Accounts
for the year ended
31st March 2026

The Pelvic Partnership
16 The Cleave
Harwell
Oxfordshire
OX11 0EL

Registered Charity No. 1100373

Contents

Administrative Information 1

Report of the Trustees 2

Report of the Independent Examiner 10

Receipts and Payments 11

Statement of Assets and Liabilities 13

Notes to the Accounts 14

The Pelvic Partnership
Administrative Information
As at 31st March 2026

Chairman	Sarah Fishburn
Secretary	Laura Smith
Treasurer	Grace Pay (Resigned 12th September '25) Fiona Tankard (Appointed 12th September '25)
Co-ordinator	Victoria Roberton
Trustees	Sarah Fishburn Jenni Howard Laura Leslie Felicity Manavis Rebecca Martin Angeline O'Connor Grace Pay (Resigned 12th September 25) 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 2026

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 2026.

Sarah Fishburn
Jenni Howard
Laura Leslie
Felicity Manavis
Rebecca Martin
Angeline O'Connor
Grace Pay (resigned 12th September 25)
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

This past year has been one of real challenge for Pelvic Partnership, particularly in relation to our finances. It has also been a year that has demonstrated the creativity, commitment and determination of the people who make this charity what it is.

Despite a very difficult funding environment, we have continued to move forward. A huge amount of credit is due to Vicky, whose use of social media has had a tangible impact in raising awareness of our work and encouraging donations. This, alongside some very generous contributions from members and the successful securing of a small number of grants from grant-giving bodies, has enabled us to keep momentum and continue progressing our key projects. We are deeply grateful to everyone who has supported us financially during the year.

Our telephone helpline has been quieter in terms of overall call numbers, but the nature of those calls has shifted. The conversations we do have are increasingly complex, often with women who have been navigating their way through fragmented services and are seeking clarity, reassurance and a way forward. It remains a real privilege to be able to talk through options with callers, explore next steps and, we hope, help them feel better supported on their path to recovery.

Social media continues to grow in importance for Pelvic Partnership, significantly increasing our outward-facing visibility and helping us to reach women who may not otherwise find us. We are optimistic that the projects currently underway will further strengthen our offer and improve how and where we connect with those who need support.

I would like to offer my sincere thanks to our trustees and volunteers, who continue to donate their time, energy and expertise so generously. Their commitment underpins everything we do, and their support makes a real difference to women living with pelvic girdle pain. We have also been delighted to welcome several new volunteers over the past year, all of whom are already fitting into the team beautifully and enriching our work.

Looking ahead, our priority for the coming year is to continue seeking funding to support our main aims:

- Recruiting and training volunteers to continue providing peer support via our Facebook support group, helpline, and through a new WhatsApp support service.
- Maintain our website, hosting information and resources for women and birthing people with PGP, as well as for healthcare practitioners and researchers. Following feedback, we hope to increase our resources and offer training for healthcare practitioners and those who work with people affected by PGP in best practice for compassionate care.
- We are actively seeking funds to update the list of recommended practitioners on our website. This is our most used resource but as the list has grown it has become difficult for users to navigate. We hope to alleviate this by hosting the list as an interactive map, to make it easier for individuals to find their nearest recommended practitioner.

Alongside this, we aim to complete our current projects, with a continued focus on improving outreach and access to support.

We are encouraged by the development of the new Women's Health Strategy and hopeful that it will begin to deliver tangible benefits for women with pelvic girdle pain. We are particularly grateful to those trustees who have engaged with ministers to highlight the ongoing challenges within current NHS care pathways for PGP.

As we look forward, we do so with cautious optimism and a strong sense of purpose. Pelvic Partnership continues to be driven by the commitment of its volunteers and trustees, and it is a privilege to work alongside such a dedicated group of people. Thank you!

