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MOTHERS FOR MOTHERS

FINANCIAL STATEMENTS

31 MARCH 2026

Company Registration Number 08764052
Charity Number 1185281

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MOTHERS FOR MOTHERS

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2026

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MOTHERS FOR MOTHERS

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2026

Company number	08764052
Charity number	1185281
Registered office and operational address	The Gatehouse Centre Hareclive Road Bristol BS13 9JN

Trustees

Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Bryony Strachan	Chair
Laura Kathleen Ward	Vice-chair
Elizabeth Joan Scourse	Treasurer
Kelly Jane Anne Avis-Hay	Secretary
Chandrika Balachandar	resigned January 2026
Claire Storey	
Kym Birtwell-Thompson	
Melanie Lloyd	
Dr Christy Burden	
Dr Caroline Scrase	
Havra Adamali	appointed March 2026

Key Management Personnel	Maria Viner	Chief Executive Officer
	Kaeti Morrison	Business Manager
Bankers	CAF Bank 25 Kings Hill Avenue Kent ME19 4JQ	Flagstone 1st Floor, Clareville House 26-27 Oxendon Street London SW1Y 4EL
Independent Examiners	Joanne Trowbridge MAAT Bristol Community Accountants CIC The Park Daventry Road Bristol BS4 1DQ	

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MOTHERS FOR MOTHERS

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2026

The trustees present their report and the examined financial statements for the period ended 31 March 2026.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Governance and Management

Mothers for Mothers began work as a voluntary organisation in January 1981. It was originally registered as a charity on 10 July 1992 (1012642). The original charity's funds and assets were gifted to the successor charitable company which has taken on the charitable activities.

A charitable company limited by guarantee was incorporated on 6 November 2013 registered as a charity on 12 September 2019. On 1st April 2020 the charity began to operate under the new charity number: 1185281. The organisation is a company limited by guarantee and registered charity.

The company was established under a Memorandum of Association that establishes the objects and powers of the charitable company and is governed under its Articles of Association.

Method of Recruiting and Appointing Trustees

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as the Board of Trustees. Under the requirement of the Memorandum and Articles of Association, members of the Board of Trustees are elected to serve for a period of two years after which they must be re-elected at the next Annual General Meeting.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of guarantees at 31st March 2026 was eleven. The Charity CEO is also a member of the board.

The Board of Trustees are members of the charity, but this entitles them only to voting rights. The Board of Trustees have no beneficial interest in the charity.

Organisational structure

Mothers for Mothers has a Board of Trustees who meet at least once a quarter and are responsible for the strategic direction and policy of the charity. At present, the Board of Trustees has eleven members from a variety of professional backgrounds relevant to the work of the charity.

A staffing structure with clear line management is in place and day-to-day responsibility for the provision of services rest with the CEO. The CEO is also responsible for ensuring that the charity delivers the services specified and that key performance indicators are met.

Risk Management

The Board of Trustees is legally responsible for ensuring that the organisation is adequately resourced, and that financial procedures and controls are effective and in place. The Board of Trustees has

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conducted a review of the major risks to which the charity is exposed. Where it is appropriate, systems or procedures have been established or amended to mitigate the risks that the charity faces.

Related parties

Mothers for Mothers have entered into a collaboration agreement with a number of parties and the University of Bristol relating to the PARTNER Trial. Mothers for Mothers are therefore considered a collaborator and the CEO is a co-applicant in the Trial. Mothers for Mothers receives a quarterly payment to represent the CEO time in the PARTNER Trial. Christy Burden, a Trustee/Director of Mothers for Mothers is the Chief Investigator in the PARTNER Trial.

Objectives and Activities

The Company's objectives:

The charitable purposes of the company are:

a) the advancement of mental health for mothers, particularly through the care of those suffering from emotional or psychiatric disorder or mental illness associated with pregnancy and childbirth and those affected by their conditions, including their children, spouses, partners and other family members, and
b) the advancement and promotion of high standards of education and care in all matters concerning emotional or psychiatric disorder or mental illness associated with pregnancy and childbirth.

Public benefit

The trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding what activities Mothers for Mothers should undertake.

Review of main achievements and activities during the year

Since 1981 Mothers for Mothers has supported women and families affected by perinatal mental illness across Bristol, North Somerset and South Gloucestershire. The charity provides specialist, trauma-informed, peer-led support during pregnancy and until a woman's youngest child reaches school age, helping families move from illness to wellness through a range of early intervention, therapeutic and practical services.

Core services during the year included the REACH helpline and support calls, home visiting, art psychotherapy and counselling, peer support groups, antenatal and wellbeing in pregnancy groups, dads and partners support, SEND support, targeted partnership work, including monthly SWEDA and legal clinics.

Services are delivered by skilled staff and volunteers, with lived experience of perinatal mental illness, enabling the charity to offer compassionate, person-centred and relational support that is rooted in trust, hope and recovery.

