies for information and support;
- enable families throughout the UK to access our information and services easily (e.g. with a baby in arms and older child(ren) at their knee);
- provide healthcare professionals with tools to enable them to help mothers/families

effectively in their local communities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

GOVERNING DOCUMENT

La Leche League Great Britain (LLLGB) is an Affiliate of La Leche League International (LLLI), a world-wide not-for-profit organisation and internationally recognised authority on breastfeeding. La Leche League GB is registered as a charity with the Charity Commission and is a company limited by guarantee, registered in England, incorporated under the 2006 Companies Act, governed by its Memorandum and Articles of Association, dated 9 June 1981 and amended to allow for current governance arrangements on 23 October 2004, 22 November 2008, 12 October 2013, 25 May 2014, 12 October 2014 and 10 October 2015.The members of the Company are those who have been accredited by La Leche League International as competent to offer breastfeeding information to the best of their ability in the advancement of the objectives of La Leche League Great Britain ("La Leche League Leaders") and who have paid their annual Leader fee. Non-Leader members of the Company may only become voting members if appointed to serve on the Council of Directors. There were 236 Leader members at 31 March 2021 (240 Leader-members at 31 March 2020, 218 at 31 March 2019) each of whom agreed to contribute £1 in the event of the charity winding up.

APPOINTMENT OF TRUSTEES

As set out in the Articles of Association, the Chair of the Trustees is elected by the Council of Directors (the Trustee board). Each year, at the Annual General Meeting (usually held in October) attended by the members of the charitable company, one third (or the nearest number to a third) of Trustees shall retire, but shall be eligible for re-election, subject to restrictions placed on the re-election of Departmental Directors. Departmental Directors are Trustees who have been elected by the membership to take responsibility for designated areas of the company's business and who may not serve more than two three-year terms in such a position. All voting members are circulated with invitations prior to the AGM advising them of the retiring Trustees and requesting them to nominate Trustees for election at the AGM. The Trustee board has the power to co-opt other Trustees during the year, subject to such persons then standing for election at the next AGM. When considering co-opting Trustees, the board has regard to the requirement for any specialist skills needed.

TRUSTEE INDUCTION AND TRAINING

New Trustees receive an orientation pack (revised and updated as necessary) to brief them on their legal obligations under charity and company law, a copy of the Memorandum and Articles of Association, the charity's policies and procedures, the department structure and decision-making processes, the recent financial statements of the charity and the current strategic plan. Opportunities are given to new Trustees to meet key employees and other Trustees. Trustees are encouraged to attend appropriate external training events where these will facilitate the undertaking of their role.

ORGANISATION

The Council of Directors, which administers the charity, can have up to 13 members (the majority of whom must be appointed from amongst the Leader-members of the company). In normal times, the Council meets three times a year; in exceptional pandemic-related circumstances this is replaced with more regular and shorter online meetings, reflecting current difficulties in arranging travel and managing risk.

The Trustees manage the day-to-day operations of the charity. To facilitate effective operations, authority is delegated to staff and volunteers, within terms of delegation approved by the Trustees, for operational matters including finance, volunteer training and support, publications and training activities.

RISK MANAGEMENT

Risks facing the organisation are reassessed on an ongoing basis and plans put in place to mitigate them, with these plans carefully monitored and adjusted as necessary. These risks have been/are being addressed in the following ways:

Risks associated with the costs of our infrastructure: we moved a few years ago to a new database which has enabled much efficiency, particularly in the way we process memberships. In addition to annual memberships we now offer monthly memberships payable by direct debit. The new website has further increased efficiency of administration.

Risks associated with the economic links between the trading subsidiary (LLL (Books) Ltd.) and LLLGB: these risks have been mitigated by cost containment and improved trading conditions as detailed in this report.

Risks associated with the links to La Leche League International (LLLI), our parent organisation: Trustees take part in discussions about LLLI's management and details of bylaws and other revisions, considering the effects on LLLGB of decisions taken internationally, and ensuring that GB Leaders have their voices heard at the highest level.

