



**pelvic
partnership**

**Accounts
for the year ended
31st March 2025**

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 2025

Chairman	Sarah Fishburn
Secretary	Laura Smith
Treasurer	Grace Pay
Co-ordinator	Jen Campbell & Victoria Robertson
Trustees	Sarah Fishburn Jenni Howard Laura Leslie 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 2025

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 2025.

Sarah Fishburn
Jenni Howard
Laura Leslie
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

As always, nothing has stood still at the Pelvic Partnership in the past year. We've welcomed new volunteers, a new committee baby and a new coordinator. As part of these changes, we've had Jen Campbell away on maternity leave, returning with the lovely baby Sophie, and her role was very ably covered by Lisa Barker while she was on maternity leave.

In January, Jen took the difficult decision to move on after six years to an exciting new role. It has been fabulous to see her grow and the amazing work she has supported while she was with us, recruiting and supporting a growing group of volunteers, finding grants and running projects such as updating the website and growing our Facebook and Instagram following.

Lisa did a brilliant job covering the role for almost a year and juggled all those elements incredibly well. We've been excited to welcome Vicky Robertson as our new coordinator. She did a whistlestop handover with Jen and was up and running very quickly, while juggling two small children. We always aim to recruit women with a passion for PGP who are looking for a flexible role, and Vicky suits our brief perfectly. Her research background has already been invaluable as we have supported clinicians to develop an article about PGP for the BMJ, and we have been exploring options for research about manual therapy with a university team interested in finding out more about effectiveness of treatments for PGP. Vicky has fitted in brilliantly with the team, and is busy working up this year's activities. Vicky has also been supporting Mel and Charlotte with their project recording conversations with practitioners treating PGP in a format that we can share on social media, to widen our reach as far as possible.

I attended the COVID-19 enquiry in October 2024 where issues with maternity care were highlighted and I heard many powerful testimonies from witnesses including clinicians and families, and we are continuing to follow progress with this. We submitted evidence about the impact of the pandemic on women with PGP as part of the submission to the enquiry and were one of the key maternity charities making submissions to the enquiry.

Fundraising in the current financial climate is increasingly challenging, and we've been working on fundraising through volunteers, and found that charity runs including 10k, half marathons and full marathons have been becoming more popular. This is great from lots of perspectives – it is amazing that women are making such good recoveries that they are able to run these distances, and also that their families and friends are also prepared to do the training and preparation required to undertake these challenges themselves. We're incredibly grateful to (and impressed by!) all those who have run, cycled or swum for the Pelvic Partnership this year and hope that this trend can continue as we navigate our way through the current complex world financial challenges.

We look forward to a year of continuing to develop our support offer.

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.

Following its launch in June 2023, our new website has performed well. Our most popular pages provide information about treatment, including our regularly maintained recommended practitioners list, and advice on PGP symptoms and getting treatment. This year we were delighted to receive a grant from the Souter Charitable Trust to continue to update and promote information to our service users via our website and social media channels.

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 4,400 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. We have recently recruited some new members to our brilliant team of frontline volunteers who continue to offer support and information on the group. This support is an invaluable help to women and birthing people experiencing PGP.
- We have over 8,400 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.

Thank you to our brilliant team: Abi Perrett, Angeline O'Connor, Charlotte Tucker, 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

I was delighted to join the Pelvic Partnership in February as the new co-ordinator, taking over from the amazing Jen Campbell. This is an exciting change of direction for me, and as a previous service user myself I feel passionately about raising awareness and supporting women with PGP. Now that I am beginning to settle into the role, I am excited to start working on some new projects and get to know our amazing team of trustees and volunteers better. Over the last year we have also had support from another brilliant co-ordinator, Lisa Barker, who took the reins until Jen returned from maternity leave.

This year we have continued to facilitate workshops for the team to keep on top of a range of issues affecting women with PGP. These have included:

- Ongoing counselling support from Maxine O'Brien, who will host an upcoming away day
- January - Introduction to Perinatal Mental Health from Rachel Jenkins and Paula Bentley at Lifeboat
- An upcoming workshop on peer support with Maxine O'Brien

We have continued to engage with national policy groups, allowing us to raise greater awareness for PGP and treatment. These have included the Pregnancy and Baby Charities Network, the Maternal Mental Health Alliance, AIMS, the RCOG.

A big focus of the coordinators' time has been dedicated to providing 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:

- 8,437 followers on Instagram

- 4,700 followers on Facebook
- 4,500 members of our Facebook support group (up from 3,800 members last year)
- 225 members of our Facebook closed group for healthcare practitioners (up from 195 members last year)
- 795 subscribers to our mailing list with an open rate of 40%.

We have been using our social media platforms to spread information about PGP and treatment, including through a new project started by Charlotte Tucker, Mel Parry-Graham and Jen Campbell. This project has produced video conversations of volunteers with lived experience of PGP and their healthcare practitioners. These videos are now our top content on Instagram and we hope can provide a great source of information for women experiencing PGP.

