BREASTFEEDING TWINS AND TRIPLETS UK

FINANCIAL STATEMENTS

FOR THE YEAR
01 January 2025 – 31 December 2025

Registered Charity Number: 1187134

The Board of Trustees
Jan Bonar
Ruth Cumming
Ffion Mair Dean
Nicola King
Kathryn Stagg
Katie Stimpson
Catherine Wakely

Website
https://breastfeedingtwinsandtriplets.co.uk/

Registered address
187 Ecclesall Road South
Sheffield
S11 9PN

Working name
Breastfeeding Twins & Triplets UK

Administrator
Sarah Saunders (until 31 July 2025)
Sarah Hill (from 1 July 2025)

BREASTFEEDING TWINS AND TRIPLETS UK

FINANCIAL STATEMENTS

FOR THE YEAR 1 JANUARY 2025 – 31 DECEMBER 2025

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The Trustees have pleasure in presenting their report and the financial statements of the charity for the financial period 1 January 2025 – 31 December 2025.

Structure, Governance and Management

Breastfeeding Twins and Triplets UK is a Charitable Incorporated Organisation (CIO) (Foundation model), whose only voting members are its Trustees. The charity was registered with the Charity Commission on 23 December 2019. Trustees are recruited and trained by the existing Trustees and no other person or organisation has the authority to appoint Trustees to the board. Trustees meet not less than twice a year, in practice usually meeting every 2-3 months, to review the financial and operational state of the charity and to set the strategic direction of the charity.

Objectives and activities

The objects of the charity are:

- for the public benefit, the advancement of health, including in particular (but without limitation) the support of successful breastfeeding amongst parents of twins, triplets and higher order multiples ("parents of multiples");
- for the public benefit, the advancement of education, including in particular (but without limitation):
    - providing parents of multiples and prospective parents of multiples, and their families and wider support networks, with the necessary information and tools to help those parents to establish and continue breastfeeding successfully;
    - providing healthcare professionals with education and development opportunities to promote the benefits of breastfeeding and to enable them to understand the particular breastfeeding challenges faced by parents of multiples, and to help them to provide quality support to those parents in successfully establishing and continuing breastfeeding;
    - facilitating breastfeeding support training for parents of multiples to be able to support others to fulfil their breastfeeding goals.

Breastfeeding Twins and Triplets UK was set up as a charity in response to the often-poor information and support available to parents of multiples who wish to breastfeed or chestfeed their babies. It sprang from a Facebook group of the same name, which was set-up in 2015 and has become a celebrated community of support for parents of multiples, with 13,000 members to date, run by highly qualified admins who provide excellent, evidence-based advice. It is well-known that rates of breastfeeding amongst parents of multiples are significantly lower than among parents of singletons, and there are often particular additional challenges to be overcome, not just as a result of having more than one baby to feed, but also from increased incidence of premature and early-term birth, higher likelihood that the babies will need additional support in the neonatal intensive care unit (NICU) immediately after birth, high rates of birth interventions, and health problems in mother and babies, all of which can make establishing breastfeeding with multiple babies particularly difficult. Added to this, there is a wide perception, in the community generally but also among many healthcare professionals, that breastfeeding twins and triplets is 'just too hard' or even 'not possible', and therefore parents are often not given the encouragement and practical help they need to persevere when faced with these challenges. The members of the Facebook group regularly report that the support and advice they received through this forum was key to their successful breastfeeding journey, often in spite of receiving poor or non-existent support in their communities and a lack of positive encouragement from their wider families.

Having seen the broad and positive impact of the Facebook community, the group's founder, International Board Certified Lactation Consultant (IBCLC) Kathryn Stagg, was driven to extend the net of this support more widely, both to reach more parents who would benefit from it directly, but also to improve the knowledge and skills of healthcare professionals and breastfeeding support volunteers to enable them to assist breastfeeding parents more effectively in the community.

The Trustees confirm that they have referred to the Charity Commission's guidance on Public Benefit when reviewing the charity's aims and objectives and in planning future activities.