Risks associated with lack of general funds from memberships and donations: some fundraising has been undertaken, including online donations and encouraging membership. The charity is increasingly working on obtaining grant funding for specific tailored projects and the provision of CPD to our volunteer Leaders, through local and national grants which can also be used to support local LLL Groups with the costs of running meetings. In times of economic pressure across Great Britain, the charity cannot place significant reliance on income from donations, so one focus is on managing costs to ensure that our committed costs are not high, and that spending decisions and plans are based on available funds not on expectation of future income.

Risks relating to compliance with laws and regulations: LLLGB needs to ensure compliance with both company law and charity law and guidance, with the risks of non-compliance being both reputational and financial. These risks are managed by ensuring the trustee body includes those with knowledge and experience of relevant regulations and supporting trustees and our Company Secretary in attending training where appropriate. The implementation of the General Data Protection Regulation and ensuring ongoing compliance with relevant data protection legislation is a focus of trustee risk management. We take legal and professional advice where necessary, recognising this as part of our trustee responsibility.

Risks relating to the SARS-COVID-19 pandemic: The effects of the pandemic on the charity's operations were widespread, as one of the core pieces of our work has always been providing face to face support.

Breastfeeding support is helped by close physical proximity. Our guidelines for Leaders running face to face meetings or providing individual in-person support have continually tracked the changing regulations in each relevant part of Great Britain, always asking Leaders to ensure they comply with the law and are mindful of individual and group risks.

As we move into the post-pandemic period there are risks associated with re-opening groups and we encourage our volunteers only to provide services with which they are comfortable. This is balanced with the need to show we are still present and to maintain our reputation as providers of uniquely supportive and welcoming groups.

MAIN AREAS OF OPERATION AND HOW THEY DELIVER PUBLIC BENEFIT

Our main activities providing information and support are described below; these are undertaken to further our charitable purposes for public benefit. We deliver services to many areas of the UK, and are working to increase our outreach further, as for example with project funding in Scotland.

SUPPORT

Mother-to-mother support - We support mothers, parents and families through LLLGB Local Groups, our telephone helpline, online helpforms, online chat facility, website and a range of social media channels.

Volunteer support - The process to become accredited as an LLL Leader may take months or years and applicants are supported throughout the process by their local Leaders and a remote supporter. Once accredited, Leaders are supported by a locally based District Co-ordinator and our Leader Department Director; there are also significant levels of informal mutual support.

INFORMATION

We share breastfeeding information through our paper publications, website, professional liaison, public relations, and trading subsidiary LLL (Books) Limited. We are also actively pursuing closer cooperation with other breastfeeding support organisations in the UK, for instance through our work with the Breastfeeding Alliance and our shared messaging at the beginning of the Covid-19 pandemic in March 2020.

EDUCATION and DEVELOPMENT

Our Education and Development Department run a programme of antenatal breastfeeding courses, which in the current financial year have all been provided online under the title of “Beginning Breastfeeding”. This innovative offering, provided at no charge to families, has contributed significantly to our reputation and to wide awareness of the support we offer, and 140 instances of the course ran in the financial year.

ADMINISTRATION and FINANCE

Our only paid staff are our part-time administration manager and bookkeeper. Further information on our financial position is set out in the Finance Director’s report.

MOTHER-TO-MOTHER SUPPORT

Local Groups

Our Leaders report summary statistics with us each quarter, which are summarised below:

Total attendances at meetings: 9,936
1,624 Telephone calls received or returned through our helpline and callback services
3,470 calls made directly to local LLL Leaders
1,352 Online helpforms responded to in writing
12,271 contacts through public or private social media
244 video calls

Public Relations and Media

LLLGB has been working to raise awareness of who we are and what we do at both a local and a GB level. We aim to increase awareness and accessibility of our GB-wide provision of breastfeeding support at our LLL groups and by Leaders in their communities. We have continued to explore and expand our social media presence as a way of reaching new and existing audiences, and of raising the profile and awareness of LLLGB in general. The year has been very focussed on how the Covid-19 pandemic was affecting breastfeeding mothers and families, and the implications for the support LLLGB provided.

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

Social Media
The social media team co-ordinates posts, memes, and information sharing via Facebook, Twitter, Instagram and YouTube. We promote the information available on our website, raise awareness of the presence of LLLGB groups across the country, and encourage membership and donations. We also aim to encourage interaction and peer support and encouragement across our channels.
Our social media presence and activity became even more important as the Covid-19 pandemic impacted all our lives: we increased our social media content aiming to provide information and support that families needed via posts. All our groups also moved their support to online: much of which was on social media and or communicated via social media.

