

LIFE AFTER LOSS

DIRECTORS' REPORT

FOR THE YEAR ENDED 31 OCTOBER 2022

The directors present their annual report and financial statements for the year ended 31 October 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The charity's objectives are to advance the awareness and education of the UK public in the subject of Pregnancy and Infant Loss. The benefit of this purpose is that those suffering from the loss of their baby will be shown more understanding and support by others. Support and consideration from others is crucial in ensuring parents do not feel isolated and is likely to lead to a reduction in risk of depression and other mental illness. This benefit is evidenced after awareness events that the charity participates in and promotes - such as UK baby loss awareness week from 9th - 15th October each year. Many families who we support have told us that friends and family seeing our postings on social media and attending our events along with them has helped them to feel supported.

The charity also aims to promote sensitivity and appropriate care towards those experiencing the loss of a baby in the UK by the medical profession by the provision of literature and advice. The benefit of this purpose is that medical professionals will be better prepared to deal with families under their care who are going through the loss of a baby. A recent study carried out in conjunction with the University of Ulster considered the impact of hospital care on the grief process. The care received (whether this is a positive or negative experience) at the time of the loss is something that will stay with the family for a long time and so a positive experience is very helpful in dealing with grief in a healthy way.

The charity also provides assistance in relieving the emotional distress of those in the UK affected by the loss of a pregnancy or infant by provision of online and in-person support and/or counselling. The benefit of this purpose is to allow families the opportunity to work through their grief in a way that will be less likely to leave them isolated and vulnerable to depression. We have been told many times that support from others who have been through a similar experience has been a 'lifeline' and that feeling understood completely has made the greatest difference to their emotional wellbeing. The benefit of professional counselling is that grief is less likely to lead to depression and other emotional illness, or it can alleviate this if it is already present. It gives individuals the tools to manage their emotions and thoughts.

The directors have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

The charity provides support and information to those who have been through the death of a baby at any stage of pregnancy, or early in life, for any reason. Our headquarters is in Northern Ireland, and many of our events and activities are also held in Northern Ireland. However the charity does carry out a substantial amount of work with Warrington Hospital, and we are always looking for ways to expand our support network throughout the UK.

The charity operates an online support forum for bereaved families within the UK and worldwide. The forum is an integral part of what we do, and is available 24 hrs a day, 7 days a week for grieving parents to read and post messages, giving and receiving support.

Financial review

The results are set out in detail on pages 5 to 10. The company returned net outgoing resources for the year of £813 (2021- £3,189).

At 31 October 2022, the level of unrestricted reserves held was £707 (2021- £1,520).

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

The directors have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

The charity plans to continue to support bereaved families with the provision of memory boxes, booklets and other items, free of charge to hospitals and other organisations.

The charity hopes to hold more memorial events and expand our network of support groups by undertaking training of new volunteers.

Structure, governance and management

The charity is a company limited by guarantee and a registered charity for taxation purposes.

The directors who served during the year and up to the date of signature of the financial statements were:

Ms L Balmer

Ms J Coll

Ms A Mitchell

None of the directors has any beneficial interest in the company. All of the directors are members of the company and guarantee to contribute £1 in the event of a winding up.

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

The director's report was approved by the Board of Directors.

Ms J Coll

Director

Dated: 26 July 2023