



# Pelvic Partnership

Supporting you

**Accounts  
for the year ended  
31<sup>st</sup> March 2022**

The Pelvic Partnership  
16 The Cleave  
Harwell  
Oxfordshire  
OX11 0EL

Registered Charity No. 1100373

# Contents

<b>Administrative Information.....</b>	<b>1</b>
<b>Report of the Trustees.....</b>	<b>2</b>
<b>Report of the Independent Examiner.....</b>	<b>7</b>
<b>Receipts and Payments.....</b>	<b>8</b>
<b>Statement of Assets and Liabilities .....</b>	<b>10</b>
<b>Notes to the Accounts .....</b>	<b>11</b>

# **The Pelvic Partnership Administrative Information As at 31<sup>st</sup> March 2022**

<b>Chairman</b>	Sarah Fishburn
<b>Secretary</b>	Laura Smith
<b>Treasurer</b>	Claire Wilding
<b>Co-ordinator</b>	Jen Campbell
<b>Trustees</b>	Sarah Fishburn Janet Jaudun Laura Leslie Kate Macnab Rebecca Martin Philippa Sale Fiona Tankard Claire Wilding Laura Smith (Appointed 23-June-21) Jenni Howard (Appointed 23-June-21) Felicity Manavis (Appointed 23-June-21)
<b>Bank</b>	Santander Bridle Road Bootle Merseyside L30 4GB
<b>Independent Examiner</b>	Mr Nicholas Clarke 1 Lockton's Barns Church Lane Harwell OX11 0EZ

# **The Pelvic Partnership Report of the Trustees For the Year Ended 31<sup>st</sup> March 2022**

## **Objects of the charity**

To provide women and healthcare professionals with information about best practice for the treatment and management of pregnancy-related pelvic girdle pain (PGP), and to support, enable and empower women to access the right treatment.

## **Governing document**

The constitution dated 23<sup>rd</sup> September 2003.

## **Specific investment powers**

The Trustees' Act 2000 now confers the charity's investment powers.

## **Trustees**

The following trustees held office during the year ended 31<sup>st</sup> March 2021.

Sarah Fishburn  
Janet Jaudun  
Kate Macnab  
Laura Leslie  
Rebecca Martin  
Philippa Sale  
Fiona Tankard  
Claire Wilding  
Laura Smith (Appointed 23-June-21)  
Jenni Howard (Appointed 23-June-21)  
Felicity Manavis (Appointed 23-June-21)

## **Trustee selection method**

According to the constitution, the members or trustees can appoint any charity trustee at the annual general meeting. Trustees are required to retire at the annual general meeting next after the date on which they come into office but may be re-elected or re-appointed.

## **Reserves policy**

The charity aims to always hold at least £4,500 in unrestricted funds, which is what we estimate to be necessary to cover six months of running costs. This is a notional reserve which is kept in our usual bank accounts: it is not held separately. The purpose of the reserve is so that if the charity begins to run low on funds it will be able to continue provide its basic services for six months while attempting to raise additional income.

The trustees are updated on the charity's financial position at every committee meeting.

If total unrestricted funds fall below £4,500, the treasurer will inform the trustees and they will focus efforts upon raising additional funds. If total unrestricted funds fall below £2,000, the treasurer will inform the trustees, who will need to urgently consider whether the charity is viable, whether and how it can reduce costs, and whether steps should be taken to put in place an orderly close-down of the charity.

### **Risk management policy**

The charity's risk register will be formally reviewed once a year. In between times, the chair, co-ordinator and treasurer will be responsible for raising at committee meetings any risks that require discussion or new actions. The trustees have taken out an insurance policy to protect the charity and increased efforts to gain grants for specific charity needs.

### **Investment selection policy**

The charity's surplus funds are invested in a deposit account to gain interest.

# **The Pelvic Partnership Report of the Trustees For the Year Ended 31<sup>st</sup> March 2022**

## **Charity's activities and achievements during the year**

### **Chair's report**

A second year of working with the pandemic has helped us to broaden our reach with committee members and volunteers as activities become increasingly accessible online. For example, the option to complete Mental Health First Aid training, which was made possible by a combination of a generous grant from the Leatherseller's Foundation and the training becoming available online, making it much more accessible. We're continuing to learn about the opportunities available through the expanded online reach we can achieve, and will continue to use this to its full potential.

Our committee meetings have remained online throughout the pandemic, which also makes them more accessible to more people, and everyone is now familiar with using Teams and Zoom. We have held virtual and hybrid away days with great success. This is an opportunity to get together with the support of our Supervisor who is a professional psychologist with training in supporting volunteers supporting members of the public. This is essential for volunteers who are giving their time and sharing personal experiences to ensure they remain safe and well through volunteering for us. The online opportunities for meeting mean that everyone is able to access both the supervision and all our meetings and training sessions. Although it is always lovely to meet in person, childcare and travel are much easier when you're able to reach the rest of the team while staying at home.