Media
La Leche League GB has received numerous media enquiries in the last year asking for our response to various news stories about breastfeeding. LLL Leaders have taken part in several radio discussions on local radio and national media, and TV interviews. LLLGB has been quoted in articles on the national print media, as well as online media channels.

VOLUNTEER SUPPORT

Leader Accreditation Department (LAD)

The Leader Accreditation Department continues to work to secure the future of LLLGB by working with Leader Applicants. This year there have continued to be many changes to LLLI documents and procedures requiring us to continually update our GB documentation and keep up with the global changes.

Thirteen Co-ordinators of Leader Accreditation in Great Britain (and five ACLA-at-large helping from abroad) are supporting 107 Leader Applicants. LLLGB accredited 24 new Leaders in the last year - many who worked entirely remotely through the pandemic.

The LAD department responds to mothers interested in leadership via our website, sometimes leading to applications.
LLLGB has accepted 38 new applications in 2020-2021 most of them supported by Leaders in a group. Our LLLGB Applicants Facebook group remains active.

Internationally, LAD is involved in twice monthly meetings with the LAD council and with the LLLI Board. Sharing their views on policy changes at Board level to ensure decisions are relevant to our work here in GB. We continue to be represented at every international LAD meeting and participate in many discussions online.

Scottish Government Breastfeeding Programme for Government 2018-2021

In 2020-2021 La Leche League GB received its third year of funding from Scottish Government for two projects: LLL Group Development in Scotland, and Peer Support Training with Breastfeeding LENs Ltd.

When the coronavirus pandemic lockdown began in March 2020, LLL in Scotland continued to support mothers and families digitally via national and local websites and by moving in-person meetings online. One-to-one helping increased, via local telephone calls, video calls, email and social media. Fourteen online meetings per month were offered by LLL Groups in Scotland and Leaders undertook active social media engagement with the Scottish public. The popular 'Beginning Breastfeeding Online' course was run free of charge in Scotland 24 times in the year. The number of Leaders-in-training and LLL Groups in Scotland has increased.

The Peer Support Project with Breastfeeding LENs trains local mothers to support each other and promote breastfeeding in East Lothian. 17 active peer supporters have been trained and are supporting women in an area which previously did not have mother-to-mother breastfeeding support. Project oversight is provided by Breastfeeding LENs in cooperation with LLLGB.

With these projects LLLGB aims to contribute to the Scottish Government objective of reducing the breastfeeding attrition rate at the 6-8 week infant review.

LLL in Scotland is also proud to continue to be a part of the Scottish Government Breastfeeding Advocacy and Culture Change Group, along with BfN, NCT and representatives from each of the 14 health boards in Scotland.

INFORMATION

Publications

Breastfeeding Matters

Breastfeeding Matters, LLLGB's bi-monthly newsletter, is produced by a team of dedicated Leaders and is a terrific resource for our members who can choose to receive it in paper form or electronically. It is full of information and wonderful stories shared by mothers and families, which provide encouragement and tips for breastfeeding parents finding themselves in similar situations. Breastfeeding Matters articles are often referred to by our breastfeeding counsellors during our local group meetings, whether in person or online, and they can be a useful resource to promote LLLGB membership. Breastfeeding Matters is read around the world, although its circulation is especially wide across Britain, Ireland and France. Articles of particular interest are also made available on the LLLGB website, making Breastfeeding Matters' reach truly global.

Feedback

Feedback is our in-house publication for Leaders and Leader Applicants which can be accessed exclusively online. It provides information on LLLGB activities, such as national and local workshop sessions, to help our breastfeeding counsellors stay up to date.