The charity's work is designed to achieve the following outcomes for women, birthing people, babies and families:

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- Improved confidence, resilience and relationships with children and family, leading to faster recovery.
- Improving children's emotional development by supporting mothers to be sensitive and responsive in their relationships with their children.
- Reduced social isolation and improved social and support networks.
- More awareness of perinatal mental illness (PMH) and the support available
- Improved care and services for maternal mental illness.

During the accounting period Mothers for Mothers employed 16 staff members across service delivery, operations, fundraising and leadership functions.

The charity also trained and supported an active volunteer team, including REACH support volunteers, group support volunteers and supervised placements where capacity allowed.

The charity also benefited from support provided by a Cranfield Trust volunteer consultant, who contributed to work on the business plan.

During the year the charity also benefited from pro bono and in-kind support from a range of partners, businesses and community organisations, strengthening service delivery, governance, training, legal advice, events and communications.

- Mewburn Ellis donated meeting space and lunch for the Staff Away Day held on 19 June 2025.
- Catherine Nestor donated facilitation time for the REACH co-production day held on 11 July 2025.
- Osborne Clarke provided pro bono intellectual property advice.
- St John's Chambers (Julia Belyavin) provided pro bono legal advice and service training on 16 October 2025.

Funds to deliver these services are raised from statutory contracts, grants and trusts, charitable foundations, fundraising activity, community events, corporate partnerships and individual donations.

During the reporting period, the charity secured a multi-year grant from The Leathersellers.

During the reporting year, Mothers for Mothers supported 851 families. Of these, 100 families received 805 home visits; 49 received 348 art psychotherapy or counselling sessions; 289 mothers attended 351 peer support group sessions; 7 families accessed SEND support; and 33 women attended 41 antenatal support sessions. In addition, 42 families attended trips and events, 8 families attended 20 Comfort Zone sessions, 13 women attended 14 SWEDA sessions, 41 families attended 29 Albanian group sessions, and 10 women attended the legal drop-in clinic.

The charity also responded to 6,322 helpline calls, made 7,657 support calls, and provided 19,263 instances of SMS or direct message support. Its closed online group had 1,442 members at year end.

During 2025/26 the charity continued to respond to sustained growth in demand, funding uncertainty and service redesign. REACH, the charity's single point of entry and "waiting well" offer, continued to operate at high volume across Bristol, North Somerset and South Gloucestershire.

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The charity continued to seek longer-term replacement funding following changes to NHS commissioning. During the year, Mothers for Mothers extended its triage model into a single point of entry referral process across targeted services to improve access, allocation and the effective use of resources.

Operational capacity was also strengthened through the senior leadership team, service co-ordinator development, sessional administrative support and enhanced volunteer supervision. The charity will continue to prioritise equitable access, safeguarding, financial resilience and partnership working, while managing key risks relating to capacity, procurement changes, premises costs and service sustainability.

The charity continued to develop during the year. Key developments included:

- **The triage system was expanded across all services,** with weekly triage meetings now embedded.
- **A new referral form was trialled successfully** with NBT community midwives, with phased rollout planned to all professionals and for self referrals.
- **A new telephony system was embedded,** improving accessibility, workflows and data collection.
- **Targeted language support was launched,** including support in Hindi, Bengali and Gujarati, alongside Albanian support calls.
- **A Test and Learn grant was secured from Bristol City Council** to explore language access barriers and inform the future model.
- **Co-production work on the future of REACH** was undertaken.
- **LEAP (Lived Experience Advisory Panel)** was developed.
- Work progressed on the **Mindwell knowledge base.**
- Work also progressed the **business plan.**

January 2026 marked the beginning of the charity's 45th anniversary year. Preparations began in April 2025 for a significant research and influencing project, culminating in the launch of ***This Is* Our Truth** at the House of Commons on 24 February 2026, followed by delivery of the report to 10 Downing Street. https://mothersformothers.co.uk/wp-content/uploads/pdfs/TIOTREPORT26-DACS.pdf

The event was attended by MPs and Members of the House of Lords, clinicians, Royal Colleges, colleagues from NHSE, academics and researchers and most importantly by other lived experience VCSE organisations.

The report captured the lived experience and insights of women and birthing people with maternal mental health and emotional wellbeing needs, alongside the perspectives of VCSE organisations providing support. This grassroots-led project, generously funded by The National Lottery, was supported by academic expertise from a peer researcher and a senior research fellow.

The project identified gaps in services, highlighted examples of good practice, and informed learning for service improvement. It also generated a number of calls to action that are already gaining momentum.

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The event in Parliament provided a platform for further research and recommendations to support maternal mental health and wellbeing, and to share our learning with similar organisations across the UK.

The report was very well received by a wide range of clinical professionals and stakeholders, many of whom welcomed both its purpose and its contribution to learning and service improvement. Most importantly, it has been used as a tool to inform learning and improve services for women, birthing people and their families. This has resulted in the formation of a Community of Practice to progress a number of the report's calls to action.

