# Mummy and Me

## Report for the year to 31st December 2025

## Charity number: 1206656

**Trustees:** Lena Fearnley

Katherine Hancox

Sarah Rowe

Giles Fearnley

The trustees present their second annual report covering the year ending 31st December 2025.

## Purpose

Mummy and Me is a community-led support group for families across Torbay, Devon who have babies aged from birth to around 15 months. The group offers friendship, education and support, meeting weekly in 5 locations across the Bay during term times – Torquay x 2, Preston, Paignton and Brixham. Having started this voluntary group in autumn 2020, its rapid growth and advancement in meeting the needs of hundreds of families led to an application for charitable status and which was granted in January 2024. Having this ensures full transparency of the group's work and provides a formal structure for governance and funding. Strict safeguarding rules are applied and all team members have current CRB checks.

Each week new families are welcomed, many of whom are suffering from anxiety and wider wellbeing health issues which have been exacerbated by the NHS no longer having resources or funding to support from prebirth and through the early months.

In addition to education and advice that families receive from attending Mummy and Me, they have the opportunity for lasting friendships to be formed.

## The year under review

Kate Hancox who is a perinatal educator, has attended all sessions supporting and signposting mums to advice, alongside running Musical Stretch. Many other qualified practitioners have also attended each of the groups on a regular basis in order to provide advice and learnings about many matters including Baby First Aid, weaning and weighing, to name but a few.

Mummy and Me additionally provides practical support by running Torbay Cloth Nappy Library and Torbay Sling Library, both being much needed community resources. Families can either rent or buy nappies and slings with education always given to ensure their safe and correct use.

Towards the end of 2024, a 6th weekly session was established for Teen Parents and this has continued through 2025. We were very conscious of the needs of these young people across Torbay and that most of them were too anxious to attend groups alongside other parents.

Each week between 70 and 100 mums and their babies have been welcomed across these 6 sessions with very many attending from soon after birth to 15 months.

On alternative Fridays, several mums and their babies visit Erith House community care home in Torquay providing much joy to the residents and enabling intergenerational connections to develop.

The programme of outdoor activities, weather permitting, has continued through 2025. These supplement the weekly sessions and include Walk and Talk, particularly targeted for anxious mums, and during holidays, also supplemented with beach and park socials.

We and all our families are very grateful to each of the 5 host churches who do not charge for their accommodation and provide wonderful volunteers to ‘meet and greet’ together with helping with refreshments. Each of these churches shares Mummy and Me’s vision to actively and practically support their local communities.

## Looking forward

Into 2026, attendance levels have continued to demonstrate clearly the very real need that exists across Torbay for all that Mummy and Me is able to offer to families.

February has seen us launch a further group – this time for families with toddlers. We knew that many mums were reluctant to leave our groups once their baby reached around 15 months, not wanting to lose all support and the friendships that they have developed. From its first week, this has been a huge success with regularly about 25 families attending, almost all being drawn from our baby sessions. This group provides the mix of friendship and support along with activities that follow an Early Years curriculum. Our ambition is to launch a second weekly group during 2026 subject only to having the funds available to support the resources required.

The trustees are continuously seeking feedback and enhancing their weekly programmes to meet all identified needs.

## Finances

Mummy and Me does not charge for attending any session. It is a fundamental objective of our work that there are no barriers to families accessing the support and education which they so much need with a new-born baby. Mummy and Me therefore relies entirely on donations, fund raising activities and the occasional grant to enable it to provide these sessions. We are hugely grateful to everyone who donates and which includes a number of generous contributions from local charities.

For the year ended 31st December 2025, Mummy and Me's income has again not exceeded the £10,000 threshold that would require accounts to be filed with the Charity Commissioner.

For information, however, a summary of the year's income and expenditure is shown below:

| 2025 | 2024 |
| --- | --- |
| £ | £ |

| | | |
|---|---|---|
| Income: | Donations | |
| 5,968 | | 5,748 |
| | Grants | |
| 400 | | 400 |
| | Fund raising | |
| 1,096 | | 2,312 |
| | Collection Pot | |
| 938 | | - |
| | Nappy Library | |
| 260 | | - |
| | Cloth Library | |
| 330 | | - |
| | TOTAL | |
| £8,992 | | £8,460 |
| | | |
| Costs: | Perinatal educator | |
| 8,230 | | 5,400 |
| | Refreshments | |
| 385 | | 603 |
| | Equipment and toys | |
| 359 | | 860 |
| | Safeguarding – CRB | |
| - | | 224 |
| | Fees | |
| 70 | | 270 |
| | Insurance | |
| 72 | | 118 |
| | Cloth library | |
| 220 | | - |
| | TOTAL | |
| £9,336 | | £7,475 |

Surplus/(Shortfall)
£(344) £985

28th October 2026

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