Leaflets Team: Booklets & Information Sheets

LLLGB publishes over fifty different information sheets and booklets. These are for sale in the LLLGB Shop as single copies and bulk pads and packs, and are popular with parents, Leaders, breastfeeding supporters and health professionals in the UK and beyond. The text of many leaflets can also be read on the LLLGB website. Our *Positioning and Attachment* leaflet is available for sale in Kindle format. Also available is the popular *Full Sample Set*of all LLLGB published leaflets, along with a *Complete Reference Set,* comprising the contents of the *Full Sample Set*ready filed for easy reference. Parents attending LLLGB Beginning Breastfeeding Antenatal Courses receive a pack of specially selected leaflets as part of their course. LLL Ireland purchase and sell our leaflets and LLL New Zealand continue to print many of our titles under licence.

Leaflets are written and updated on a rolling basis by the Leaflets Coordinator, working closely with other Leaders who act as editorial consultants, proof readers and reviewers, coordinated using a Facebook group. Leaflet layout and graphic design services have been performed by Bronwyn Davies (leaflets coordinator) and Roy Nadin (professional printer of leaflets and Breastfeeding Matters magazine).

This year the following leaflets were updated with the latest research:
· *My baby needs more milk*
· *Starting solids*
· *Allergy and food intolerance*
· *Safer sleep*

A new leaflet has been developed this year: *Using donor milk and formula to support breastfeeding*, based on the recent website article.

Note: no leaflets have been printed in the last 12 months due to reduced demand for printed leaflets in the LLLGB shop and issues dealing with the warehouse (where the leaflets are delivered). However, leaflet printing will resume in October 2021.

Website

From 1st April 2020 to 31st March 2021, our national website (www.laleche.org.uk) had 5.1m page views from 2.5m visitors.

Our 20 most popular pages were viewed 2.7m times: these included our page on Too much milk and oversupply, Fussy evenings with a newborn, information on thrush, and our page on alcohol and breastfeeding.

Over 75% of our visitors are from the UK or United States, and the rest of our reach is geographically very wide, with visits from all over the world.

Keeping the breastfeeding information on our website up to date and accurate is an ongoing priority for the website team, ahead even of generating new content. We continue to monitor our use of images and language to ensure they represent the full diverse range of families we support.

Behind the scenes, we continue to develop our website-based resources for our Leaders so they can record their work securely online which also improves our internal record keeping. In the 2020-21 year, pressures of the pandemic meant we made little progress on our project to allow our future Leaders to perform more of their application work using online resources and we hope to resume work on this as times return to normal.

LLLGB LEADER ALUMNAE

We value our alumnae and are grateful to them for the service they have provided to LLLGB and their continued support.

LLLGB Shop (LLL Books Ltd – the trading arm of LLLGB)

The 2020-21 tax year brought a turnover of £19,416, unsurprisingly substantially lower than the previous year (£23,522). We were concerned we might not break even. However, tight control of expenses has generated a surplus of £2,894 for donation to LLLGB through Gift Aid.

As we moved in and out of lockdowns we were still able to continue selling via our online shop. LLLGB online Beginning Breastfeeding antenatal courses helped generate sales of our two key books, The Womanly Art of Breastfeeding and Sweet Sleep. Sales of leaflets were down due to lack of face-to-face support taking place in all organisations. Online conferences did not generate sales in the same way as normal in-person events although they still provided opportunities to promote LLLGB.

Our commercial fulfilment company (used to store stock and dispatch most orders) was hugely affected by the pandemic, and became overwhelmingly busy juggling increased sales from their multiple clients with the challenges of the winter wave of COVID-19. They moved our stock onto a new system in autumn 2020 but did not complete the job. This meant that a lot of the LLLGB stock was ‘lost’ somewhere in their warehouse, and we were unable to sell it. To get around this, one of the directors ordered additional stocks of books to her home and sent out many orders herself. All our missing books have now been found. A lot of the leaflets are still to be located, but we have been assured that these final items will reappear in the next month or two. We have been grateful for the patience and understanding of customers who were willing to support us and wait longer than expected for their orders to arrive.

We keep a close eye on pricing and make adjustments (both up and down) when necessary, but remain committed to offering a good deal on our products any time a customer needs to order.

We use a self-employed book-keeper. The remaining bookshop admin tasks are shared on a voluntary basis between the three company directors working from home. More Leader volunteers are needed urgently to join this team in order to keep the shop running smoothly and ensure it can remain viable for the future. Company directors Sue Upstone, Kate Wootton-Beard and Heather Birt would like to thank Sally Harris and Suzanne Cohen for their ongoing contributions and all the Leaders who encourage people to buy from the LLLGB Shop.

