

PREGNANCY SICKNESS SUPPORT

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

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PREGNANCY SICKNESS SUPPORT

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	K Chappelle Dr R Gadsby M O'Hara C Dean S Zafar C J Pratt	(Appointed 14 April 2020)
Charity number	1094788	
Principal address	19G Normandy Way Bodmin Cornwall PL31 1RB	
Independent examiner	Old Mill Accountancy Limited Unit 2 Greenways Business Park Bellinger Close CHIPPENHAM Wiltshire SN15 1BN	

PREGNANCY SICKNESS SUPPORT

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PREGNANCY SICKNESS SUPPORT

CHAIRPERSON'S REPORT

FOR THE YEAR ENDED 31 MARCH 2021

As was the case for most of the world, the year 2020 was the most challenging in living memory in many ways thanks to the global pandemic caused by Covid-19. At the end of March 2020 the UK was put in a national lockdown and our staff were set up to work from home. We saw an almost immediate increase in demand for our services and feedback from our service users suggests this was largely due to reduced access to primary and secondary care, increased fears of healthcare interactions and the increased social/emotional burden of lockdown combined with HG and subsequent decreased access to personal support networks. In addition to the increased demand and requirements for staff to work from home, a number of the Trustees are themselves healthcare professionals and were deployed to clinical areas and our medical board who provide support to our staff were overwhelmed clinically also. As a result of this, much of our planned activities outside our core support provision was put on hold and other projects and events were adapted to online versions.

Although our Scotland volunteer conference was cancelled due to covid restrictions, we held a very successful National Conference online at the start of May which was well attended by current and potential volunteers with presentations on the Wrisk Project, Bio-resource research, patient involvement in research and volunteer experiences of supporting people through HG. We also held a number of Healthcare professional training sessions online instead of face to face and as a result reached much higher numbers of participants. In total we provided training to around 250 healthcare professionals. This was an unexpected benefit of the covid pandemic as prior to this most healthcare professionals and organisations were not particularly "online-savvy" or confident engaging in online meetings. Our previous experience as a predominantly online charity, which has been holding trustee and other meeting online for many years, set us in good stead for the adaptation and the transition was perhaps easier for us than for many other charities, organisations and institutions. We also held a successful online HG Awareness Day with excellent guest speakers such as Charlotte Howden and Michelle Owen, family activities, interactive events and plenty of fundraising. I am particularly proud of our ability to seize the unexpected opportunities the covid pandemic presented and use our strengths to take advantage of them.

In addition to our core lottery funding which started in January 2020 we raised in the region of £40,000 through volunteer fundraising activities, which considering the impact of the pandemic on fundraising events and public finances, I am extremely proud of. In January 2021 we applied for, and were awarded, ~£25,000 top up funding for Covid relief which enabled us to increase our support staff. The bulk of our spending is on staff salaries to operate the core functions of the charity and towards the end of the year we were able to expand the team to meet demand. Considering the impact and reach we are having I think the value our charity stretches out of every pound received is impressive and noteworthy.

We increased our volunteer pool by approximately 60 new volunteers this year and received almost 3,000 new contacts from sufferers. Most new contacts have multiple ongoing contacts and 641 sufferers were matched with peer supporters in 2020-2021.

Despite these successes there can be no denying that 2020 presented unprecedented challenges and we, like everyone, felt the effects of these. Our biggest challenge has been staffing and we have had a high turnover through this year. Remote management and supervision of a trainee staff member proved difficult, and it was apparent that the required skills and qualities within our management were not readily available. The transition between office and home and changing government goal posts also led to low morale and a disconnected team despite efforts to stay connected through online meetings and social-distanced outdoor meet ups. Our manager, Karen Lodge, left after nearly 6 years of service with the charity. In January 2021 we employed a Chief Executive Officer with the intention of building on our established strategy and direction. However, it rapidly became clear that an external senior staff member, whose experience was from much larger, mainstream third sector and commercial organisations, struggled to appreciate the specific challenges faced by such a small, grassroots organisation addressing a niche and "unpopular" condition. The position therefore did not work out within the probationary period. Reflection and learning from this prompted an internal restructure within the Charity and Leonie Searle was promoted to Chief Operations Officer (COO). Junior staff were recruited into well defined, specific roles rather than general charity roles. We now have a support team manning the helplines, a peer support coordinator, a fundraising coordinator, and a project administrator working under the COO.