Achievements and Performance

We extended our register of lactation consultants, who have completed some extra training around the specific barriers to breastfeeding experienced by multiple birth families. They have continued to support breastfeeding families on a "pay what you can afford basis". This was to ensure that finances, locality and difficulty in leaving the house with more than one baby, especially after caesarean section, were no longer barriers to accessing expert breastfeeding support. Parents are then sent a donation link to make a voluntary contribution towards the cost of receiving this support, or encouraged to fundraise for us in the future. 2025 saw us funding on average four visits per month across the UK, totalling 49 families supported, an increase from the previous year (2024: 46 families supported). One-to-one videocall support via zoom has also been a valuable alternative source of support for those with situations where a home visit is not necessary. 20 families were supported in this way (2024: 29 families). We also started to deliver a longer more in-depth single *Preparing to Breastfeed* educational webinar session for expectant parents. We facilitated these five times during 2025 and have had around 245 families attend in total (2024: 240 families).

We hosted five more webinars for health professionals and breastfeeding support volunteers on the subject of 'Supporting Breastfeeding Multiples', reaching an audience of around 101 people (2024: 75 people). In collaboration with ARDO, we continued to offer funded breast-pump hires to families of premature twins who would not otherwise be able to have access to a hospital grade breast pumps to establish their milk supply, and we also offered more widely a discount code for pump hire to members of the Facebook group. Conferences continue to be an important way to raise our profile. In 2025, we had a stall at ABM (Association of Breastfeeding Mothers) conference in June and UNICEF Baby Friendly Conference in Telford in November. We talked to many health care workers and breastfeeding supporters and spread the word about the charity. Alongside this, the affiliated Facebook group membership continued to grow, surpassing 13,000 members at the date of signing this report (2024: 12,000 members). The successful management of the Facebook group is dependent on the contributions of 8 volunteers, all qualified breastfeeding peer supporters, breastfeeding counsellors or IBCLCs, who act as the group's administrators and who ensure that the group members receive high-quality evidence-based breastfeeding support; their collective contribution is immeasurably important to the success of the group and to the wider charitable activities undertaken.

Our charity logo and website will be included as a useful contact in infant 'Red Books'. This will help to raise our profile with parents and health care professionals.

We continue our membership of the Baby Feeding Law Group.

In August 2025 we were thrilled and very grateful to receive £4,070 funding from the National Lottery following an application made earlier in the year. This funding means we have been able to expand our IBCLC face-to-face support project and fund an additional 40 face-to-face sessions in England over 2 years. In the second half of 2025 since the funding, we have facilitated 16 IBCLC home visits to families across England.

Future Plans

The funding from the National Lottery Community Fund in the latter-part of 2025 has enabled us to continue to promote our IBCLC face-to-face support project during 2026. We will also continue to offer home visits to the other 3 countries of the UK, 1:1 videocall support, Preparing to Breastfeed workshops for expectant parents, and funded pump hire.

We will have a presence at conferences and seminars, conscious that this is one of the best ways of reaching healthcare professionals and alerting them to our work and the resources and training we offer. We will continue to research other ways of reaching health visitors, midwives, maternity department infant feeding leads and other breastfeeding supporters to disseminate our resources and alert them to the work of the charity. We plan to survey the members of the Facebook group for feedback to ensure our knowledge of their needs is up-to-date. We will also

continue to explore new sources of raising funds to provide support and enable us to expand the work of the charity.

In December 2025 we were notified of having been successfully chosen as a charity supported by the Benefact '12 days of giving' Movement for Good Christmas giveway, receiving a grant of £1,000 in February 2026, which is accrued as a debtor within these accounts, plus we received in the same month a donation of £500 from TK Maxx having been nominated by a member of the Facebook group to be a charity beneficiary of their corporate support, both of which have provided a significant financial boost in 2026.

Financial Review

2024 saw the charity generate income of £14,030 (2024: £8,068). Of this income, 92% (£12,906) came from philanthropic donations and grants (2024: 88%, £7,085) and 7.7% (£1,075) came from the sales income from delivering our *Supporting Breastfeeding Multiples* webinar to healthcare professionals (2024: 11.5%, £925), and £49 was earned from commission on the sale of charity-branded merchandise (2024: £12).

We were fortunate to receive a grant of £4,070 from the National Lottery Community Fund in August 2025 to support our IBCLC face-to-face support project, and by year end we had spent £678 of this grant, leaving a restricted fund balance at year end of £3,392.