RELATED PARTIES

La Leche League GB is affiliated with La Leche League International, though there is no legal ownership and the only financial link is the quarterly cost-sharing payments made under our current affiliate agreement, which sets out certain contractual commitments for both parties relating to use of the LLL name and logo, and contributions to shared central costs.

External Organisations

LLLGB is part of the Breastfeeding Alliance, a cooperative group made of representatives of breastfeeding organisations and other interested parties.

ADMINISTRATION and FINANCE

Some of the charity's main sources of income were:
Donations £20,612 (£27,645 in 2020)
LLLGB Books Donation £6,066 (£7,214 in 2020)
Grants such as the Scottish Government Funding and Awards For All applications, and, as usual, the bulk of our income is in **Subscriptions** of various forms (around £49,000 this year). Despite the economic effects of Covid-19 and furlough, we have been grateful to receive a very similar rate of subscriptions to that of last year, and this has allowed our Leaders to fund new and innovative ways of supporting families.

The expected **Gift Aid** claim for 2020-21 is £4,009, down very slightly from last year's £4,296, reflecting our continued stable membership and donation income.

The accounts show total incoming resources for the year of £115,738 which is down from the 2020 figure of £161,094. This decrease has been not only matched but surpassed by a drop in outgoings (£133,305 to £78,350), as costs of providing services have reduced during the period where face to face helping was not in operation, and the alternative options the charity worked to provide in general cost less but also raised less money for the organisation. We continue to add to our robust reserves and as we move to reopen more in person activities, we expect to see a resultant rise in both figures over the coming year and will use our surplus as needed to support this return to face to face work alongside a continued virtual offering wherever possible.

Donations have fallen this year, which reflects the lack of group meetings with potential for cash donations. As we move to reopening, we will be paying close attention to whether this trend reverses.

We are, as always, grateful for the support of the various local funders and for grants to groups as well as donations from individuals. We are also very grateful for those people who felt able to make a contribution to our work, large or small, and to those volunteers who have invested time and energy in obtaining grant funding to support their work.

During the year LLLGB's balance sheet included £69,808 cash held by groups. This has stayed fairly constant since last year, as we would expect with local groups unable to hire venues or share physical resources with attendees (around 1% increase). The number of groups holding funds has increased again by 1%, with the vast majority of our groups holding funds for local use.

La Leche League Great Britain will aim to maintain reserves in order to provide continuity of service provision. Unrestricted funds will be held in reserve for amounts of up to six months annual running costs to provide for any unexpected shortfall in funding. The current level of reserves is considered adequate.

The balance of restricted funds represents the unspent portion of the amount received from funders which is specifically earmarked for the completion of fund projects. As was the case last year, these funds may take longer than expected to clear due to the venue restrictions from Covid-19 management, and so may remain in our account for longer than originally planned, but will be redirected or reserved for completion of these projects as soon as circumstances allow.

During the year there was again a net increase in total funds, in this case of £37,388 (2020: £26,809). This leaves us in a strong position to not only fund our return to previous levels of support but also look to combine those previous settings with the new innovations the last year has triggered and build something offering even more support to the babies and families we support next year and further into the future.

TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS

Company law requires the Trustees to prepare financial statements that give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year. In doing so the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; 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 position of the charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The Trustees 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.

INDEPENDENT EXAMINER

Mrs K Seagrave FCA of Fouetté Accountancy Solutions Limited will be in office as independent examiner for the ensuing year.

SMALL COMPANY PROVISIONS

This report has been prepared in accordance with the special provisions relating to small companies under Part 15 of the Companies Act 2006.

Helen Lloyd

Chair of the La Leche League Great Britain Council of Directors

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF LA LECHE LEAGUE GREAT BRITAIN

I report on the accounts of the Charitable Company for the year ended March 31, 2021, which are set out on pages 12 to 20.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The Charity's Trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's Trustees 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. Even though the charity's gross income did not exceed £250,000 its governing document requires an independent examination and I am qualified to undertake the examination by being a qualified member of the ICAEW.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility:

- to examine the 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 Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement
In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements

  (a) to keep accounting records in accordance with section 386 of the Companies Act 2006; and

  (b) to prepare accounts which accord with the accounting records, comply with the accounting

  requirements of section 396 of the Companies Act 2006 and with the methods and principles of the

  Statement of Recommended Practice (FRS 102): Accounting and Reporting by Charities have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the

  accounts to be reached.

