

Report of the Trustees and  
Unaudited Financial Statements for the Year Ended 31 March 2016  
for  
Pregnancy Sickness Support

Peak Management Associates (Ashbourne) Ltd  
Compton Offices  
King Edward Street  
Ashbourne  
Derbyshire  
DE6 1BW

Pregnancy Sickness Support

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for the Year Ended 31 March 2016

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## Pregnancy Sickness Support

### Report of the Trustees for the Year Ended 31 March 2016

The trustees present their report with the financial statements of the charity for the year ended 31 March 2016. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Charity number**

1094788

##### **Principal address**

Dunmore Farm  
Treesmill  
Par  
Cornwall  
PL24 2TU

##### **Trustees**

Dr R Gadsby  
Ms C Dean  
Ms E Edwards  
Ms S Nicholas  
Ms S Zafar  
Ms C Pratt  
Ms A Briggs  
Ms M Shehmar  
Ms M O'Hara  
Ms G Ostrowski

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes an unincorporated charity.

##### **Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Approved by order of the board of trustees on ..... and signed on its behalf by:

.....  
Trustee

# Pregnancy Sickness Support

## Statement of Financial Activities for the Year Ended 31 March 2016

	Notes	Unrestricted fund £	Restricted fund £	31.3.16 Total funds £	31.3.15 Total funds £
<b>INCOMING RESOURCES</b>					
<b>Incoming resources from generated funds</b>					
Voluntary income		18,114	17,499	35,613	34,206
Activities for generating funds	2	198	-	198	147
Investment income	3	220	-	220	20
<b>Total incoming resources</b>		<b>18,532</b>	<b>17,499</b>	<b>36,031</b>	<b>34,373</b>
<b>RESOURCES EXPENDED</b>					
<b>Costs of generating funds</b>					
Costs of generating voluntary income	4	11,685	17,646	29,331	25,243
Fundraising trading: cost of goods sold and other costs		90	-	90	-
<b>Total resources expended</b>		<b>11,775</b>	<b>17,646</b>	<b>29,421</b>	<b>25,243</b>
<b>NET INCOMING/(OUTGOING) RESOURCES</b>		<b>6,757</b>	<b>(147)</b>	<b>6,610</b>	<b>9,130</b>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<b>39,137</b>	<b>5,747</b>	<b>44,884</b>	<b>35,754</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>45,894</b>	<b>5,600</b>	<b>51,494</b>	<b>44,884</b>

The notes form part of these financial statements

Pregnancy Sickness Support

Balance Sheet

At 31 March 2016

	Notes	Unrestricted fund £	Restricted fund £	31.3.16 Total funds £	31.3.15 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	7	1,100	7,500	8,600	90
Cash at bank		44,794	-	44,794	44,795
		<u>45,894</u>	<u>7,500</u>	<u>53,394</u>	<u>44,885</u>
<b>CREDITORS</b>					
Amounts falling due within one year	8	-	(1,900)	(1,900)	(1)
		<u>45,894</u>	<u>5,600</u>	<u>51,494</u>	<u>44,884</u>
<b>NET CURRENT ASSETS</b>					
		<u>45,894</u>	<u>5,600</u>	<u>51,494</u>	<u>44,884</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>45,894</u>	<u>5,600</u>	<u>51,494</u>	<u>44,884</u>
<b>NET ASSETS</b>		<u>45,894</u>	<u>5,600</u>	<u>51,494</u>	<u>44,884</u>
<b>FUNDS</b>	9				
Unrestricted funds				45,894	39,137
Restricted funds				<u>5,600</u>	<u>5,747</u>
<b>TOTAL FUNDS</b>				<u>51,494</u>	<u>44,884</u>

The financial statements were approved by the Board of Trustees on .....  
and were signed on its behalf by:

.....  
Trustee

## 1. ACCOUNTING POLICIES

### Accounting convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Charities Act 2011 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

### Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

### Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

### Taxation

The charity is exempt from tax on its charitable activities.

### Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

## 2. ACTIVITIES FOR GENERATING FUNDS

	31.3.16	31.3.15
	£	£
Fundraising events	198	147
	<u>          </u>	<u>          </u>

## 3. INVESTMENT INCOME

	31.3.16	31.3.15
	£	£
Deposit account interest	220	20
	<u>          </u>	<u>          </u>

**4. COSTS OF GENERATING VOLUNTARY INCOME**

	31.3.16	31.3.15
	£	£
Leaflets and folders	1,327	310
Postage and stationery	-	252
Conference	1,524	1,714
Website and internet	2,779	3,565
Caitlin's re-imbursed expenses	1,952	-
Karen's re-imbursed expenses	235	-
Support costs	21,514	19,402
	<u>29,331</u>	<u>25,243</u>

**5. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2016 nor for the year ended 31 March 2015 .

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2016 nor for the year ended 31 March 2015 .

**6. STAFF COSTS**

	31.3.16	31.3.15
	£	£
Wages and salaries	<u>17,646</u>	<u>17,536</u>

The average monthly number of employees during the year was as follows:

	31.3.16	31.3.15
Support	<u>-</u>	<u>1</u>

No employees received emoluments in excess of £60,000.