The charity has since been invited to further meetings with MPs and attended a meeting with Expert Advisors to the Baroness Amos investigation to give evidence relating to perinatal mental health. **This *Is* Our Truth** was accepted as evidence for the investigation.

The charity has also been invited to disseminate its findings at the Hearts and Minds national webinar.

Our Impact:

The impact of the charity's work with beneficiaries is reflected in three reports:

- Thematic Review of Impact and Outcomes https://mothersformothers.co.uk/wp-content/uploads/2026/06/Review-of-Impact-and-Outcomes-FY-Apr25-Mar26.pdf

- Plain English Summary of the Review https://mothersformothers.co.uk/wp-content/uploads/2026/06/Plain-English-Summary-of-MfM-Impact-25-26.pdf

- Equality Impact Assessment https://mothersformothers.co.uk/wp-content/uploads/2026/07/EIA-2026-final-MFM.pdf

Together, these reports provide a rounded picture of how Mothers for Mothers understands, evidences and improves its impact. The Thematic Review of Impact and Outcomes brings together evidence from across the charity's services to show how peer-led, trauma-informed and relational support helps women, birthing people and families move towards recovery, confidence, connection and wellbeing. It demonstrates the breadth of support provided during the year and highlights the difference made through helpline and support calls, home visiting, therapeutic services, peer support groups, antenatal support, targeted community provision and partnership activity.

The Plain English Summary makes the findings more accessible to beneficiaries, families, volunteers, staff, funders and partners. It supports transparency by presenting the key messages in clear language, helping those who use or support the charity's services to understand what has been learned and how feedback and outcomes are being used to shape future service development.

The Equality Impact Assessment considers who the charity is reaching, where barriers may remain, and how services can continue to be developed in ways that are inclusive, culturally responsive and equitable. This is particularly important given the charity's work with women and families experiencing complex and intersecting needs, including social isolation, language barriers, financial hardship, disability, neurodiversity, migration, domestic abuse, trauma and other factors that may affect access to support.

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Taken together, the three reports strengthen the charity's evidence base and demonstrate a commitment to learning from beneficiaries' experiences, monitoring outcomes and improving access. They also provide Trustees, staff, commissioners, funders and partners with assurance that Mothers for Mothers is reviewing the impact of its work, listening to the communities it serves, and using evidence to inform planning, service design and future priorities.

"I wouldn't be this mentally healthy and where I am now without Mothers for Mothers. They truly are a lifeline."

The impact of This Is Our Truth:

- The report was launched at the **House of Commons** during the charity's 45th anniversary year.
- It was **accepted as evidence** for the Baroness Amos maternity investigation.
- It led to the formation of a **Community of Practice**.
- It is being used to inform **learning and service improvement** within the charity and across the wider VCSE sector.
- It amplified **lived experience as evidence**.

Future plans:

In order to deliver its future plans, the charity must secure funding to maintain its effectiveness and sustainability, increase leadership capacity, and strengthen key organisational functions that support continued service delivery in response to rising demand.

The charity hopes to work alongside the Pride in Place initiative in Hartcliffe, where its offices are based, and to further develop corporate partnerships.
It also aims to secure sufficient funding to meet the rising costs of service delivery and sustain a business-as-usual model that remains flexible and responsive to increasing demand and complexity within the community.
Following the end of its seven-year NHS contract, the charity launched a public appeal to help fund the REACH service.

Through an ICB grant, the charity will launch its work with the Asian community under the name Gup Shup.

In summary:

- Launch of **Gup Shup** with Asian communities.
- Continued development of the **Mindwell** resource
- Implementation of a funding strategy for REACH and core services.
- Review of the future **delivery model, geographical coverage and partnerships**.
- Recruitment of **multilingual volunteers**.
- Continued work to improve cultural accessibility and equity.

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Risks:

The principal risks facing the charity are:

- The end of ICB/NHS funding for the REACH service.
- Increasing demand for services and growing complexity of need.
- Wider financial pressures, including increased salary, National Insurance and operating costs, together with the rising cost of purchased services such as HR and IT support.
- A more challenging funding environment, with fewer opportunities, smaller grants and increased competition.
- The reporting burden associated with managing multiple funders.

The Trustees monitor these risks through regular scrutiny of management accounts, scenario planning, service governance group oversight, fundraising activity, and review of the risk register.

Brief statement of the Charity's policy on reserves

Funds to deliver the services are raised from statutory funding, grants, foundations and trusts, fundraising events and donations.

To meet future plans we have secured funding to ensure our continued effectiveness and sustainability by increasing leadership capacity and strengthening key functions with the charity to underpin an expansion in service delivery to meet the significant increases in demand we have experienced over recent years.

Restricted funds £123,627
General Funds £44,174
Designated Funds:
Staff Contingency Reserves £ 34,134
6 months operating costs £280,000

A decision has been made to use designated funds to protect our position, our services and our staff and to enable a budget to be set that can ensure business as usual moving forward in 2026/2027.