Mrs K Seagrave FCA
Fouetté Accountancy Solutions Limited
White Rose House, 5 Walnut Grove
Nottingham, NG12 3AU

Date 23 October 2021

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 MARCH 2021

INCOMING AND ENDOWMENTS	Notes	Unrestricted **£**	Restricted **£**	**31.03.21 Total £**	31.03.20 £
Income and endowments from generated funds:					
Voluntary income		79,925	-	**79,925**	110,055
Activities for generating funds		5,981	-	**5,981**	5,975
Investment income		668	-	**668**	1,453
Income and endowments from charitable activities		2,356	26,808	**29,164**	43,611
Total income and endowments	**1/2**	**88,930**	**26,808**	**115,738**	161,094
RESOURCES EXPENDED					
Cost of generating funds:					
Cost of generating voluntary income	**3**	-	-	**-**	-
Fundraising trading: cost of goods sold & other goods	**3**	17,152	-	**17,152**	19,092
Charitable activities	**3**	46,697	12,894	**59,591**	104,610
Governance costs	**3**	1,607	-	**1,607**	9,603
Total Resources Expended	**3**	**65,456**	**12,894**	**78,350**	133,305
NET INCOMING RESOURCES FOR THE YEAR		23,474	13,914	**37,388**	27,789
net (expenditure)/income for the year					
Transfer between funds		20,471	(20,471)	**-**	-
Fund balances at 1 April,2020	**11**	228,440	20,563	**249,003**	221,214
Fund balances at 31 March,2021	**11**	**272,385**	**14,006**	**286,391**	249,003

The statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 14 to 20 form part of these accounts

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

COMPANY NUMBER 1566925
BALANCE SHEET AS AT 31 MARCH 2021

		2021	2020
FIXED ASSETS	**Notes**	**£**	**£**
Tangible	**5**	**-**	-
Investment in subsidiary	**4**	**10,000**	10,000
		10,000	10,000
CURRENT ASSETS			
Stock		**2,379**	2,379
Sundry debtors and prepayments	**6**	**19,809**	15,421
Balance at Charities Official Investment Fund		**79,615**	79,615
Cash in bank		**204,510**	174,585
		306,313	272,000
CURRENT LIABILITIES-CREDITORS:			
Amounts falling due within one year	**7**	**29,922**	32,997
NET CURRENT ASSETS		**276,391**	239,003
TOTAL ASSETS LESS CURRENT LIABILITIES		**286,391**	249,003
REPRESENTED BY:			
RESERVES:			
Unrestricted funds			
Designated fund	**8**	**-**	-
General funds	**8**	**272,385**	228,440
		272,385	228,440
Restricted funds	**8**	**14,006**	20,563
	11	**286,391**	249,003

The Trustees are satisfied that the charitable company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the accounts for the year by virtue of section 477 and that no member or members have requested an audit pursuant to section 476 of the Act.

The Trustees acknowledge their responsibilities for:

(i) ensuring that the charitable company keeps proper accounting records which comply with section 386 of the Act, and

(ii) preparing accounts which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its surplus or deficiency for the financial year in accordance with the requirements of sections 394 and 395, and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006 and with the Financial Reporting Standard for Smaller Entities (effective April 2008).
These financial statements were approved by the board of Trustees on 23 October 2021 and signed on its behalf by:

HELEN LLOYD – TRUSTEE/DIRECTOR

LOUISE MORAN - TRUSTEE/DIRECTOR

The notes on pages 14 to 20 form part of these accounts

LA LECHE LEAGUE GREAT BRITAIN (company number 1566925)
(A Company limited by guarantee and not having share capital)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES

The accounts have been prepared under the historical cost convention and in accordance with the provisions of Section 1A "Small Entities" of Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", the Charities Act 2011, the Companies Act 2006 and the Statement of Recommended Practice: "Accounting and Reporting by Charities" (FRS 102).

