



Pelvic Partnership

Supporting you

**Accounts
for the year ended
31st March 2023**

The Pelvic Partnership
16 The Cleave
Harwell
Oxfordshire
OX11 0EL

Registered Charity No. 1100373

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The Pelvic Partnership Administrative Information As at 31st March 2023

Chairman	Sarah Fishburn
Secretary	Laura Smith
Treasurer	Grace Pay
Co-ordinator	Jen Campbell
Trustees	Sarah Fishburn Laura Leslie Kate Macnab Rebecca Martin Philippa Sale Fiona Tankard Claire Wilding Laura Smith Jenni Howard Felicity Manavis Angeline O'Connor (Appointed 21-May-22) Abigail Perrett (Appointed 27-September-22) Grace Pay (Appointed 8-November-22)
Bank	Santander7 Bridle Road Bootle Merseyside L30 4GB
Independent Examiner	Ben Britto Millstone Lodge Mill Road Whitfield Northamptonshire NN13 5TQ

The Pelvic Partnership Report of the Trustees For the Year Ended 31st March 2023

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 23rd 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 31st March 2023.

Sarah Fishburn
Laura Leslie
Kate Macnab
Rebecca Martin
Philippa Sale
Fiona Tankard
Claire Wilding
Laura Smith
Jenni Howard
Felicity Manavis
Angeline O'Connor (Appointed 21-May-22)
Abigail Perrett (Appointed 27-September-22)
Grace Pay (Appointed 8-November-22)

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.

Public benefit

The trustees had due regard to the charity commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

Chair's report

20 years! How did that happen? Time seems to have flown by, and we still have work to do to improve care and support for women with PGP. However, we have had another amazing year, thanks to all the horizon-scanning and online activity Jen has been doing, supported as always by the fabulous committee.

Some highlights have been opportunities to raise awareness nationally, the website re-development, and some successful fundraising which will help us to move forwards with next year's projects. Jen and I wrote an essay entry for the Heather Trickey essay competition which "encourages work that aims to find common ground and practical responses in sometimes difficult areas of women's reproductive health and rights". We thought that PGP absolutely fitted this description, and so did Angeline, who also submitted an essay about her personal experience of PGP. We were delighted to be announced as joint winners, and have since all been invited to present at the WRISK conference and at an NCT training event, which have provided us with opportunities to raise awareness of PGP. We are hoping that this can lead to more research about treatment effectiveness and help to move away from the current narrative about PGP being a psychological problem, which we think is deeply damaging to women, birthing people and their families.

We have continued to see increased contacts with women following the reduction of NHS services during Covid, many of which have not been reinstated, or have been replaced by phone calls or video sessions. We are hearing how challenging it is to access manual therapy treatment, and particularly in the current financial climate with the cost of living crisis which impacts on the ability to pay for private manual therapy treatment. We have been fortunate to be successful in accessing grants in response to this, which we are spending on raising awareness about the early symptoms of PGP and the importance of early intervention with treatment, thanks to a grant from the Worshipful Company of Marketors.

We have also been taking an active part in the COVID-19 inquiry, as this has affected so many women contacting us, and this is an opportunity to raise awareness of the impact of withdrawal of NHS treatment. As you will have seen in the media, this is going to take some time, but as one of the core members of the charity sector, we hope that our involvement will improve awareness of PGP and the impact on care that COVID-19 had.

Jen continues to apply for grants as we rely on grants and donations to fund our activities and support people contacting the Pelvic Partnership. She made good progress to a final stage of the Fore grant, and although we were not successful, we were offered support from one of their volunteer consultants, Shaenna, who has been developing a Theory of Change strategy with the committee which will help us to agree our focus over the next few years. We are very grateful to Shaenna for her input so far and are looking forward to sharing our strategy for the next 5 years.

And finally, thank you so much to our awesome committee and the fabulous Jen, without whom none of this could happen. Thank you for the time, effort and expertise you have shared with the Pelvic Partnership and everyone using our support services, and I'm really looking forward to continuing our exciting journey together into our 21st year.

Sarah Fishburn
Chair

Secretary's report

We have continued to work hard this year to ensure we can continue to offer support and information to women and birthing people experiencing PGP in as many accessible ways as possible. In 2021 we launched our free ebook "PGP is treatable!" which continues to prove popular with our service users. In addition, we launched a toolkit for women to help them in describing their pain and how it is affecting

them, especially when discussing their symptoms with healthcare practitioners. This resource is also freely available on our website and was co-produced with our volunteers based on their suggestion at an earlier away day.

In our new website which will be launched later this year, these resources will continue to be freely available to all service users. The new website will also prioritise women's stories as well as informative content to raise awareness about PGP in new and accessible ways.

This year we have continued to respond to the high demand for our support services from women with PGP and their families, on Facebook, Instagram, over email and on our telephone helpline.