We have remained active at a national level responding to NICE guideline consultations on Antenatal care, induction of labour and pelvic floor dysfunction. We are now members of the Pregnancy and Baby Charities Network, Maternal Mental Health Alliance. Additionally, thanks to the hard work and dynamism of our new Scottish representative, Angeline, we have joined the Health and Social Care Alliance Scotland, and are reaching many national and third sector organisations throughout Scotland with our message that PGP is treatable. Angeline has generously shared her personal story about PGP in a way that is accessible and encouraging organisations to engage with us.

Our outreach goes from strength to strength with Jen as our co-ordinator, and I am grateful for her amazing energy, enthusiasm and creativity in engaging, supporting and expanding both the Pelvic Partnership team and the reach of the charity. Thank you once again to all the dedicated trustees, committee members and volunteers for everything you do to support the charity in its work, and to support women with PGP.

Sarah Fishburn  
Chair

### **Secretary's report**

We've reviewed much of our information resources this year to provide more up to date and accessible information to women experiencing PGP. We launched our ebook 'PGP is treatable!' in March this year both free on our website and as a download on Amazon (for a nominal fee of £1.99). This includes information about PGP, treatment and practical suggestions to help manage PGP alongside manual therapy. By year end, 46 copies of the ebook had been sold on Amazon and over 370 people had accessed the ebook from Instagram.

We started the process of reviewing our website after the award of National Lottery funding, commissioning Effusion to review and redesign the site to make it easier for users to find the information they need. This includes a revision of our list of recommended practitioners. Thanks to the website sub-committee for their work on updating content sections and to Jen for coordinating this project.

Demand for our support services continued to grow during the second year of the pandemic, demonstrating the dearth of appropriate information and care available to women experiencing PGP which, like many maternal health services, was worsened by the Covid-19 restrictions and pressures on the NHS. Our Facebook support group receives new member requests every day and now includes over 2.7k members who raise new discussion points within the group on a daily basis.

We continue to receive regular calls to the telephone helpline, an average of seven calls each month (between three and 12 each month) as well as direct messages via Instagram and Facebook. We now have over 6,700 followers on Instagram - it's a great means of engaging with new and existing users. Thanks to Sophie and Freya, our young social media volunteers who have helped us make the most of our social media accounts as part of their Bronze Duke of Edinburgh's Award.

We were pleased to be able to offer continued training to our support group with virtual and in-person away days and regular clinical supervision sessions with Maxine O'Brien at Orchard Counselling Services. I'd like to highlight the dedication and ongoing efforts of our support volunteers, who not only respond to the many requests we get for support, but do so in a thoughtful way, discussing responses with each other and attending regular away days to ensure their approach is right for the women who need our help. So thanks to Sarah Fishburn, Claire Wilding, Felicity Manavis, Fiona Tankard, Jenni Howard and Abi Perrett, and welcome to our new support group team members, Lisa, Julia and Jen G.

Laura Smith  
Secretary

### **Co-ordinator's report**

We have had another exciting year of growth, as we continue to work creatively to offer support and information to women experiencing pregnancy-related PGP and to raise awareness with healthcare practitioners that PGP can be safely and effectively treated with hands-on manual therapy.

We have continued to promote our free ebook "PGP is treatable!" across our social media channels after its launch in March 2021. In general, our social media presence has continued to grow and we have also expanded our presence onto LinkedIn and Tiktok – both of which are learning curves for our team but offer different and new opportunities to raise awareness about PGP and its treatment. Having said that, most of our focus remains on Facebook and Instagram. We now have:

- 2700 members of our Facebook support group (up from 1700 members last year)
- 4100 followers on Facebook (up from 3370 members last year)
- 6750 likes on Instagram (up from 5100 likes last year)
- 168 members of our Facebook closed group for Healthcare practitioners (up from 160 members last year)

Given so many people find us through social media, we now use a linktree platform, linked from our social media, to signpost people more easily to our information resources and support services.

One challenge we are currently exploring in the social media space is how to expand our reach without paying high advertising fees to Meta. We recognise the importance of video and are trying to develop a bank of video content to use across our different platforms. Given potential safety concerns around engaging online with our service users, Angeline hosted a zoom (closed) webinar for women with PGP

where she shared her story and facilitated a discussion about her experience. We have had further interest in these sessions and will hope to facilitate more during 2022/2023.

As well as engagement on social media, we have also utilised our networks to promote our key messages offline through membership of different charitable networks based in England and Wales and now those operating in Scotland too thanks to our volunteer Angeline.