PREGNANCY SICKNESS SUPPORT

CHAIRPERSON'S REPORT

FOR THE YEAR ENDED 31 MARCH 2021

Research was largely put on hold with the Bio-resource shutting its doors to all non-covid projects and research staff being redeployed clinically. However, we have continued to work with smaller projects as they have arisen, and the James Lind Alliance Priority Setting Project for Hyperemesis Gravidarum Research published its resulting top ten priority questions. PSS funded the James Lind Alliance aspect of this project, and it is hoped that with focused direction research in this field can achieve greater impact.

National media has been difficult to engage as the entire world has been consumed with pandemic news. Despite this we have several small local stories in newspapers and magazines and our social media following has grown significantly with a target on Instagram being reached which allows us additional features and functions for profiles with high numbers of followers; a goal we had been trying to achieve for the previous few years. This has led to collaborations with high profile social media accounts and organisations within the pregnancy sector, this huge reach online resulting in increased awareness of the condition and the information and support which we are able to offer as a national charity and many opportunities have stemmed from this.

Our first report to the National Lottery in January 2021 was well received and feedback was exceptionally positive, and our impact and reach on such a small budget was both recognised and commended; I think we should be particularly proud of our growth and reach.

Overall, despite the challenges of covid and its impact on our staff and increased demand for our services I feel that we have fared surprisingly well through what must surely be the most challenging year for most people in living memory. I am optimistic about the year ahead as vaccines are developed for covid and restrictions will start to lift and conferences, events and research projects can reopen.

.....
Caitlin Dean, RGN, MSc

Chairperson Trustee for Pregnancy Sickness Support

Dated:

PREGNANCY SICKNESS SUPPORT

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2021

The trustees present their report and financial statements for the year ended 31 March 2021.

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 Charities Act 2011 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 objects are:

1. for the advancement of education with regards to sickness in pregnancy, and
2. to relieve sickness by giving advisory or other services to those who need support due to sickness in pregnancy.

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

Achievements and performance

Explanation of the achievements and performance of the charity in the year is detailed in the Chairperson's report.

Financial review

Income for the year amounted to £134,139 (2020:£83,071), of which £81,459 was restricted income received in relation to National Lottery Grant. Charitable expenditure amounted to £118,085 (2020:£89,327), of which £81,459 was restricted expenditure relating to the utilisation of the National Lottery Grant received.. The majority of the charity's expenditure continued to be staffing costs, which were £81,031 (2020:£54,380).

The net movement in funds for the year amounted to a surplus of £16,054 (2020: deficit of £6,256).

The charity's balance sheet as detailed on page 7 shows a satisfactory position with funds amounting to £77,058 (2020: £61,004).

Reserves policy

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 trustees 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.

At 31 March 2021, the level of free reserves was £75,596 (2020:£58,811), equivalent to 8 months (2020: 8 months) of recurring expenditure.

As trustees of the PSS charity, we confirm that the financial reserves at the end of the financial year to April 21 are higher than the charities reserves policy. During this period the UK has been experiencing the devastating effects of the Covid 19 pandemic. Many other charities have suffered very large reductions in donation income which have tested their financial viability. PSS relies significantly on its donor income, and the trustees had concerns that PSS donor income would suffer significantly. They, therefore, felt that it was important to maintain very healthy reserves, to counter the expected reductions in donor income and to enable the charity to continue to function through pandemic times.

The trustees has 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.

PREGNANCY SICKNESS SUPPORT

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Plans for the future

In the coming year we plan to improve our fundraising strategy through a number of new initiatives and the implementation of a Fundraising CRM Database (Donorfy). Initiatives we have planned are the HG Hero Challenges, “work for good” initiatives, contract generator for small business relationships and targeted monthly newsletters and bi-monthly regular donor communications. In 2022 we will be submitting our next Lottery application for funding for 2023 onwards, in which we plan to include funding for office expansion.

We would like to overhaul and update the website which hasn't been updated for a few years now. We are seeking funding for this at present and are planning the update and creating content. Our social media has grown significantly and we plan to continue the expansion of this with a structured strategy. Social media is particularly important for our charity due to the demographics of our key stakeholders.

We would like to recruit some new trustees to increase the skills on the board and address gaps in the current board. This is proving difficult but we are exploring strategies for this. In the next year I would like to formalise the governance roles and strengthen the board to reflect the new size of the charity and level of governance required. Due to our growth the charity has changed from being largely Trustee run as a small charity to a larger, staff run organisation. This growth is fantastic but our governance structures need to adapt to provide oversight, direction and challenge rather than providing day-to-day running and practical work.