Staff Contingency Reserve

This fund represents the costs of making all staff redundant based on staffing levels and years employed as of the 1st April 2026. It is good practice and a reasonable mitigation of risk by the Trustees to ensure that redundancy costs are earmarked to protect the rights or staff and the legal obligations of the Charity should a situation arise where this was deemed necessary.

6 months operating costs

In accordance with Mothers for Mothers' reserves policy, this fund is held to cover any interruption to normal operating activities. The previous reserves level was based on three months' budgeted operating costs for the following financial year. Considering the current financial environment for VCSE organisations, the Trustees have prudently amended the reserves policy to increase this provision to six months' budgeted operating costs.

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Staff restructure and development:

We have a core team of 15 full and part time lived experience staff who are skilled, well trained and well supported. By the nature of year-to-year funding from grants and foundations, and from local authorities, we need to ensure that we are able to provide security and retain this rich talent resource in the event of a longer than ideal transition between funders. There is significant work and investment into recruiting, training and supporting good quality staff who are able to work from their lived experience in a trauma informed way with the complexity and intersecting needs we see at Mothers for Mothers. Uncertainty relating to employment could be a huge risk to us as a charity. We also need to ensure we are able to provide competitive salary increases and have capacity to match potential increases to NHS and local authority equivalent roles given changes in the political climate. This is heightened due to the ICB procurement process which will remove funding for one of core services.

It is important that the Trustees mitigate against this risk by holding funds in a staff restructure and development fund which would allow us to retain staff and make changes as needed to service delivery which do not have a negative impact upon the families that we support.

The sum held at the beginning of the year was £70,000. As the restructuring work has now been completed these funds will be released towards increasing the operating costs considering the current financial environment for VCSE organisations.

Funds Received as Agent or Funds Held as Custodian Trustee

There are no assets, classes of assets or categories of assets held on behalf of other entities.

Statement of Responsibilities of the Board of Trustees

The Board of Trustees who are also the charity trustees have prepared financial statements for the financial year, which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the net online income or expenditure, of the charitable company for the year. In preparing the financial statements, the Board of Trustees has fulfilled the requirements set out by the SORP Accounting for Charities, which are as follows:

1. Select suitable accounting policies and apply them consistently.
2. Observe the methods and principles in the applicable Charities SORP.
3. Make judgements and estimates that are reasonable and prudent.
4. State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
5. Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Board of Trustees is responsible for keeping proper accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the financial statements comply with the Companies Act 2006.

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The Board of Trustees is also responsible for safeguarding the assets of the charity, and hence for taking reasonable steps for the prevention and detection of fraud and any other irregularities. The Board of Trustees confirm that to the best of their knowledge there is no information relevant to the independent examination of which the examiners are unaware.

The Board of Trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant examination information and that this information has been communicated to the independent examiners.

Independent Examiners

Joanne Trowbridge was appointed as the charitable company's independent examiner during the year. Joanne Trowbridge is a member the Association of Accounting Technicians.

Approved by the Board of Trustee on 14/9/2026 .....and signed on its behalf

by: Signed by: Bryony Strachan B33708EF12024F7... **Bryony Strachan – Chair**

Mothers for Mothers

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MOTHERS FOR MOTHERS

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 31 MARCH 2026

I report on the accounts of the company for the year ended 31st March 2026 which are set out on pages 12-28.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Association of Accounting Technicians, which is one of the listed bodies.

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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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 accounts to be reached

Joanne Trowbridge MAAT

DocuSigned by:
Trowbridge
C2F0368E1B574EA...

15/9/2026

Bristol Community Accountants CIC
The Park
Daventry Road
Knowle Bristol BS4 1DQ

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MOTHERS FOR MOTHERS

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 31 MARCH 2026

	Note	General Funds	Restricted Funds	Total Funds 2026	Total Funds 2025
		£	£	£	£
Income and Endowments from:					
Incoming resources from generated funds					
Grants and donations	**2**	33,524	429,315	462,839	389,091
Charitable activities	**3**	-	83,824	83,824	131,947
Other trading activities	**4**	9,956	-	9,956	10,630
Investment income	**5**	12,939	-	12,939	13,591
Total		56,419	513,139	569,558	545,259
Expenditure On:					
Raising funds		-	80,375	80,375	79,063
Charitable activities		(4,159)	447,411	443,252	391,033
Total	**7**	(4,159)	527,786	523,627	470,096
Net income/(expenditure)		60,578	(14,647)	45,931	75,163
Transfers between funds	**14**	20,174	(20,174)	-	-
Net income/(expenditure) before other gains and losses		80,752	(34,821)	45,931	75,163
Net movement in funds		80,752	(34,821)	45,931	75,163
Total funds brought forward		277,556	158,448	436,004	360,841
Total Funds Carried Forward	**14**	358,308	123,627	481,935	436,004