- We now have over 3.2k members of our Facebook support group, with new member requests every day. As the group continues to grow we are pleased to see the group continue to develop as a supportive and positive community, with many members responding to other posts to offer support, suggest solutions and signpost to Pelvic Partnership content. Our brilliant team of frontline volunteers continue to offer support and information on the group and are an invaluable help to many women and birthing people experiencing PGP.
- We also continue to offer support over Instagram, in response to public comments, direct messages and in our monthly Q&As on Instagram stories, which attract many questions and comments from service user each month.
- Our telephone helpline is also a well-used resource for women with PGP, and their family members. It offers an alternative to our presence on social media that is more personal and offers a way for women to get more personalised and detailed support from one of our trained volunteers.

As well as regular bi-monthly volunteer check-ins, we had a virtual volunteer training session in November 2022, facilitated by Maxine O'Brien and our co-ordinator Jen, who focused on workshopping how to offer peer support to others while still maintaining our own boundaries and looking after ourselves. Thank you to our frontline team: Sarah Fishburn, Claire Wilding, Felicity Manavis, Fiona Tankard, Jenni Howard, Abi Perrett, Lisa Barker and Julia Tanker.

Laura Smith
Secretary

Co-ordinator's report

As co-ordinator I am fortunate to work with an amazing team of Trustees and volunteers who are passionate and committed to supporting women and birthing people with PGP. This year we have done several collaborative projects such as the development of our new website that have highlighted how driven our team are and I see it as a privilege to amplify their stories and work to raise awareness about PGP on their behalf. We have also started to broaden our focus, discussing issues like femtech and facilitating a workshop on painful sex to widen our own knowledge and our capacity to support women in managing issues related to their PGP.

We have continued to prioritise engaging with national policy groups, including the Pregnancy and Baby Charities Network, the Maternal Mental Health Alliance, the Maternity Consortium and the Arthritis and Musculoskeletal Alliance. As a small charity, engagement with national groups can offer us opportunities to engage with national policy debate and raise greater awareness for PGP and its treatment. Our participation in the Covid-19 inquiry, on behalf of women with PGP whose treatment was impacted

during the pandemic, is another way for us to participate in national policy processes and draw attention to challenges faced by all those affected by PGP.

In addition to our policy work, a big focus of my time remains offering support and information on social media and on our website, to reach as many women as possible and give them the tools and confidence to get the treatment and support they need. We now have:

- 7,875 likes on Instagram (up from 6,750 last year)
- 4,400 followers on Facebook (up from 4,100 followers last year)
- 3,200 members of our Facebook support group (up from 2,700 members last year)
- 176 members of our Facebook closed group for healthcare practitioners (up from 168 members last year)

We are also trying to leverage our success on Instagram on Tiktok. Thanks to our great team of social media volunteers for your support with this: Angeline O'Connor, Felicity Manavis, Olta Gjeka, Abi Perrett, Clare Vallejo, Rebecca Middleton and Jodie Riley.

We have also been able to launch a campaign on social media in 2023, thanks to a grant from the Worshipful Company of Marketors. Starting in February 2023, we launched a new social media campaign focusing on raising awareness of the benefits of recognising the early symptoms of PGP and seeing a practitioner early, aka early intervention to lessen the impacts of PGP during and/or after pregnancy. We will develop a full evaluation report at the end of this six month project which will be made available on our new website.

While the application to Marketors was successful, we have also applied for many other grants to complement our other income streams which were not successful. Given the ongoing cost of living crisis we have noticed a slight reduction in our donations and are focusing on promoting other fundraising and grant initiatives to address this in 2023/24.

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 a 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 £17,541.69.

Income

Total income for the year was £11,917.

	2021/22	Goal for 2022/23	Actual 2022/23
Membership and donations income	4,860	3,000	3,632
Fundraising	4,028	3,000	1,904

New grant income	13,700	5,000	6,000
Sales	50	60	333
Interest	-	-	48
TOTAL	22,638	11,060	11,917

Fundraising

Thank you to all our team members and supporters of our fundraising efforts.

In particular:

- Mark Tankard, Mike Pay and Chris Clifton who raised £1,848, including GiftAid, by cycling the Ride London in May 2023 (partially covered in this year's accounts)
- Victoria Robertson who raised £645, including GiftAid, by swimming 1 mile in the Swim Serpentine
- Angeline O'Connor who has fundraised in raffles, one of which raised £215 (not included in these accounts).
- Sarah Fishburn and Fiona Tankard who raised £250 in a fundraising quiz at St Peter's in Didcot

We also had some birthday fundraisers on Facebook:

- Angeline O'Connor raised £170
- Sam Courtney raised £50
- Magda SC raised £40

Grants

Due to Jen's persistence and pro-activity, we were very successful with grant applications this year.

Successful grants included:

- £2,000 from Barratt Homes
- £2,500 from Worshipful Company of Marketors
- £1,000 from the Arnold Clark Foundation
- £500 from Magic Little Grants

Donations and membership

We now have 117 members of the Pelvic Partnership.