Structure, governance and management

The charity is controlled by its governing document, a deed of trust registered 27 November 2002, and constitutes an unincorporated charity

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

K Chappelle	(Appointed 14 April 2020)
Dr R Gadsby	
M O'Hara	
C Dean	
S Zafar	
C J Pratt	

There shall be at least three trustees. Future trustees shall be appointed by resolution of the trustees passed at a special meeting.

In selecting persons to be appointed as trustees, the trustees shall take into account the benefits of appointing a person who is able by virtue of their personal or professional qualifications to make a contribution to the pursuits of the objects or management of the charity.

PREGNANCY SICKNESS SUPPORT

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Statement of trustees' responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

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

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees' report was approved by the Board of Trustees.

C Dean

Chairperson and Trustee

Dated: 28 January 2022

PREGNANCY SICKNESS SUPPORT
INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF PREGNANCY SICKNESS SUPPORT

I report to the trustees on my examination of the financial statements of Pregnancy Sickness Support (the charity) for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Tim Lerwill, FCA
Old Mill Accountancy Limited
Unit 2
Greenways Business Park
Bellinger Close
CHIPPENHAM
Wiltshire
SN15 1BN

Dated: 28 January 2022

PREGNANCY SICKNESS SUPPORT

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2021

		Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £
	Notes				
<u>Income from:</u>					
Donations and legacies	3	52,634	81,459	134,093	83,017
Investments	4	46	-	46	54
		-----	-----	-----	-----
Total income		52,680	81,459	134,139	83,071
		-----	-----	-----	-----
<u>Expenditure on:</u>					
Raising funds	5	4,954	-	4,954	2,145
		-----	-----	-----	-----
Charitable activities	6	31,672	81,459	113,131	87,182
		-----	-----	-----	-----
Total resources expended		36,626	81,459	118,085	89,327
		-----	-----	-----	-----
Net income/(expenditure) for the year/ Net movement in funds		16,054	-	16,054	(6,256)
Fund balances at 1 April 2020		61,004	-	61,004	67,260
		-----	-----	-----	-----
Fund balances at 31 March 2021		77,058	-	77,058	61,004
		=====	=====	=====	=====

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

All income and expenditure derive from continuing activities.

PREGNANCY SICKNESS SUPPORT

BALANCE SHEET

AS AT 31 MARCH 2021

		2021		2020	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	10		1,462		2,193
Current assets					
Debtors	11	413		1,720	
Cash at bank and in hand		78,400		61,267	
		<u>78,813</u>		<u>62,987</u>	
Creditors: amounts falling due within one year	12	<u>(3,217)</u>		<u>(4,176)</u>	
Net current assets			75,596		58,811
Total assets less current liabilities			<u>77,058</u>		<u>61,004</u>
Income funds					
Unrestricted funds			77,058		61,004
			<u>77,058</u>		<u>61,004</u>

The financial statements were approved by the Trustees on 28 January 2022

C Dean
Chairperson and Trustee

PREGNANCY SICKNESS SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

Charity information

Pregnancy Sickness Support is an unincorporated charity, governed by trust deed dated 27 November 2002. The principle office address is 19G Normandy Way, Bodmin, Cornwall, PL31 1RB.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011 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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

In light of the current coronavirus pandemic, the trustees have reviewed likely future developments and remain of the opinion that there is no reason to believe that the charity will have to cease operating as a result of inadequate financial resources, or any other foreseeable event, within a period of at least 12 months from the date of the approval of these accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Investment income is recognised once received.

PREGNANCY SICKNESS SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

(Continued)

1.5 Resources expended

Income and expenses are included in the financial statements as they become receivable or due.

Expenses include VAT where applicable as the company cannot reclaim it.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25 straight line basis
Computers	25 straight line basis

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

Assets costing £100 or more are capitalised.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

PREGNANCY SICKNESS SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

Key sources of estimation uncertainty

The estimates and assumptions which have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities are as follows:

Estimated useful lives of tangible fixed assets

In determining the estimated useful life the charity considers the expected physical wear and tear of the asset that could lead to obsolescence of the asset. Each year the charity reviews the above to establish if there is any change in the expected useful life of tangible assets.