The costs of delivering our charitable work grew compared to the previous year from £10,027 in 2024 to £12,849 in 2025, which was partly from growth in the level of face-to-face support activity but also driven by increased costs, particularly from increasing fees charged by IBCLCs for home visits, and by higher conference attendance fees. Our donation income grew, with unrestricted donations growing from £7,085 in 2024 to £8,836 in 2025, and we further benefitted from the restricted grant from the National Lottery Community Fund. This resulted in the charity generating a surplus of £726 over the year, represented by a deficit in unrestricted funds of £2,666 and a surplus in restricted funds of £3,392 (2024: £2,270 deficit in unrestricted funds).

The charity's reserves policy is to hold 6 to 9 months'-worth of expenditure as our unrestricted reserves, to ensure we can continue to service our core administrative support costs in the short-term should we experience a reduction in income whilst we explore new avenues of income generation. Our reserves are currently sitting marginally under this target range at just under 5-months' of expenditure, although bolstered by the held restricted funds which will help us to continue and grow our IBCLC support project, which is a core part of our activity, whilst we actively pursue new lines of income generation.

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the Trustees



Jan Bonar
Trustee

Approved by the Trustees on 25 October 2026

BREASTFEEDING TWINS AND TRIPLETS UK

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR 1 JANUARY 2025 – 31 DECEMBER 2025

	Notes	Unrestricted Funds	Restricted Funds	Total funds 2025	Total funds 2024
		£	£	£	£
INCOME AND ENDOWMENTS FROM:					
Donations	2	8,836	4,070	12,906	7,085
Charitable activities	3	1,075	-	1,075	971
Other trading activities		49	-	49	12
TOTAL		9,960	4,070	14,030	8,068
EXPENDITURE ON:					
Raising Funds	4	455	-	455	311
Charitable activities	5	12,171	678	12,849	10,027
TOTAL		12,626	678	13,304	10,338
NET INCOME/(EXPENDITURE) & NET MOVEMENT IN FUNDS		(2,666)	3,392	726	(2,270)
Fund balances brought forward (as restated)		8,064	-	8,064	10,334
RECONCILIATION OF FUNDS:					
TOTAL FUNDS CARRIED FORWARD		5,398	3,392	8,790	8,064

The statement of financial activities includes all gains and losses recognised in the period.
All income and expenditure derives from continuing activities.
There is no liability for corporation tax due on activities.

The notes on pages 8 to 13 form part of these financial statements

STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2025

	Note	2025 £	2024 £
CURRENT ASSETS			
Debtors & prepayments	8	1,083	82
Cash at bank and in hand	9	8,038	8,224
Total current assets		9,121	8,306
LIABILITIES			
Creditors: Amounts falling due within one year	10	331	242
NET CURRENT ASSETS		8,790	8,064
TOTAL ASSETS LESS CURRENT LIABILITIES		8,790	8,064
TOTAL NET ASSETS		8,790	8,064
THE FUNDS OF THE CHARITY			
Restricted funds	11	3,392	-
Unrestricted funds			
General funds	11	5,398	8,064
Total charity funds		8,790	8,064

These financial statements were approved by the Trustees and authorised for issue 25 October 2026, and are signed on their behalf by:



J BONAR
Trustee

Charity Registration Number: 1187134

The notes on pages 8 to 13 form part of these financial statements

1. ACCOUNTING POLICIES

1.1 Charity information

Breastfeeding Twins and Triplets UK is a charitable incorporated organisation registered with the Charity Commission in England and Wales as registered charity number 1187134, since 23 December 2019. The registered address is 187 Ecclesall Road South, Sheffield, S11 9PN.

1.2 Accounting convention

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)).

Breastfeeding Twins and Triplets UK meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The financial statements are prepared in sterling which is the financial currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £1.

1.3 Cash flow statement

The Trustees have taken advantage of the exemption in the Charities SORP from including a cash flow statement in the financial statements on the grounds that the organisation is a small charity with a turnover of less than £500,000.

1.4 Income

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receipt is deemed to be probable.

Income from charitable activities includes income from webinar sales, which are recognised when a legal entitlement exists.