Following the growth in demand for our support services immediately following the start of the pandemic, we focused on building on the previous year's momentum, to:

- Recruit and train new frontline volunteers,
- Further develop our relationship with an external supervisor,
- Explore additional training for volunteers, e.g. Mental Health First Aid, and
- Explore options to redevelop our website to ensure that we can continue to present information and signpost to additional support as effectively as possible, making sure that the information is accessible to all.

While our donations and fundraising efforts have increased, we also refocused attempts to secure grant funding from a wide range of sources. While not all applications were successful, we were able to secure sufficient grant funding to resource our main objectives during 2021/22 and into 2022/23.

A special thank you as well to the whole Pelvic Partnership team who have continued to give their time, boundless energy and enthusiasm to help other women with PGP during another very challenging year, especially Sarah Fishburn who continues to be a great support, both professionally and personally.

Jen Campbell  
Co-ordinator

### Treasurer's report

We have had another successful year, with increased income from donations, fundraising and grants. Our bank balance at the year-end stood at £24,348.74, of which £10,000 is ring-fenced grant funding for our new website and digital engagement strategy.

### Income

Total income for the year was £22,638.03

	2020/21	Goal for 2021/22	Actual 2021/21
Membership and donations income	4014	3000	4860.23
<i>Of which CAF</i>	<i>1605</i>	<i>1800</i>	<i>1856.89</i>
<i>Of which Facebook &amp; Instagram</i>	<i>678</i>	<i>1000</i>	<i>1362.08</i>
<i>Of which delayed gift aid</i>	<i>0</i>	<i>0</i>	<i>0</i>
Fundraising	2024	3000	4027.75
New grant income	9820	5000	13700



Sales	55	60	50
TOTAL	15913	11060	22638.03

### **Committee fundraising**

In June 2021, the Pelvic Partnership team walked/ran 10km and raised over £1000 as part of the Vitality 10k. This was a virtual team effort and was a great way to connect offline outside of meetings.

Volunteer and committee member Angeline ran a fantastic fashion show in September 2021 which raised over £2200.

Sarah and Fiona raised £250 in a fundraising quiz at St Peter's in Didcot, March 2022 (not included in these accounts).

Committee members also raised money in birthday fundraisers on Facebook:

- £150 Angeline's birthday fundraiser
- £150 for Abi's birthday fundraiser
- £60 for Kate's birthday fundraiser

### **Independent fundraising**

Kirsty Johnson ran the Bamburgh Half Marathon in October 2021 and raised over £400.

Tanyel Oktar held a mini bake sale with a group of friends in November 2021 and raised £20.

The following supports raised money for the charity through birthday fundraisers on Facebook:

- £38 raised by Lisa Barker (now a volunteer!)
- £150 raised by Jackie Fitzgerald
- £10 raised by Sharon Dempster Watson
- £80 raised by Louise Roxanne
- £20 raised by Lyndsey Morgan

We would like to express our thanks to all the committee members, volunteers and supporters who fundraised for us during the year.

### **Grants**

We were very successful in grant applications this year, thanks to the hard work of our co-ordinator Jen supported by Laura and other committee members.

Successful grants included:

- £1000 from Barratt Homes
- £1000 Arnold Clark Community Fund
- £500 from Magic Little Grants
- £1200 from the Leathersellers Foundation
- £10000 from National Lottery Community Fund, which was awarded for work on our Digital Engagement strategy and is restricted to this project.

## Donations and membership

We now have 107 members of the Pelvic Partnership. Donations and membership fees increased this year to £4860, the main sources were our online donations through our Charities Aid Foundation platform and Facebook/Instagram.

We were grateful to receive significant donations from the following:

- RPJ Energy who chose us as their charity partner
- Mary Mercer, regular donator and long standing supporter
- £50 from Mrs Katie Davidson
- £350 in donations from the Paypal Giving Fund

## Expenditure

Our expenditure this year was £7,521.64. The major items of expenditure were:

- payment of our part-time, freelance co-ordinator
- phone bills for our volunteer helpline
- website hosting, stationery and postage
- insurance
- fundraising expenses

## The coming year

We ended the financial year with an unusually high bank balance, this is due to us receiving a National Lottery Grant most of which will we spent in the next financial year. Next year, our major project will be the Digital Engagement Strategy, including creation of a new and improved Pelvic Partnership website. We will also be investing in our volunteers by funding supervision with professional counsellors via Orchard Counselling and also providing volunteers with mental health first aid training. (What did you want to say about memberships?)

Our income goals for next year are below.