PREGNANCY SICKNESS SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

3 Donations and legacies

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £
Donations and gifts	52,614	-	52,614	42,795
Grants from other charities	20	81,459	81,479	40,222
	52,634	81,459	134,093	83,017
	52,634	81,459	134,093	83,017

4 Investments

	2021 £	2020 £
Interest receivable	46	54
	46	54

5 Raising funds

	2021 £	2020 £
<u>Fundraising and publicity</u>		
Other fundraising costs	1,454	145
Support costs	3,500	2,000
	4,954	2,145
Fundraising and publicity	4,954	2,145

PREGNANCY SICKNESS SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

6 Charitable activities

	2021 £	2020 £
Share of support costs (see note 7)	74,520	53,219
Share of governance costs (see note 7)	38,611	33,963
	<u>113,131</u>	<u>87,182</u>
Analysis by fund		
Unrestricted funds	31,672	87,182
Restricted funds	81,459	-
	<u>113,131</u>	<u>87,182</u>

7 Support costs

	Support costs £	Governance costs £	2021 Support costs £	Governance costs £	2020 £
Staff costs	74,520	3,011	77,531	53,219	54,380
Depreciation	-	731	731	-	731
Fundraising costs	3,500	-	3,500	2,000	2,000
Independent Examiners' fee	-	3,000	3,000	-	2,850
Legal and professional	-	420	420	-	-
Marketing and publicity	-	886	886	-	7,681
Other governance costs	-	30,563	30,563	-	21,540
	<u>78,020</u>	<u>38,611</u>	<u>116,631</u>	<u>55,219</u>	<u>89,182</u>
Analysed between					
Fundraising	3,500	-	3,500	2,000	2,000
Charitable activities	74,520	38,611	113,131	53,219	87,182
	<u>78,020</u>	<u>38,611</u>	<u>116,631</u>	<u>55,219</u>	<u>89,182</u>

Governance costs includes payments to the independent examiner of £1,050 (2020- £1,000) for examination fees, and £1,950 (2020:£1,850) for accountancy services.

PREGNANCY SICKNESS SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

The average monthly number of employees during the year was:

	2021 Number	2020 Number
	3	3
	<u> </u>	<u> </u>
Employment costs	2021	2020
	£	£
Wages and salaries	66,978	47,512
Social security costs	6,684	1,076
Pension and other staff costs	3,869	5,792
	<u> </u>	<u> </u>
	<u>77,531</u>	<u>54,380</u>
	<u> </u>	<u> </u>

There were no employees whose annual remuneration was more than £60,000.

10 Tangible fixed assets

	Fixtures and fittings £	Computers £	Total £
Cost			
At 1 April 2020	573	2,351	2,924
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2021	573	2,351	2,924
	<u> </u>	<u> </u>	<u> </u>
Depreciation and impairment			
At 1 April 2020	143	588	731
Depreciation charged in the year	143	588	731
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2021	286	1,176	1,462
	<u> </u>	<u> </u>	<u> </u>
Carrying amount			
At 31 March 2021	287	1,175	1,462
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2020	430	1,763	2,193
	<u> </u>	<u> </u>	<u> </u>

PREGNANCY SICKNESS SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

11 Debtors

	2021	2020
Amounts falling due within one year:	£	£
Other debtors	-	1,257
Prepayments and accrued income	413	463
	413	1,720
	413	1,720

12 Creditors: amounts falling due within one year

	2021	2020
	£	£
Trade creditors	-	1,145
Other creditors	217	181
Accruals and deferred income	3,000	2,850
	3,217	4,176
	3,217	4,176

13 Retirement benefit schemes

Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £3,011 (2020 - £1,083).

14 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			
	Balance at 1 April 2020	Incoming resources	Resources expended	Balance at 31 March 2021
	£	£	£	£
The National Lottery Community Fund – RC England Wide	-	81,459	(81,459)	-
	-	81,459	(81,459)	-
	-	81,459	(81,459)	-

The National Lottery Community Fund – RC England Wide is to improve the mental and physical well-being of people whose pregnancies are complicated by severe pregnancy sickness and HG by increasing capacity for information and support to enable more people affected to come to terms with their own experience and rebuild self-confidence thereby reducing social isolation.

This fund is a new fund in the year and so there are no comparative amounts to disclose.

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

15 Related party transactions

During the year the charity received a £10,000 donation from a trustee (2020:£nil).