Sarah Fishburn
Chair of the Pelvic Partnership

Secretary's report

Despite a challenging financial year, we have helped women to access treatment for their pregnancy-related pelvic girdle pain in a range of ways, providing accessible support and information when needed. Demand for our services remains high on Facebook, Instagram, over email and on our telephone helpline:

- We now have over 4,700 members in our Facebook peer support group, with daily member requests. This group continues to be a supportive and positive community, with many members responding to offer support and signpost to Pelvic Partnership content and resources. This is one of our most valued tools to support women and birthing people experiencing PGP.
- We have over 8,600 followers on Instagram where we share information and engage with women and healthcare practitioners by sharing posts, regular stories, and offer support by direct message and our monthly Q&A Instagram story.
- Our telephone helpline continues to be used by those with PGP and their family members, in particular for those with ongoing issues and longer, more complex recoveries. This offers a more personal alternative to social media and a way for women to get more individual and detailed support.

We are delighted to have received funds this year from the Hospital Saturday Fund to maintain our services, and from Tesco Stronger Starts to set up a new peer support service via WhatsApp. This will allow those who are not regular users of social media, such as Facebook and Instagram, to access support. Those who prefer to receive information and support via this messaging service rather than through the telephone helpline can feel more connected to our peer support team.

Our website continues to perform well. After the home page, our list of recommended practitioners is consistently the most visited page with around 300-500 views per month. In addition, we are increasingly contacted by healthcare practitioners such as midwives, doctors and physiotherapists, as well as fitness instructors and other professionals who work with those who may be affected by pelvic girdle pain, looking for information and guidance on how to support their clients. We are so grateful to have received funding from the Blessing Others Hub at St Mary's Church Kings Worthy which will allow us to develop new online resources and training to promote best care for those experiencing PGP.

We were pleased to raise the profile of the Pelvic Partnership through various media channels over the last year. At the end of 2025, BBC 5 Live, BBC Woman's Hour, and BBC News, all featured discussions of pelvic girdle pain and its impact on those who are affected. In addition, our volunteers were at the Baby Show in London sharing information and support with attendees at a stand with our new partners Dreamgenii and on the Live Talks Stage.

Thank you to our brilliant team. Abi Perrett, Angeline O'Connor, Charlotte Tucker, Claire Wilding, Felicity Manavis, Fiona Tankard, Grace Pay, Jenni Howard, Lisa Barker, Melany Parry-Graham, Olta Gjeka, Phillipa Sale, Rebecca Middleton, Victoria Roberton, and our chair, Sarah Fishburn.

Laura Smith
Secretary

Co-ordinator's report

At the end of my first full year as coordinator at the Pelvic Partnership, I am happy to reflect on all we have continued to achieve. This has been a challenging year for the charity financially, requiring much of our resources to be diverted to fundraising initiatives, but with a huge effort from the team we have continued to provide vital services to those in need.

We were delighted to receive grants from The Hospital Saturday Fund (HSF) and Tesco Stronger Starts, successful submissions from former coordinator, Jen Campbell. HSF funding has allowed us to

continue providing our services during a difficult year, and with funding from Tesco Stronger Starts we will launch a new peer support service via WhatsApp. With funding from Worthy Churches Blessing Others Hub we plan to develop online training resources on PGP. Additional funds have been raised through our new Recommended Practitioner Membership, launched in November, and we are grateful to all those practitioners who have registered for this.

This year we have continued to facilitate workshops for the team to keep on top of a range of issues affecting women with PGP. We are also recruiting new volunteers to help with our social media management and peer support. Training has included:

- Away day workshop on peer support with Maxine O'Brien, thank you to Sarah for hosting!
- Upcoming training for new volunteers

As always, we continue to work hard to spread reliable information about PGP, and have been delighted to raise awareness through various new avenues this year. I discussed PGP on BBC Radio 5 Live with Naga Munchetty, and BBC Woman's Hour. A BBC News article also highlighted the impact of PGP and the importance of treatment. Thank you to Rebecca Middleton for also sharing her story with the BBC. We were overwhelmed with the response to this media coverage, with many reaching out online for support, to thank us for our work or offer their support for us, or simply to share their stories. It is clear there is much work still to be done to improve care for those with PGP.