All of the activities of the charity are classed as continuing

The notes on pages 11 to 24 form part of these financial statements

As required by paragraph 4.67 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

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MOTHERS FOR MOTHERS

BALANCE SHEET

YEAR ENDED 31 MARCH 2026

	Note	2026 £	2025 £
Fixed assets			
Tangible assets	**11**	18	24
Current assets			
Debtors	**12**	4,399	21,006
Cash at bank and in hand		496,202	429,432
Total current assets		500,601	450,438
Creditors : Amounts falling due within one year	**13**	(18,684)	(14,458)
Net current assets or liabilities		481,917	435,980
Total net assets or liabilities		481,935	436,004
The Funds of the Charity	**14**		
Restricted funds		123,627	158,448
Unrestricted funds		358,308	277,556
		481,935	436,004

The directors are satisfied that the company is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

These financial statements were approved by the trustees on 14/9/2026 and are signed on their behalf by:

Signed by: Bryony Strachan
B33708EF12024F7...
Bryony Strachan - Chair

Signed by: Elizabeth Scourse
B2CD039A08AE44C...
Elizabeth Joan Scourse - Treasurer

The notes on pages 11 to 24 form part of these financial statements

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MOTHERS FOR MOTHERS

STATEMENT OF CASHFLOWS

YEAR ENDED 31 MARCH 2026

	2026	2025
	£	£
Cash flows from operating activities:		
Net (expenditure)/income	45,931	75,163
Adjustments for:		
Depreciation of tangible fixed assets	6	8
Other interest receivable and similar income	12,939	13,591
Changes in:		
Trade and other debtors	16,607	(20,756)
Trade and other creditors	4,226	2,437
Cash generated from operations	79,709	70,443
Interest received	(12,939)	(13,591)
Net cash from operating activities	66,770	56,852
Net Increase in cash and cash equivalents	66,770	56,852
Cash and cash equivalents at beginning of year	429,432	372,580
Cash and cash equivalents at end of year	496,202	429,432

The charity has not provided an analysis of changes in net debt as it does not have any long term financing arrangements.

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1 Accounting Policies

Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The accounts have been prepared on the assumption that the charitable company is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves. The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The charity meets the definition of a public benefit entity as defined by FRS 102 and has therefore taken the advantage of the disclosure exemption available to it in relation to presentation of a cash flow statement.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to the accounts for previous years.

Fund accounting

Unrestricted Funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.

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Volunteer help	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Tangible fixed assets and depreciation

Tangible fixed assets are carried at cost less accumulated depreciation and impairment losses.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Fixtures and Fittings	25	% reducing balance
Equipment	25	% reducing balance

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.
Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities.

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Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Pensions costs

The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. Pension costs charged in the financial statements represent the contribution payable by the charitable company during the year.

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Income and endowments from:

2 Grants and donations

	Unrestricted Funds £	Restricted Funds £	Total Funds 2026 £	Total Funds 2025 £
Local Authority grants	-	124,810	124,810	39,826
Fundraising and other income	23,524	11,890	35,414	42,058
Other grants	10,000	292,615	302,615	307,207
	33,524	429,315	462,839	389,091
Total 2025	*43,641*	*345,450*	*389,091*	

3 Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2026 £	Total Funds 2025 £
Statutory NHS Funding	-	83,824	83,824	131,947
	-	83,824	83,824	131,947
Total 2025	*-*	*131,947*	*131,947*	

4 Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2026 £	Total Funds 2025 £
Earned income	9,956	-	9,956	10,630
	9,956	-	9,956	10,630
Total 2025	*10,630*	*-*	*10,630*	

5 Investment income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2026 £	Total Funds 2025 £
Bank and savings interest	12,939	-	12,939	13,591
	12,939	-	12,939	13,591
Total 2025	*13,591*	*-*	*13,591*	

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6 Government grants

The charity receives local government grants, defined as funding from Bristol City Council, South Gloucestershire and North Somerset Council to fund charitable activities. The total value of such grants in the period ending 31 March 2026 was £124,810 (2025: £39,825). There are no unfulfilled conditions or contingencies attaching to these grants in the year ended 31 March 2026.

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Expenditure on:

7 Analysis of expenditure by activities

	Raising funds 2026	Charitable activities 2026	Support and Governance costs 2026	Total Funds 2026	Total Funds 2025
	£	£	£	£	£
Reach	16,219	79,852	10,465	106,536	94,677
Home Visiting	20,988	130,914	14,519	166,421	159,175
Counselling	13,992	56,007	8,572	78,571	66,284
Groups	17,233	90,706	11,327	119,266	114,468
Advocacy Awareness Raising	11,943	34,061	6,829	52,833	35,492
	80,375	391,540	51,712	523,627	470,096
Total 2025	*71,124*	*317,583*	*81,389*	*470,096*	