Donations and membership fees this year have reached £3,632, The main sources were our online donations through our Charities Aid Foundation platform.

We were grateful to receive significant donations from the following:

- RPJ Energy, who chose us as their charity partner
- Mary Mercer, a regular donor and long standing supporter
- Rebecca Middleton
- Angeline and Raymond O'Connor

Expenditure

Our expenditure this year was £18,724. The major items of expenditure were:

- The new website using our National Lottery Grant
- Payment of our part-time, freelance co-ordinator
- Subscription for Run for Charity and other fundraising expenses
- Phone bills for our volunteer helpline
- Clinical supervision and away day training sessions for our volunteers
- Insurance

The coming year

While we have had a challenging year in terms of donations, we have been able to secure several grants and some successful fundraising initiatives. Our goals for next year are to continue to ask for donations and manage that income stream, while still securing income from grant and fundraising initiatives, e.g. through our partnership with Run for Charity.

Our income goals for the following year are below.

	Actual 2022/23	Target 2023/24
Membership and donations income	3,632	4,000
Fundraising	1,904	3,000
New grant income	6,000	5,000
Sales	333	50
TOTAL	11,917	12,050

Grace Pay
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
21st June 2023

Independent Examiner's Report To The Trustees of The Pelvic Partnership On Accounts For Year Ended 31st March 2023

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 2023.

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.

Ben Britto
Millstone Lodge
Mill Road
Whitfield
Northamptonshire
NN13 5TQ

The Pelvic Partnership

Income and Expenditure Account

Receipts and Payments

For the Year Ended 31st March 2023

RECEIPTS	Unrestricted	Restricted	2023	2022
			Total	Total
	£	£	£	£
Income				
Membership	191	-	191	191
Donations	3,441	-	3,441	4,669
Fundraising Events	1,904	-	1,904	4,028
Sale of Publications	333	-	333	50
Interest Received	48	-	48	-
Grants				
Marketors & Magic Little Grants	-	3,000	3,000	10,000
Other Grants	3,000	-	3,000	3,700
	<u>8,917</u>	<u>3,000</u>	<u>11,917</u>	<u>22,638</u>

The Pelvic Partnership

Receipts and Payments

For the Year Ended 31st March 2023

Continued:

	Unrestricted	Restricted	2023 Total	2022 Total
	£	£	£	£
PAYMENTS				
Direct charitable expenditure				
Support for Volunteers	1,220	500	1,720	-
AGM, Fundraising & Meetings	1,717	-	1,717	1,831
Support Overheads				
Administrator Fees	4,922	-	4,922	3,675
Printing & Postage	1,264	-	1,264	932
Stationery	114	-	114	58
Telephone	246	-	246	303
Website Project & Hosting	2,520	5,749	8,269	335
Insurance	472	-	472	388
	<u>12,475</u>	<u>6,249</u>	<u>18,724</u>	<u>7,522</u>
Net of Receipts/ (Payments)	(3,558)	(3,249)	(6,807)	15,116
Cash Funds Last Year End	<u>14,349</u>	<u>10,000</u>	<u>24,349</u>	<u>9,233</u>
Cash Funds This Year End	<u>10,791</u>	<u>6,751</u>	<u>17,542</u>	<u>24,349</u>

The Pelvic Partnership

Statement of Assets and Liabilities

As at 31st March 2023

	Restricted Funds £	Unrestricted Funds £	Total 2023 £	Total 2022 £
ASSETS				
Bank and Cash				
Bank Current A/c	6,751	5,256	12,007	18,862
Bank Deposit A/c	-	5,535	5,535	5,487
	<u>6,751</u>	<u>10,791</u>	<u>17,542</u>	<u>24,349</u>
LIABILITIES				
	-	-	-	-
			<u>17,542</u>	<u>24,349</u>
INCOME FUNDS & RESERVES				
Restricted funds		Note 3	6,751	10,000
Unrestricted- General Fund			<u>10,791</u>	<u>14,349</u>
			<u>17,542</u>	<u>24,349</u>

At the annual general meeting of The Pelvic Partnership, the annual accounts for year ended 31st March 2023 were approved and accepted by the trustees on 21st June 2023 and signed on their behalf by:

Sarah Fishburn
Chair of the Pelvic Partnership

The Pelvic Partnership

Accounts for the Year Ended 31st March 2023

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	2023 £	2022 £
Sarah Fishburn	Phone Bills	246	303

3. Restricted Fund Analysis

	Bal B/fwd 01-Apr-22 £	Receipts in Year £	Payments in Year £	Bal C/fwd 31-Mar-23 £
Magic Little Grants	-	500	(500)	-
National Lottery	10,000	-	(5,749)	4,251
Marketors Trust	-	2,500	-	2500
	<u>10,000</u>	<u>3,000</u>	<u>(6,249)</u>	<u>6,751</u>