DONATIONS AND GRANTS

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable, except as follows:

- When donors specify that donations and grants given to the charity must be used in future accounting periods, the income is deferred until those periods.
- When donors impose conditions, which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.
- When donors specify that donations and grants, including capital grants, are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds receivable.

RESOURCES EXPENDED

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered.

Certain expenditure is directly attributable to specific activities and has been included in those cost categories. Certain other costs, which are attributable to more than one activity, are apportioned across cost categories on the basis of an estimate of the proportion of time spent on those activities.

Charitable activities include expenditure associated with the provision of information, advice and support, and include both the direct costs and support costs relating to these activities.

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

CONSOLIDATION

The Company is exempt from the requirements to prepare group accounts under 398 of the Companies Act 2006 as the group qualifies as a small size group and thus group accounts have not been prepared.

FIXED ASSETS

Fixed assets are included in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of fixed assets over their estimated useful life of four years on a straight-line basis. Assets costing under £50 are not normally capitalised.

STOCKS

Stocks are valued at the lower of cost and net realisable value. It is not possible to value the goods that are donated to the shops and these are therefore carried at a £Nil valuation within the year end stocks.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021 (CONTINUED)

PENSIONS

Pensions are accounted for in accordance with FRS 102.

Pension costs and the pension provision for the defined benefit scheme are calculated on the basis of actuarial advice and are charged to the statement of financial activities on a basis to spread the costs over the employees' working lives.

Pension costs for the defined contribution scheme are charged to the accounts on an accruals basis in the period in which they occur.

A pension provision has been created within unrestricted funds in compliance with the requirements of the SORP.

FUND ACCOUNTING

Funds held by the charity are either:

- Unrestricted general funds – these are funds which can be used in accordance with the charitable objectives at the discretion of the Trustees.
- Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

BRANCHES

The operating results and net assets of branches of La Leche League Great Britain have been included in the Statement
of Financial Activities and Balance Sheet.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021 (CONTINUED)

2. INCOMING RESOURCES

	Unrestricted Funds	Restricted Funds	Total 31.03.21	Total 31.03.20
INCOMING RESOURCES	£	£	**£**	**£**
Voluntary income				
Grants receivable	10,169	-	**10,169**	32,608
Others	341	-	**341**	178
Subscriptions	48,803	-	**48,803**	49,624
Donations	20,612	-	**20,612**	27,645
	79,925	-	**79,925**	110,055
Investment income				
Interest receivable	668	-	**668**	1,403
Rent receivable	-	-	**-**	-
Sale of assets	-	-	**-**	-
Compensation	-	-	**-**	50
	668	-	**668**	1,453
Incoming resources from charitable activities				
Scottish government grants	-	21,675	**21,675**	5,525
Lens income	-	1,500	**1,500**	16,500
Conference	1,854	-	**1,854**	6,402
Others	502	3,633	**4,135**	15,184
	2,356	26,808	**29,164**	43,611

3. ANALYSIS OF TOTAL RESOURCES EXPENDED:

	Costs of Generating Funds	Fundraising Trading	Information advice and support	Governance	2021 Total	2020 Total
Costs directly allocated to activities	£	£	£	£	**£**	£
Salaries	-	-	20,263	-	**20,263**	20,937
Direct costs and materials	-	4,588	22,856	-	**27,444**	54,996
Publications and leaflets	-	12,564	-	-	**12,564**	14,840
Travel and accommodation	-	-	-	227	**227**	5,623
Communications	-	-	2,566	-	**2,566**	2,918

Training and conferences	-	-	4,122	-	**4,122**	11,530
Depreciation	-	-	-	-	**-**	-
Premises costs	-	-	274	-	**274**	304
Other costs	-		9,510	1,380	**10,890**	22,157
	-	**17,152**	**59,591**	**1,607**	**78,350**	133,305

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021 (CONTINUED)

TOTAL RESOURCES EXPENDED INCLUDE THE FOLLOWING:

	2021	2020
	£	£
Depreciation	**-**	-
Management Committee remuneration	**-**	-
Auditors' remuneration – audit services	**-**	-
Management Committee expenses reimbursed:		
- Travel and incidental expenses of Trustees	**227**	5,623