Following a new partnership launch with Dreamgenii, we were also lucky enough to join them at the Baby Show in London at the beginning of March. Along with volunteers Charlotte Tucker and Rebecca Middleton, I spoke to many women who were seeking advice on managing symptoms and finding treatment to those experiencing PGP. We were also joined by one of our recommended practitioners, pelvic health physiotherapist Teja Parbhoo, who gave a talk with me on the Live Stage on movement in pregnancy and understanding PGP.

We provide a wealth of information and resources online via our website and social media channels (Instagram, Facebook and LinkedIn) with the aim of reaching as many women as possible to give them the tools and confidence to get the treatment they need. We now have:

- 8,631 followers on Instagram
- 4,787 followers on Facebook
- 4,665 members of our Facebook support group
- 242 members of our Facebook closed group for healthcare practitioners (up from 195 members last year)
- 805 subscribers to our mailing list

We have generated a large amount of new informational content for our social media platforms through various projects which has produced a large amount of engagement:

- Conversations with healthcare practitioners, planned by Charlotte Tucker, Mel Parry-Graham and Jen Campell. Through this project we have produced videos about PGP from Mel and her chiropractor, Sally Scott, Charlotte and her osteopath, Jasmine Fisher, and myself with my physiotherapist, Teja Parbhoo.
- Instagram Lives with Emily Green from Meadowside Osteopathy, and Ros Drake from Drake Chiropractic, two of our recommended practitioners.

As a small charity, we value our networks and are involved in a number of national policy groups, including the Pregnancy and Baby Charities Network, the Maternal Mental Health Alliance, the Maternity Consortium, and ALLIANCE. In particular, recent and ongoing challenges facing our healthcare system and maternity services have led to investigations across the UK. This year we have been particularly involved in the following:

- The National Maternity and Neonatal Investigation (England). We have been feeding into this investigation as part of the PBCN and as a member of a new collective, the National Maternity and Neonatal Collective (NMNC), organised by Make Birth Better. With this collective of over

100 individuals and organisations, we have produced a strategic plan to improve maternity and neonatal services, which we were proud to discuss as part of a small group of representatives from the collective with the Secretary of State for Health and Social Care, Wes Streeting, and the head of the Investigation, Baroness Valerie Amos. We look forward to continuing this work over the next year, with the NMNC having representation on the new Maternity and Neonatal Taskforce.

- On 19th March the Covid Inquiry published its 3rd report into 'the Impact of the Covid-19 pandemic on the healthcare systems of the United Kingdom'. We submitted a witness statement to this inquiry as part of a group of 13 Pregnancy, Baby and Parent Organisations and were pleased to review and respond to this new report.

Finally, we have been engaging with researchers investigating PGP, giving feedback on project applications, study design, and sharing adverts for those recruiting for participants with our network. We are launching a new research section of our website, to update our audience on ongoing research and encourage researchers to engage with those with lived experience of PGP in their work. We will collaborate on production of our survey with researchers at Plymouth University to ask important questions about PGP and our service users' experiences of their symptoms and treatment.

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, including our wonderful recommended practitioners and charity networks.

Victoria Roberton
Co-ordinator

Treasurer's report

We were lucky to have a successful year with increased income from donations, fundraising and grants. Our bank balance at the year-end stood at £ 7296.59

Income

Total income for the year was £10,452.

	2024/25	Actual 2025/26
Membership and donations income	2,107	5,109
Fundraising	3,462	1,186
New grant income	1,500	3,950
Sales	1	31
Interest	213	26
Other income including gift aid	411	150
TOTAL	7,694	10,452

Fundraising

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

In particular, we would like to thank Ros Drake for taking on the 6 SuperHalfs over the next two years to fundraise for us.