Analysis of charitable activities	Reach	Home Visiting	Counselling	Groups	Advocacy Awareness Raising	Total Funds
	£	£	£	£	£	£
Salaries	60,664	100,939	41,855	69,225	24,545	297,228
Telephone	716	1,119	528	802	355	3,520
Project Costs	5,046	7,883	3,722	5,649	2,503	24,803
IT	1,882	2,941	1,388	2,107	933	9,251
Training and supervision	2,029	3,170	1,497	2,272	1,006	9,974
Printing, postage and stationery	225	352	166	252	112	1,107
Website	671	1,048	495	751	332	3,297
Travel	1,068	1,668	788	1,196	530	5,250
Volunteer expenses	195	305	144	218	97	959
Sessional fees	3,007	4,696	2,217	3,366	1,491	14,777
Rent	2,155	3,365	1,589	2,412	1,069	10,590
Repairs and renewals	193	302	143	216	96	950
Subscriptions	95	149	70	107	47	468
Legal and professional	1,906	2,977	1,405	2,133	945	9,366
	79,852	130,914	56,007	90,706	34,061	391,540
Total 2025	*64,024*	*113,762*	*42,128*	*79,286*	*18,383*	*317,583*

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7 Analysis of expenditure by activities (continued)

Analysis of support & governance costs	Reach	Home Visiting	Counselling	Groups	Advocacy Awareness Raising	Total Funds
	£	£	£	£	£	£
Salaries	3,253	3,253	3,252	3,253	3,252	16,263
IT	235	367	173	263	117	1,155
Printing, postage and stationery	69	107	51	77	34	338
Trustee costs	142	222	105	159	70	698
Rent	846	1,322	624	948	420	4,160
Bank charges	49	77	36	55	24	241
Insurance	474	741	350	531	235	2,331
Repairs and renewals	193	302	143	216	96	950
Sundry expenses	96	150	71	107	47	471
Subscriptions	381	595	281	426	189	1,872
Depreciation	1	2	1	1	1	6
Legal and professional	4,448	6,946	3,280	4,979	2,206	21,859
Independent examinations including accountancy fees	278	435	205	312	138	1,368
	10,465	14,519	8,572	11,327	6,829	51,712
Total 2025	*16,371*	*25,544*	*12,333*	*19,187*	*7,954*	*81,389*

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8 Net incoming resources for the year

This is stated after charging:

	2026	2025
	£	£
Depreciation	6	8
Independent Examination	843	766

9 Staff costs and numbers

The aggregate payroll costs were:

	2026	2025
	£	£
Wages and salaries	317,588	300,092
Social security costs	35,990	23,515
less		
Employers allowance	(10,500)	(10,500)
Pension costs	9,092	8,279
	352,170	321,386

No employee received emoluments of more than £60,000 (2025: £Nil)

The average monthly head count was 16 staff (2025: 16 staff)

The key management personnel of the charitable company comprises the Trustees, the Chief Executive Officer and the Business Manager. Total employee benefits paid to two key management personnel during the year were £103,730 (2025: £88,526)

Trustee expenses

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2025: £nil) No trustees were reimbursed expenses during the year (2025: £nil). No charity trustee received payment for professional or other services supplied to the charity (2025: £nil).

10 Related Party Transactions

Mothers for Mothers have entered into a collaboration agreement with a number of parties and the University of Bristol relating to the PARTNER Trial. Mother for Mothers are therefore considered a collaborator and the CEO is a co-applicant in the Trial. Mothers for Mothers receives a quarterly payment to represent the CEO time in the PARTNER Trial. Christy Burden, a Trustee/Director of Mothers for Mothers is the Chief Investigator in the PARTNER Trial.

Other than disclosed above, there were no other related party transactions in the year.

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11 Tangible fixed assets

	Fittings & Equipment	Total
	£	£
Cost		
At 1 April 2025	6,010	6,010
At 31 March 2026	6,010	6,010
Depreciation		
At 1 April 2025	5,986	5,986
Charge for the year	6	6
At 31 March 2026	5,992	5,992
Net book value		
At 31 March 2026	18	18
At 1 April 2025	24	24

12 Debtors

	2026	2025
	£	£
Trade debtors	1,172	17,779
Rental deposits	3,227	3,227
	4,399	21,006