Staff costs

	£	**£**
Salaries and wages	**20,263**	20,937
Social Security costs	**-**	-
	20,263	20,937

The average number of employees during the year was 2 (2020: 2). No employee earned in excess of £60,000 (2020: £60,000)

ANALYSIS OF GOVERNANCE COSTS:	2021	2020
	£	**£**
Independent Examination fees	**1,020**	1,020
Legal and professional fees	**-**	-
Costs of Trustee travel and subsistence	**227**	5,623
Annual report	**-**	-
LLLGB International conference and meetings	**-**	2,642
Bad debts	**-**	-
Other costs	**360**	318
	1,607	9,603

4. INVESTMENT IN SUBSIDIARY

	2021	**2020**
	£	**£**
10,000 £1 Ordinary Shares in LLL (Books) Ltd	**10,000**	10,000

The Company owns 100% of the ordinary share capital of LLL (Books) Ltd., a company incorporated in England. LLL (Books) Ltd. is a trading company selling books on breastfeeding, child care and family life to La Leche League Leaders, members and the general public. Profits not needed for development are donated to the charity.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021 (CONTINUED)

At 31 March 2021 the aggregate capital and reserves of LLL (Books) Ltd. were as follows:

	£
Aggregate capital	**10,000**
Reserves	**25,497**
	35,497

The net assets of LLL (Books) Ltd at 31 March 2021 comprise:

Tangible fixed assets	**128**
Stock	**17,893**
Debtors	**7,243**
Cash at Bank	**14,593**
	39,857

Less Creditors (including amounts due to group undertakings as below)

Amounts owed to the group	**2,091**
Other creditors	**2,269**
	4,360

LLL (Books) Ltd made a loss of £32 (2020: £40), after taxation in the year ended 31 March 2021.

5. FIXED ASSETS

COST	**Office** equipment £
Balance at 1 April,2020	**1,394**
Additions	**-**
Disposals	**-**
Balance at 31 March,2021	**1,394**
DEPRECIATION	
Balance at 1 April,2020	**1,394**
Provision in year	**-**
Disposals	**-**
Balance at 31 March,2021	**1,394**
NET BOOK VALUE	
At 1 April, 2020	-
At 31 March, 2021	**-**

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021 (CONTINUED)

6. DEBTORS

	2021	2020
	£	£
Amounts due for Peer Counsellor Programme	-	-
Sundry debtors	19,809	15,421
	19,809	15,421

7. CREDITORS

	2021	2020
	£	£
Amounts falling due within one year:		
Peer Counsellor Programme Income in advance	-	-
Other income in advance	28,207	29,967
Trade creditors	472	1,958
Other creditors and accruals	1,243	1,072
	29,922	32,997

8. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Fixed Assets	Net current Assets	2021 Total	2020 Total
	£	£	£	£
Unrestricted				
Designated fund	-	-	-	-
General funds	10,000	262,385	272,385	228,440
Restricted	-	14,006	14,006	20,563
Total	10,000	276,391	286,391	249,003

9. RESERVE CAPITAL

The Company is limited by guarantee with no authorised share capital.
The amounts guaranteed in the nature of reserve capital are £236. These amounts are only capable of being called up for the purposes of winding up the Company.

10. RESTRICTED FUNDS

Restricted funds relate to the following programmes:

- Scottish government grants.
- Lens income.
- Café La Leche grants.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021 (CONTINUED)

11. MOVEMENTS IN FUNDS

	Balance at 01.04.20 £	Incoming resources £	Resources used £	Transfers £	Balance at 31.03.21 £
RESTRICTED FUNDS:					
'Awards for All' and other grants to groups	12,488	3,633	(3,993)	(12,128)	**-**
Lens Project	-	1,500	-	(1,500)	**-**
Scottish Government Grant	8,075	21,675	(8,901)	(6,843)	**14,006**
Total restricted funds	20,563	**26,808**	**(12,894)**	**(20,471)**	**14,006**
UNRESTRICTED FUNDS:					
General funds	228,440	88,930	(65,456)	20,471	**272,385**
Total unrestricted funds	**228,440**	**88,930**	**(65,456)**	**20,471**	**272,385**
TOTAL FUNDS	**249,003**	**115,738**	**(78,350)**	**-**	**286,391**