1.5 Expenditure

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered.

Expenditure on charitable activities includes direct expenditure incurred in presenting training webinars, funding 1-to-1 breastfeeding support face-to-face and via Zoom to parents of multiples, funding breastpump hire for parents of premature twins and triplets and others facing financial hardship, supporting parents who have breastfed their twins and triplets to train as breastfeeding peer supporters with the Association of Breastfeeding Mothers (ABM), and developing a website to serve as an educational resource both for parents of multiples who wish to breastfeed or chestfeed their babies and for health professionals who wish to extend their knowledge to support these families better in their breastfeeding journeys.

1.6 Fund accounting

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted funds are to be used for specific purposes as laid down by the donor.

1.7 Financial instruments

As per the definition of FRS 102, the charity makes use of only basic financial instruments which are initially recognised at transaction value and subsequently measured at settlement value. Financial instruments held by the entity comprise debtors, creditors and cash.

1.8 Cash and cash equivalents

Cash and cash equivalents are basic financial assets and include cash-in-hand and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Taxation

No provision has been made for taxation as the entity is a public benefit entity which is exempt from UK direct taxation on its charitable activities.

1.10 Going concern

These financial statements have been prepared on the going concern basis. In making this assessment, the charity's Trustees have considered all available information about the future for at least, but not limited to, 12 months from the date the financial statements are approved. There are no material uncertainties regarding the charity's ability to continue.

1.11 Significant judgements and estimations

The Trustees have given consideration to the significant judgements and estimates made in compiling the financial statements. The Trustees do not consider estimates or judgements made to be material to the financial statements. Accruals are made when activity has occurred for which a cash outflow is expected, but for which no invoice has been received. Estimates are based on prior experience and knowledge.

2 DONATIONS

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total 2025 £	Total 2024 £
Individual donations	7,340	-	7,340	6,786
Corporate donations	1,496	-	1,496	299
National Lottery Community Fund	-	4,070	4,070	-
	8,836	-	12,906	7,085

3 INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total 2025 £	Total 2024 £
Webinar sales	1,075	-	1,075	925
Book sales commission	-	-	-	46
	1,075	-	1,075	925

4 COSTS OF RAISING FUNDS

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total 2025 £	Total 2024 £
Direct costs - donation processing fees	347	-	347	244
Support costs	108	-	108	67
	455	-	455	311

5 COSTS OF CHARITABLE ACTIVITIES

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total 2025 £	Total 2024 £
Direct costs:				
Creating and delivering webinar series	400	-	400	250
Providing 1-to-1 breastfeeding support via Zoom	800	-	800	880
Providing 1-to-1 breastfeeding support face-to-face	6,229	528	6,757	5,947
Preparing to Breastfeed' Zoom Sessions	550	-	550	300
Advocacy	100	-	100	100
Conference Attendance	1,195	-	1,195	405
Support costs	2,898	150	3,048	2,145
	12,171	678	12,849	10,027

6 STAFFING, TRUSTEE REMUNERATION AND EXPENSES

No staff were employed during the current or previous financial periods. The charity engages freelance administrative support, at a cost of £2,434 in 2025 (2024: £1,672).

While acting in the capacity of a Trustee, no person (2024: none) received remuneration in the current financial period. One Trustees (2024: two Trustees) received reimbursement of out-of-pocket expenses they had incurred on necessary administrative costs and subscriptions, claiming a total of £315.89 (2024: total of £323.90). The full amount of these payments had been invoiced and paid by year end in both the current and previous reporting periods.

One Trustee received a fee payment of £1,850 (2024: £1,590) for writing and delivering a series of webinars on 'Supporting Breastfeeding Multiples' to health care professionals and breastfeeding supporters, delivering 1-to-1 breastfeeding support to parents of multiples via Zoom, and delivering family training sessions on Preparing to Breastfeed Multiples. Such payments are allowable according to the charity's governing document; rates of pay are set by the remaining Trustees in the absence of the benefitting Trustee, and the volume of payments is closely monitored. The non-benefitting Trustees believe that such payments are in the best interests of the charity, as this Trustee is considered to be one of the main experts in the UK in the field of supporting breastfeeding in families with multiple babies. At year end, the amount of this fee incurred and accrued but not yet invoiced was £80 (2024: £0).