13 Creditors: amounts falling due within one year

	2026	2025
	£	£
Sundry Creditors	14,639	9,937
Accruals	4,045	4,521
	18,684	14,458

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14 Movement in funds

	At 01-Apr 2025 £	Incoming resources £	Outgoing resources £	Transfers £	At 31-Mar 2026 £
Restricted funds					
BNSSG ICB Client Care	2,773	76,354	(61,753)	(17,374)	-
NHS England	29,008	7,470	(29,008)	-	7,470
The National lottery RC comm. Fund	14,595	-	(14,595)	-	-
The National lottery Awards for All	17,239	-	(4,677)	-	12,562
The National lottery	21,745	156,901	(178,646)	-	-
Nisbet Trust	10,000	12,000	(10,000)	-	12,000
29 May 1961 Charitable Trust	5,000	-	(5,000)	-	-
Garfield Weston	-	25,000	(18,750)	-	6,250
James Tudor	-	15,000	(7,500)	-	7,500
Quartet Express Groups	3,487	-	(3,487)	-	-
Quartet North Somerset	9,393	14,863	(9,393)	-	14,863
Quartet Catalyst	7,997	-	(7,997)	-	-
Quartet - Lloyd Robinson Family	-	1,000	(1,000)	-	-
Quartet Resilience	4,909	-	(4,909)	-	-
Bristol City Council	-	94,810	(94,810)	-	-
Feeding Bristol	-	3,000	(3,000)	-	-
North Somerset Council	-	10,000	(10,000)	-	-
North Somerset via ICB	14,552	4,851	(14,552)	-	4,851
South Gloucestershire Council	5,000	20,000	(20,000)	-	5,000
St James Place	-	10,000	-	-	10,000
St Stephen & St James Trust	-	5,000	(5,000)	-	-
J & M Britton	-	3,000	-	-	3,000
Mewburn Ellis Corporation	7,000	-	(4,200)	(2,800)	-
Denman	1,200	-	(1,200)	-	-
Sir Jules Thorn	3,000	-	(3,000)	-	-
Bristol Masons	1,550	-	(1,550)	-	-
Bristol Health Partners	-	5,500	-	-	5,500
Jack Lane	-	2,000	-	-	2,000
John James	-	5,000	(5,000)	-	-
Leathersellers	-	25,000	-	-	25,000
Masonic Charitable Foundation	-	5,000	(5,000)	-	-
McFarlane Walker	-	1,500	(1,500)	-	-
The Big Give	-	9,890	(2,259)	-	7,631
Total restricted funds	158,448	513,139	(527,786)	(20,174)	123,627
Unrestricted funds					
General funds	58,560	56,419	4,159	(74,964)	44,174
Designated:					
Staff Contingency Reserve	23,996	-	-	10,138	34,134
6 months operating costs	125,000	-	-	155,000	280,000
Staff restructure and development	70,000	-	-	(70,000)	-
Total unrestricted funds	277,556	56,419	4,159	20,174	358,308
Total funds	436,004	569,558	(523,627)	-	481,935

Transfer between funds

Agreement with the funder to allocate the remaining funds to core costs under the general fund.

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Purpose of restricted funds

BNSSG ICB	Provide REACH peer support workers salaries & Patchway Group
NHS England	Support towards staff time during training
The National Lottery RC comm. Fund	Art psychotherapy Year 3 of 3
The National Lottery Awards for All	SEND support
The National Lottery	Senior leadership team
Nisbet Trust	Core costs, groups and home visiting
29 May 1961 Charitable Trust	Core costs
Garfield Weston	Core costs
James Tudor	Core costs
Quartet Express	Peer support groups
Quartet North Somerset	North Somerset Project
Quartet Catalyst	Antenatal support
Quartet - Lloyd Robinson Family	Art Psychotherapy and counselling
Quartet Resilience	Wide ranging support for structure and development of the charity
Bristol City Council	Home visiting, Bristol REACH and Test and Learn
Feeding Bristol	Project costs
North Somerset Council	Mental Health Community Grant for work in North Somerset
North Somerset via ICB	For children and young people
South Gloucestershire Council	Part funding for peer support groups and home visiting
St James Place	Play support worker
St Stephen & St James Trust	Art Psychotherapy
J & M Britton	Groups and home visiting
Mewburn Ellis Corporation	Dad's group and core costs
Denman	Core costs
Sir Jules Thorn	REACH service
Bristol Masons	Furniture and IT
Bristol Health Partners	Breaking Barriers
Jack Lane	South Gloucestershire
John James	Core costs
Leathersellers	Core costs
Masonic Charitable Foundation	Groups
McFarlane Walker	Core costs
The Big Give inc individual donors	Groups

Purpose of Designated funds - see reserves policy on page 8 for more details

Staff contingency fund - Represents the cost of staff redundancy as at 1 April 2026.

6 months operating costs - Based on the budgeted operating costs for 2026/2027. Ensuring full continuation of activities with no reduction to services currently offered.

Staff restructure and development - Supporting the changes to staffing and service delivery throughout 2025/2026.

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15 Analysis of net assets between funds

	General Fund	Designated Funds	Restricted Funds	Total
	£	£	£	£
Tangible Fixed Assets	18	-	-	18
Cash at Bank and in Hand	58,441	314,134	123,627	496,202
Other Net Current Assets/(Liabilities)	(14,285)	-	-	(14,285)
Total	44,174	314,134	123,627	481,935

Analysis of net assets between funds - prior year

	General Fund	*Designated Funds*	*Restricted Funds*	*Total*
	£	*£*	*£*	*£*
Tangible Fixed Assets	*24*	-	-	*24*
Cash at Bank and in Hand	*51,988*	*218,996*	*158,448*	*429,432*
Other Net Current Assets/(Liabilities)	*6,548*	-	-	*6,548*
Total	*58,560*	*218,996*	*158,448*	*436,004*

16 Company limited by guarantee

The company is limited by guarantee and as such has no issued share capital. In the event of the company being wound up the liability of the members is limited to £1 each.

