



**pelvic
partnership**

**Accounts
for the year ended
31st March 2024**

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 2024

Chairman	Sarah Fishburn
Secretary	Laura Smith
Treasurer	Grace Pay
Co-ordinator	Lisa Barker & Jen Campbell
Trustees	Sarah Fishburn Jenni Howard Laura Leslie Kate Macnab (resigned 21 st June 2023) Felicity Manavis Rebecca Martin Angeline O'Connor Grace Pay Abigail Perrett Philippa Sale Laura Smith Fiona Tankard Claire Wilding
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 2024

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
Jenni Howard
Laura Leslie
Kate Macnab (resigned 21st June 2023)
Felicity Manavis
Rebecca Martin
Angeline O'Connor
Grace Pay
Abigail Perrett
Philippa Sale
Laura Smith
Fiona Tankard
Claire Wilding

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

We've had an exciting year with a new baby joining the team following Jen's maternity leave (welcome Sophie Wren!). Lisa has done an amazing job stepping into the role while Jen has been away, and took to the role brilliantly and kept everything running smoothly. It has been a pleasure working with Lisa and I am really grateful to her for taking this on in her already busy life. We're equally delighted that Jen has chosen to come back to us after her maternity leave, and that Lisa will be remaining as part of the team of volunteers, with the opportunity to build on her experience in the coordinator role.

We've also welcomed a number of new volunteers and committee members during the year and are delighted to have them on the team. They all bring their unique experience and expertise to the charity, and highlight areas we could develop as we work together.

Now the new website is well embedded, we have some capacity for new work, and will be building on our work with Shaenna who has helped us develop a Theory of Change model and a more detailed business model based on this. We're looking forward to working through this in the coming year.

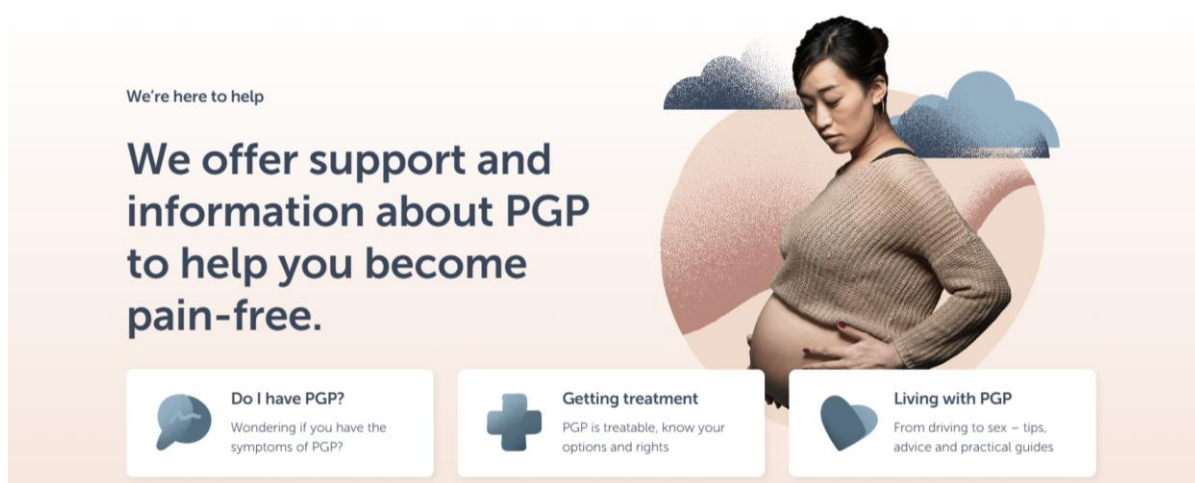
I'd like to thank again all the fabulous volunteers who make the Pelvic Partnership the amazing person-centred and caring organisation we have today. I am really grateful for their time and expertise, and the new ideas that keep coming from their interactions with people using our services as they spot a need and coming up with an idea about how to meet it.

Sarah Fishburn
Chair of the Pelvic Partnership

Secretary's report

Over the past year we have continued to offer information and support to all those experiencing pregnancy-related pelvic girdle pain (PGP), using a range of different tools and mechanisms to support women as they access treatment for their pain.

In June 2024 our new website went live at www.pelvicpartnership.org.uk. Thanks to a National Lottery Awards for All grant, we worked with Effusion to design the new website. We appreciated how much the agency wanted to work collaboratively to get to know our charity to develop an online platform that reflects how we help and support women with PGP and their families.