Grants

Hospital Saturday Fund - £2000
Tesco Stronger Starts - £1000 (WhatsApp peer support)
Worthy Churches - £950 (Online training resources)

Donations and membership

Thank you to all our members for your sustained support of the Pelvic Partnership. We now have 143 members and long-term donors, including welcoming 22 new Recommended Practitioner Members.

Donations and membership fees this year have reached £5109. The main sources were our online donations and memberships 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
- Yvonne Roberton
- David Clarke
- Emrys Parry

Corporate support

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

Expenditure

Our expenditure this year was £8281. 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 2026/2027
Membership and donations income	5,109

Fundraising	1,186
New grant income	3,950
Sales	31
Interest	26
Other income including gift aid	150
TOTAL	10,452

Fiona Tankard
Treasurer

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

Signed version seen at meeting

2nd July 2026

Sarah Fishburn
Chair of The Pelvic Partnership

Independent Examiner's Report To The Trustees of The Pelvic Partnership On Accounts For Year Ended 31st March 2026

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 2026.

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 2026

Income & Expenditure Account

For The Year Ended 31st March 2026

				2026	2025
RECEIPTS		UR	R	Total	Total
		£	£	£	£
Income					
	Membership	249		249	127
	Donations	4,860		4,860	1,980
	Fundraising Events	1,186		1,186	3,462
	Sale of Publications	31		31	1
	Tax reclaim on gift aid	0		0	350
	Interest Received	26		26	213
	Miscellaneous Income	150		150	61
Grants					
	Grants (Restrited)		1,950	1,950	0
	Other Grants (NON Restricted)	2,000		2,000	1,500
		8,502	1,950	10,452	7,694

The Pelvic Partnership
Receipts and Payments
For the Year Ended 31st March 2026

Continued:

	UR	R	2026 Total	2025 Total
PAYMENTS	y	£	£	£
Expenditure				
Direct charitable				
Social Media Development & Marketing campaign			0	0
Support for Volunteers	0	0	0	300
"PGP IS Treatable " ebook			0	0
Website development			0	0
AGM, Fundraising & Meetings	0		0	446
Support Overheads				
Administrator Fees	6,293	0	6,293	8,078
Printing & Postage	47	0	47	392
Stationery	0		0	44
Telephone	206		206	222
Website Project & Hosting	650	0	650	1,716
Insurance	392		392	384
Training & MISC Expenses	693		693	1,488
	8,281	0	8,281	13,070
Net of Receipts/ (Payments)	221	1,950	2,171	(5,376)
Cash Funds Last Year End	5,126	0	5,126	10,502
Cash Funds This Year End	5,347	1,950	7,297	5,126

The Pelvic Partnership
Statement of Assets and Liabilities
As at 31st March 2026

Balance Sheet
As At 31st March 2026

				2026	2025
		Restricted Funds	Unrestricted Funds	Total	Total
		£	£	£	£
ASSETS					
Bank and Cash					
	Bank Current A/c	1,950	1,234	3,184	339
	Bank Deposit A/c	0	4,113	4,113	4,787
		1,950	5,347	7,297	5,126
LIABILITIES		-	-	-	-
				7,297	5,126
INCOME FUNDS & RESERVES					
			Note		
	Restricted funds			1,950	
	Unrestricted-General Fund			5,347	5,126
				7,297	5,126

At the annual general meeting of The Pelvic Partnership, the annual accounts for year ended 31st March 2026 were approved and accepted by the trustees on 02 July 2026 and signed on their behalf by:

Sarah Fishburn
Chair of the Pelvic Partnership

The Pelvic Partnership
Accounts for the Year Ended 31st March 2026

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	2026	2025
Sarah Fishburn	Phone Bills	206	222
		206	222

3. Restricted Fund Analysis

	Bal B/fwd 01-Apr-25 £	Receipts in Year £	Payments in Year £	Bal C/fwd 31-Mar-26 £
GROUNDWORK UK RESTRICTED GRANT		1,000		1,000
				0
ST MARYS CHURCH RESTRICTED GRANT	0	950		950
	0	1,950	0	1,950