	Actual 2021/22	Target 2022/23
Membership and donations income	4860.23	5000
<i>Of which CAF</i>	<i>1856.89</i>	<i>1900</i>
<i>Of which Facebook &amp; Instagram</i>	<i>1362.08</i>	<i>1400</i>
<i>Of which delayed gift aid</i>	<i>0</i>	<i>0</i>
Fundraising	4027.75	4000

New grant income	13700	2000
Sales	50	50
TOTAL	22638.03	11000

Claire Wilding  
Treasurer

This report has been approved by the trustees and is signed on their behalf by:

**Signed version seen at meeting**

Sarah Fishburn  
Chair of The Pelvic Partnership  
28th June 2022

# **Independent Examiner's Report To The Trustees of The Pelvic Partnership On Accounts For Year Ended 31<sup>st</sup> March 2022**

## **Independent examiner's report to the trustees of The Pelvic Partnership**

I report to the trustees on my examination of the accounts of The Pelvic Partnership for the year ended 31 March 2022.

### **Responsibilities and basis of report**

As the charity trustees of The Pelvic Partnership, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act'). I report in respect of my examination of The Pelvic Partnership's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### **Independent examiner's statement**

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.

Mr Nicholas Clarke CPFA  
1 Lockton Barns  
Church Lane  
Harwell  
OX11 0EZ

# The Pelvic Partnership Income and Expenditure Account Receipts and Payments For the Year Ended 31<sup>st</sup> March 2022

## Income & Expenditure Account For The Year Ended 31st March 2022

RECEIPTS	UR £	R £	2022 Total £	2021 Total £
<b>Income</b>				
Membership	191		191	176
Donations	4,669		4,669	3,838
Fundraising Events	4,028		4,028	2,024
Sale leaflets	50		50	55
Tax reclaim on gift aid			-	
Interest Received			-	
Miscellaneous Income			-	-
<b>Grants</b>				
National Lottery		10000	10,000	9,820
Other Grants ( NON Restricted)		3,700	3,700	
	<u>8,938</u>	<u>13,700</u>	<u>22,638</u>	<u>15,913</u>

# The Pelvic Partnership

## Receipts and Payments

### For the Year Ended 31<sup>st</sup> March 2022

Continued:

	UR	R	2022	2021
PAYMENTS	y	£	Total £	Total £
<b>Expenditure</b>				
<b>Direct charitable</b>				
Social Media Development & Marketing campaign			0	1,511
Support for Volunteers			0	1,575
"PGP IS Treatable " ebook			0	6,514
Website development			0	220
AGM, Fundraising & Meetings	1,831		1,831	870
<b>Support Overheads</b>				
Administrator Fees	3,675		3,675	1,390
Printing & Postage	932		932	496
Stationery	58		58	5
Telephone	303		303	295
Website & Hosting	335		335	358
Insurance	388		388	377
	<u>7,522</u>	<u>0</u>	<u>7,522</u>	<u>13,611</u>
Net of Receipts/ (Payments)	1,416	13,700	15,116	2,302
Cash Funds Last Year End	9,233	0	9,233	6,931
Cash Funds This Year End	<u>10,649</u>	<u>13,700</u>	<u>24,349</u>	<u>9,233</u>

# The Pelvic Partnership

## Statement of Assets and Liabilities

### As at 31<sup>st</sup> March 2022

			2022	2021
	Restricted Funds £	Unrestricted Funds £	Total £	Total £
<b>ASSETS</b>				
Bank and Cash				
Bank Current A/c	0	18,862	18,862	3,746
Bank Deposit A/c	0	5,487	5,487	5,487
	0	24,349	24,349	9,233
<b>LIABILITIES</b>	-	-	-	-
			24,349	9,233
<b>INCOME FUNDS &amp; RESERVES</b>				
		Note		
Restricted funds			13,700	0
Unrestricted- <i>General Fund</i>			10,649	9,233
			24,349	9,233

At the annual general meeting of The Pelvic Partnership, the annual accounts for year ended 31<sup>st</sup> March 2022 were approved and accepted by the trustees on 28th June 2022 and signed on their behalf by:

Sarah Fishburn  
Chair of the Pelvic Partnership

# The Pelvic Partnership

## Accounts for the Year Ended 31<sup>st</sup> March 2022

### Notes to the accounts

#### 1. Basis of accounts preparation

These accounts have been prepared on a 'receipts and payments' basis according to the requirements of SORP 2005 and the Charities Commission for England and Wales.

#### 2. Reimbursed Expenses paid to Trustees

TRUSTEE	Out of Pocket Expense Reimbursed	2022	2021
Sarah Fishburn	Phone Bills	303	295
		<u>303</u>	<u>295</u>

#### 3. Restricted Fund Analysis

	Bal B/fwd 01-Apr-21 £	Receipts in Year £	Payments in Year £	Bal C/fwd 31-Mar-22 £
Restricted Grant- National Lottery	0	10,000	0	10,000
	<u>0</u>	<u>10,000</u>	<u>0</u>	<u>10,000</u>