The new website signals a step forward for our charity and will enable us to reach more women, sharing our messages in a new and more accessible way and building our credibility as a voice for women with PGP.

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 3,800 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 women and birthing people experiencing PGP.
- We have over 8,000 followers on Instagram, giving us a solid platform to share information and engage with women and healthcare practitioners by sharing posts, regular stories and offer support by direct messages and in our monthly Q&As on Instagram stories.
- Our telephone helpline is also a well-used resource for women with PGP, and their family members. It offers a more personal alternative to our presence on social media and a way for women to get more individual and detailed support from one of our trained volunteers.

This year we have also been able to offer counselling support sessions for our peer support volunteers, facilitated by Maxine O'Brien and our co-ordinator, Lisa. These sessions offer a safe space to share any issues experienced by our volunteers and discuss how to offer peer support to others while still maintaining our own boundaries and looking after ourselves.

Thank you to our brilliant team: Abi Perrett, Angeline O'Connor, Claire Wilding, Clare Vallejo, Felicity Manavis, Fiona Tankard, Grace Pay, Jenni Howard, Lisa Barker, Melanie Parry-Graham, Olta Gjeka, Philippa Sale, Rebecca Middleton and our chair, Sarah Fishburn.

Laura Smith

Secretary

Co-ordinator's report

As covering co-ordinator I have been fortunate to work with an amazing team of trustees and volunteers who are passionate and committed to supporting women with PGP. It has been a privilege and an honour working to raise awareness about PGP on their behalf. In this role, I've gained so much more knowledge and insight into the amazing work of this charity and the challenges and issues faced by women with PGP.

We have continued to facilitate workshops to broaden our knowledge base and ensure we're providing up to date information on a range of issues to women with PGP, including:

- Jeanie Di Bon (Founder of The Zebra Club) joined us in November to host a webinar on EDS, hEDS & PGP. She reviewed our website content in this area & was happy with the information we share. Thanks to Angeline O'Connor for organising.
- We facilitated a two-part workshop on Mental Health with psychiatrist Paul Murray from Aviva. Thank you to Rebecca Middleton for organising.
- We facilitated a workshop on painful sex with Maxine O'Brien and explored how it relates to PGP and pelvic floor dysfunction.

We have continued to engage 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.

We are also proud to be partnering with 12 other pregnancy and baby charities in participating in the COVID-19 Inquiry. Having secured funding from the Inquiry to participate in Module 3, we can represent the experiences of women with PGP during the pandemic to ensure that their experiences are considered as the Inquiry learns lessons from the COVID-19 pandemic.

In addition to our policy work, a big focus of my time has been offering support and information on social media, email 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:

- 8,102 likes on Instagram (up from 7,875 last year)
- 4,600 followers on Facebook (up from 4,400 followers last year)
- 3,800 members of our Facebook support group (up from 3,200 members last year)
- 195 members of our Facebook closed group for healthcare practitioners (up from 176 members last year)
- 791 subscribers to our mailing list with an open rate of 49%.

We are also trying to leverage our success on Instagram and Tiktok, partly due to our recent Marketors Grant which enabled us to run a social media campaign focusing on the benefits of early intervention in treating PGP. 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 the Duke of Edinburgh Award volunteers Freya and Sophie. We have replaced all social media branding to match the website, creating a warm, soothing, fresh feel that is accessible to all.

A special thank you to the whole Pelvic Partnership team who have given their time, support and enthusiasm to help other women with PGP, especially Jen Campbell who is a valuable asset to our charity. I have a new-found appreciation for all she does for us in her role.

Lisa Barker
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 £10,502.

Income

Total income for the year was £10,728.

	2022/23	Actual 2023/24
Membership and donations income	3,632	4,659
Fundraising	1,904	5,683
New grant income	6,000	0
Sales	333	147
Interest	48	239
TOTAL	11,917	10,728

Fundraising

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

In particular we would like to thank the following supporters:

- Angeline O'Connor raised £348 doing a roller skating challenge.
- Lauren Brinklow raised £1355 with her riding challenge.
- Rosie Fishburn swam 1 mile in the Swim Serpentine, raising £680.
- James Hillary raised £472 running the London Marathon.
- Mark Tankard, Mike Pay and Chris Clifton cycled the RideLondon, raising £1,864.

Thank you to the following fundraisers who have raised money for the Pelvic Partnership through birthday fundraisers on Facebook:

- Philomena Christie
- Annali Bamber Jones
- Stacie Brown

Donations and membership

Thank you to all our members for your sustained support of the Pelvic Partnership. We now have 121 members and long-term donors.