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17 ***Analysis of prior year funds, as required by paragraph 4.2. of the SORP***

	Prior Year Unrestricted Funds 2025 £	*Prior Year Restricted Funds 2025 £*	*Prior Year Total Funds 2025 £*
Income and Endowments From:			
Donations and legacies	*43,641*	*345,450*	*389,091*
Charitable activities	*-*	*131,947*	*131,947*
Other trading activities	*10,630*	*-*	*10,630*
Investment income	*13,591*	*-*	*13,591*
Total	*67,862*	*477,397*	*545,259*
Expenditure On:			
Raising funds	*-*	*79,063*	*79,063*
Charitable activities	*(5,834)*	*396,867*	*391,033*
Total	*(5,834)*	*475,930*	*470,096*
Net income/(expenditure)	*73,696*	*1,467*	*75,163*
Transfers between funds	*5,000*	*(5,000)*	*-*
Net movement in funds	*78,696*	*(3,533)*	*75,163*
Reconciliation of Funds:			
Total funds brought forward	*198,860*	*161,981*	*360,841*
Total funds carried forward	*277,556*	*158,448*	*436,004*

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18 ***Movement in material funds for previous period***

	At 01-Apr 2024	*Incoming resources*	*Outgoing resources*	*Transfers*	*At 31-Mar 2025*
	£	*£*	*£*	*£*	*£*
Restricted funds					
BNSSG ICB Client Care	*34,272*	*88,387*	*(119,886)*	*-*	*2,773*
NHS England	*-*	*29,008*	*-*	*-*	*29,008*
The National lottery RC comm. Fund	*8,515*	*34,833*	*(28,753)*	*-*	*14,595*
The National lottery Awards for All	*-*	*18,975*	*(1,736)*	*-*	*17,239*
The National lottery	*-*	*150,833*	*(129,088)*	*-*	*21,745*
Children in Need	*10,000*	*-*	*(10,000)*	*-*	*-*
Nisbet Trust	*5,833*	*4,167*	*-*	*-*	*10,000*
29 May 1961 Charitable Trust	*-*	*10,000*	*-*	*(5,000)*	*5,000*
Garfield Weston	*-*	*25,000*	*(25,000)*	*-*	*-*
James Tudor	*-*	*15,000*	*(15,000)*	*-*	*-*
Quartet Express Groups	*5,000*	*-*	*(1,513)*	*-*	*3,487*
Quartet North Somerset	*-*	*10,000*	*(607)*	*-*	*9,393*
Quartet Catalyst	*3,698*	*7,997*	*(3,698)*	*-*	*7,997*
Quartet Wesleyan	*3,976*	*-*	*(3,976)*	*-*	*-*
Quartet Resilience	*-*	*8,100*	*(3,191)*	*-*	*4,909*
Bristol City Council	*53,580*	*19,825*	*(73,405)*	*-*	*-*
Feeding Bristol	*-*	*2,970*	*(2,970)*	*-*	*-*
Medlock Charitable Trust	*-*	*5,000*	*(5,000)*	*-*	*-*
North Somerset Council	*20,000*	*-*	*(20,000)*	*-*	*-*
North Somerset via ICB	*-*	*14,552*	*-*	*-*	*14,552*
South Gloucestershire Council	*2,431*	*20,000*	*(17,431)*	*-*	*5,000*
St James Place	*6,676*	*-*	*(6,676)*	*-*	*-*
St Stephen & St James Trust	*5,000*	*-*	*(5,000)*	*-*	*-*
J & M Britton	*2,000*	*-*	*(2,000)*	*-*	*-*
Tesco	*1,000*	*-*	*(1,000)*	*-*	*-*
Mewburn Ellis Corporation	*-*	*7,000*	*-*	*-*	*7,000*
Denman	*-*	*1,200*	*-*	*-*	*1,200*
Sir Jules Thorn	*-*	*3,000*	*-*	*-*	*3,000*
Masonic Charitable Foundation	*-*	*1,550*	*-*	*-*	*1,550*
Total restricted funds	*161,981*	*477,397*	*(475,930)*	*(5,000)*	*158,448*
Unrestricted funds					
General funds	*3,087*	*67,862*	*5,834*	*(18,223)*	*58,560*
Designated:					
Staff Contingency Reserve	*20,773*	*-*	*-*	*3,223*	*23,996*
3 months running costs	*125,000*	*-*	*-*	*-*	*125,000*
Staff restructure & development	*50,000*	*-*	*-*	*20,000*	*70,000*
Total unrestricted funds	*198,860*	*67,862*	*5,834*	*5,000*	*277,556*
Total funds	*360,841*	*545,259*	*(470,096)*	*-*	*436,004*