A huge thank you to the whole team and everyone who has given their time to the work of the Pelvic Partnership over the last year. In particular I would like to thank Jen Campbell for all her work over the years and her ongoing support in this role.

Victoria Robertson
Co-ordinator

Treasurer's report

We have had another successful year, with income from donations, fundraising and grants. Our bank balance at the year-end stood at £5,126.12.

Income

Total income for the year was £7,694.

	2023/24	Actual 2024/25
Membership and donations income	4,659	2,107
Fundraising	5,683	3,462
New grant income	0	1,500
Sales	147	1
Interest	239	213
Other income including gift aid	-	411
TOTAL	10,728	7,694

Fundraising

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

In particular, we would like to thank the following fabulous supporters:

- October – Angeline O’Connor organised a comedy night hosted by Suzy McCabe which raised £1275, plus £540 in a raffle on the night. Thank you to The Stand Comedy Club, Glasgow, for providing the venue for this event
- Hannah and Ryan Smith raised £262.50 running the Oxford Half Marathon in November 2024

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 £2,107. The main sources were our online donations through our Charities Aid Foundation platform.

We were grateful to receive significant donations from the following:

- Rebecca Middleton
- RPJ Energy
- Mary Mercer
- Angeline and Raymond O’Connor

Corporate support

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

Expenditure

Our expenditure this year was £13,070. The major items of expenditure were:

- Payment of our part-time, self-employed co-ordinators
- Subscription for Run for Charity and other fundraising expenses
- Phone bills for our volunteer helpline
- Website hosting and maintenance
- 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.

	Target 2025/26
Membership and donations income	2,200
Fundraising	3,800
New grant income	2,250

Sales	100
Interest	220
Other income including gift aid	430
TOTAL	9,000

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
19th June 2025

Independent Examiner's Report To The Trustees of The Pelvic Partnership On Accounts For Year Ended 31st March 2025

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 2025.

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 2025

Income & Expenditure Account

For The Year Ended 31st March 2025

			2025	2024
RECEIPTS	UR	R	Total	Total
	£	£	£	£
Income				
Membership	127		127	104
Donations	1,980		1,980	4,555
Fundraising Events	3,462		3,462	5,683
Sale of Publications	1		1	147
Tax reclaim on gift aid	350		350	-
Interest Received	213		213	239
Miscellaneous Income	61		61	-
Grants				
Grants (Restricted)		-	-	-
Other Grants (NON Restricted)	1,500		1,500	-
	<u>7,694</u>	<u>0</u>	<u>7,694</u>	<u>10,728</u>

The Pelvic Partnership Receipts and Payments For the Year Ended 31st March 2025

Continued:

	UR	R	2025 Total	2024 Total
PAYMENTS	y	£	£	£
Expenditure				
Direct charitable				
Social Media Development & Marketing campaign			0	0
Support for Volunteers	300	0	300	325
"PGP IS Treatable " ebook			0	0
Website development			0	0
AGM, Fundraising & Meetings	446		446	947
Support Overheads				
Administrator Fees	8,078	0	8,078	5,469
Printing & Postage	392	0	392	1,482
Stationery	44		44	49
Telephone	222		222	463
Website Project & Hosting	1,716	0	1,716	8,616
Insurance	384		384	417
Training & MISC Expenses	1,488		1,488	
	<u>13,070</u>	<u>0</u>	<u>13,070</u>	<u>17,768</u>
Net of Receipts/ (Payments)	(5,376)	0	(5,376)	(7,040)
Cash Funds Last Year End	<u>10,502</u>	<u>0</u>	<u>10,502</u>	<u>17,542</u>
Cash Funds This Year End	<u>5,126</u>	<u>0</u>	<u>5,126</u>	<u>10,502</u>

The Pelvic Partnership

Statement of Assets and Liabilities

As at 31st March 2025

			2025	2024
	Restricted Funds	Unrestricted Funds	Total	Total
	£	£	£	£
ASSETS				
Bank and Cash				
Bank Current A/c	0	339	339	4,728
Bank Deposit A/c	0	4,787	4,787	5,774
	<u>0</u>	<u>5,126</u>	<u>5,126</u>	<u>10,502</u>
LIABILITIES				
	-	-	-	-
			<u>5,126</u>	<u>10,502</u>
INCOME FUNDS & RESERVES				
		Note		
Restricted funds			0	
Unrestricted- General Fund			<u>5,126</u>	<u>10,502</u>
			<u>5,126</u>	<u>10,502</u>

At the annual general meeting of The Pelvic Partnership, the annual accounts for year ended 31st March 2025 were approved and accepted by the trustees on 19th June 2025 and signed on their behalf by:

Sarah Fishburn
Chair of the Pelvic Partnership

The Pelvic Partnership

Accounts for the Year Ended 31st March 2025

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	2025	2024
Sarah Fishburn	Phone Bills	222	246
		<u>222</u>	<u>463</u>