Donations and membership fees this year have reached £4,659. The main sources were our online donations through our Charities Aid Foundation platform.

We were grateful to receive significant donations from the following:

- Kate O'Dwyer
- Rebecca Middleton
- Rania DeSantis
- RPJ Energy, who chose us as their charity partner
- Mary Mercer
- Angeline and Raymond O'Connor

Corporate support

We would like to acknowledge the below organisations who have named the Pelvic Partnership as their named charities.

Thank you to all those at RPJ Energy, who continue to support the Pelvic Partnership.

We would also like to thank UHY Ross Brooke in Abingdon for naming the Pelvic Partnership as their charity of the year, raising over £500 when some of their team ran the Oxford Half Marathon and a further £400 raised directly by other in-house initiatives.

Expenditure

Our expenditure this year was £17,768. The major items of expenditure were:

- Design and hosting of our new website using our National Lottery Grant
- Payment of our part-time, self-employed co-ordinators
- 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 successful year in terms of fundraising and donations, it remains a challenging economic environment, which may affect our capacity to raise income in the coming financial year.

Our income goals for the following year are below.

	Actual 2023/4	Target 2024/25
Membership and donations income	4,659	6,000
Fundraising	5,683	6,000
New grant income	0	5,000

Sales	147	200
Interest	239	-
TOTAL	10,728	17,000

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
26th June 2024

Independent Examiner's Report To The Trustees of The Pelvic Partnership On Accounts For Year Ended 31st March 2024

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 2024.

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 2024

RECEIPTS	UR	R	2024	2023
	£	£	Total £	Total £
Income				
Membership	104		104	191
Donations	4,555		4,555	3,441
Fundraising Events	5,683		5,683	1,904
Sale of Publications	147		147	333
Interest Received	239		239	48
Grants				
Grants (Restricted) Marketors & Magic Little Grants		0	0	3,000
Other Grants (NON Restricted)	0		0	3,000
	<u>10,728</u>	<u>0</u>	<u>10,728</u>	<u>11,917</u>

The Pelvic Partnership

Receipts and Payments

For the Year Ended 31st March 2024

Continued:

	UR	R	2024	2023
PAYMENTS	y	£	Total	Total
			£	£
Expenditure				
Direct charitable				
Support for Volunteers	325	0	325	1,720
Website development			0	-
AGM, Fundraising & Meetings	947		947	1,717
Support Overheads				
Administrator Fees	4,298	1171	5,469	4,922
Printing & Postage	153	1329	1,482	1,264
Stationery	49		49	114
Telephone	463		463	246
Website Project & Hosting	4,365	4,251	8,616	8,269
Insurance	417		417	472
	<u>11,017</u>	<u>6,751</u>	<u>17,768</u>	<u>18,724</u>
Net of Receipts/ (Payments)	(289)	(6,751)	(7,040)	(6,807)
Cash Funds Last Year End	<u>10,791</u>	<u>6,751</u>	<u>17,542</u>	<u>24,349</u>
Cash Funds This Year End	<u>10,502</u>	<u>0</u>	<u>10,502</u>	<u>17,542</u>

The Pelvic Partnership

Statement of Assets and Liabilities

As at 31st March 2024

			2024	2023
	Restricted Funds £	Unrestricted Funds £	Total £	Total £
ASSETS				
Bank and Cash				
Bank Current A/c	0	4,728	4,728	12,007
Bank Deposit A/c	0	5,774	5,774	5,535
	0	10,502	10,502	17,542
LIABILITIES				
	-	-	-	-
			<u>10,502</u>	<u>17,542</u>
INCOME FUNDS & RESERVES				
		Note		
Restricted funds			0	6,751
Unrestricted- General Fund			<u>10,502</u>	<u>10,791</u>
			<u>10,502</u>	<u>17,542</u>

At the annual general meeting of The Pelvic Partnership, the annual accounts for year ended 31st March 2024 were approved and accepted by the trustees on 26th June 2024 and signed on their behalf by:

Sarah Fishburn
Chair of the Pelvic Partnership

The Pelvic Partnership

Accounts for the Year Ended 31st March 2024

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	2024	2023
Sarah Fishburn	Phone Bills	463	246

3. Restricted Fund Analysis

	Bal B/fwd 01-Apr-23 £	Receipts in Year £	Payments in Year £	Bal C/fwd 31-Mar-24 £
Marketors trust Restricted Grant	2,500		2,500	0
National Lottery Restricted Grant	4,251		4,251	0
	<u>6,751</u>	<u>0</u>	<u>6,751</u>	<u>0</u>