7 SUPPORT COSTS	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total 2025 £	Total 2024 £
Administrator fees	2,284	150	2,434	1,672
Quickfile fees	-	-	-	80
ICO Subscription	-	-	-	40
Eventbrite and Paypal fees	189	-	189	94
Marketing and Merchandise	516	-	516	221
Bank charges	17	-	17	105
	3,006	150	3,156	2,212

Support costs (including governance) are apportioned among the charitable activities costs and the cost of raising funds (notes 4 & 5). Direct costs are allocated wherever possible. Remaining costs are apportioned on the basis of the direct expenditure incurred on each activity.

8 DEBTORS

	2025 £	2024 £
Trade Debtors	70	46
Donation and Gift Aid Debtors	1,013	36
	1,083	82

9 CASH AND CASH EQUIVALENTS

	2025 £	2024 £
Cash at bank and in hand	8,038	8,224
Total cash and cash equivalents	8,038	8,224

10 CREDITORS: Amounts falling due within one year

	2025 £	2024 £
Trade creditors	247	241
Deferred income	4	-
Accruals	80	1
	331	242

11 FUNDS

	Opening Balance 01 Jan 2025	Income	Expenditure	Net mov't in funds 2025	Closing Balance 31 Dec 2025
	£	£	£	£	£
Unrestricted general funds	8,064	9,960	(12,626)	(2,666)	5,398
Restricted funds - IBCLC Support Project	-	4,070	(678)	3,392	3,392
	8,064	**14,030**	**(13,304)**	**726**	**8,790**

Prior year comparatives:

	Opening Balance 01 Jan 2024	Income	Expenditure	Net mov't in funds 2024	Closing Balance 31 Dec 2024
	£	£	£	£	£
Unrestricted general funds	10,334	8,068	(10,338)	(2,270)	8,064
	10,334	**8,068**	**(10,338)**	**(2,270)**	**8,064**

Unrestricted general funds are available for use at the discretion of the Trustees to support the full objects of the charity.

Restricted funds – IBCLC Support Project: this fund was granted by the National Lottery Community Fund to enable us to support and grow our face-to-face IBCLC support of parents of twins and triplets in England.

12 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds 2025	Restricted Funds 2025	Total 2025	Total 2024
	£	£	£	£
Debtors and prepayments	1,083	-	1,083	82
Cash at bank and in hand	4,646	3,392	8,038	8,224
Creditors: due within one year	(331)	-	(331)	(242)
	5,398	3,392	8,790	8,064

13 RELATED PARTY TRANSACTIONS

Trustee Kathryn Stagg received payments of £1,850 (2024: £1,590) for writing and delivering a series of webinars on 'Supporting Breastfeeding Multiples' to health care professionals and breastfeeding supporters, delivering 1-to-1 breastfeeding support to parents of multiples via Zoom, and delivering family training sessions on Preparing to Breastfeed Multiples, as detailed in note 6 above. These payments were approved by the other Trustees in Kathryn's absence, as per the charity's constitution. Kathryn, an IBCLC, is one of the UK's foremost experts in breastfeeding multiples and as such the remaining Trustees felt that there was no better person to deliver these aspects of the charity's work, and therefore approved the payments to Kathryn as being in the best interests of the charity. This income is included within 'Income from charitable activities' on the SoFA.

Out-of-pocket expenses were of £315.89 (2024: £323.90) were reimbursed to one trustee (2024: two trustees) as detailed in note 6.

14 PRIOR YEAR STATEMENT OF FINANCIAL ACTIVITIES

	Notes	Total funds 2024
		£
INCOME AND ENDOWMENTS FROM:		
Donations	2	7,085
Charitable activities	3	971
Other trading activities		12
TOTAL		8,068
EXPENDITURE ON:		
Raising Funds	4	311
Charitable activities	5	10,027
TOTAL		10,338
NET INCOME/(EXPENDITURE) & NET MOVEMENT IN FUNDS		(2,270)
Fund balances brought forward (as restated)		10,334
RECONCILIATION OF FUNDS:		
TOTAL FUNDS CARRIED FORWARD		8,064

All income and expenditure related to unrestricted funds.