**7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.16	31.3.15
	£	£
Other debtors	<u>8,600</u>	<u>90</u>

**8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.16 £	31.3.15 £
Bank loans and overdrafts	1,900	-
Trade creditors	-	1
	<u>1,900</u>	<u>1</u>

**9. MOVEMENT IN FUNDS**

	At 1.4.15 £	Net movement in funds £	At 31.3.16 £
<b>Unrestricted funds</b>			
General fund	39,137	6,757	45,894
<b>Restricted funds</b>			
Human Resource	5,747	(147)	5,600
<b>TOTAL FUNDS</b>	<u>44,884</u>	<u>6,610</u>	<u>51,494</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	18,532	(11,775)	6,757
<b>Restricted funds</b>			
Human Resource	17,499	(17,646)	(147)
<b>TOTAL FUNDS</b>	<u>36,031</u>	<u>(29,421)</u>	<u>6,610</u>



Pregnancy Sickness Support

Detailed Statement of Financial Activities  
for the Year Ended 31 March 2016

	31.3.16 £	31.3.15 £
<b>INCOMING RESOURCES</b>		
<b>Voluntary income</b>		
Gifts	-	1
Donations	27,013	34,205
Gift aid	8,600	-
	<hr/>	<hr/>
	35,613	34,206
<b>Activities for generating funds</b>		
Fundraising events	198	147
<b>Investment income</b>		
Deposit account interest	220	20
	<hr/>	<hr/>
<b>Total incoming resources</b>	36,031	34,373
<b>RESOURCES EXPENDED</b>		
<b>Costs of generating voluntary income</b>		
Leaflets and folders	1,327	310
Postage and stationery	-	252
Conference	1,524	1,714
Website and internet	2,779	3,565
Caitlin's re-imbursed expenses	1,952	-
Karen's re-imbursed expenses	235	-
	<hr/>	<hr/>
	7,817	5,841
<b>Fundraising trading: cost of goods sold and other costs</b>		
Bad debts	90	-
<b>Support costs</b>		
<b>Management</b>		
Wages	17,646	17,536
Insurance	746	722
Telephone	1,592	945
Sundries	565	199
Painting costs	965	-
	<hr/>	<hr/>
	21,514	19,402
<b>Total resources expended</b>	29,421	25,243

This page does not form part of the statutory financial statements

### Detailed Statement of Financial Activities for the Year Ended 31 March 2016

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## **Chairperson report for year ending 31<sup>st</sup> March 2016**

2015-2016 has seen yet more growth for the charity as well as changes within the trustee team and staff. The trustees have met 4 times a year in person and held numerous online meetings. Tony resigned his position as a Trustee at the 2015 AGM and the remaining Trustees request that he accept the position of Patron, which he graciously did. Additionally, following a meeting with her in Plymouth the Conservative peer, Baroness Julia Cumberledge also accepted a Patronage for the charity. Abigail Briggs, Shazia Zafar and Majeet Shehmar joined the board of trustees which has added significant strength to the professionals represented on the board as Abi is a midwife and Manjeet is a consultant obstetrician and gynaecologist. I continued in the role of Chairperson, Roger accepted the role of Vice Chair and Treasurer and Caroline accepted the role of Secretary.

The office and appointment of Karen as a full time employee has been a great success for the charity and resulted in steady growth. In the calendar year 2014-2015 the charity received in the region of 600 calls to the helpline, around 50% of which were matched with one of our peer support volunteers. This is anticipated to have increased by an additional 50% by the end of 2016. Volunteer numbers has also increased steadily. In the Autumn of 2015 a physical phone line was installed in the office so that for the first time in the charity's history the helpline moved from an answerphone-callback system to an instant response service during office hours. Messages can still be left outside of these hours and call backs are made the following morning. This has been a huge success.

The forum has also continued to grow and offers a unique and safe environment for women to access peer support online 24/7. Our social media strategy remains proactive and strong and is working to promote our reputation and awareness of the condition.

The Charity's income has remained steady from the previous year and is predominantly from private donations. Lottery bids remain unsuccessful but avenues are being explored.

A healthcare professional conference was held May 2015. This was deemed a great success with attendance of over 50 healthcare professionals from across the country.

A number of Trustees attended the RCM Conference again in November 2015 which was an excellent opportunity for networking and education for midwives. The charity has also published a number of articles in the medical and lay press over the last year. In particular the charity has conducted its own research on the impact of suggesting ginger for women with HG and has collaborated with the British Pregnancy Advisory Service to produce a research report on women's experiences of terminating pregnancy for HG. This was met with a massive and positive media response making headlines for a full week including a front page of the Times article and a feature on Women's Hour.

We were shortlisted for a number of awards in 2015 including Third Sector Awards: Small Charity, Big Achiever; Charity Partnership (for our work with bpas); Charity Chairperson of the Year. The latter of these was won and the shortlisting for the rest was a huge boost to morale. We were also shortlisted for the RCM Charity of the Year but did not win.

A number of Trustees attended the first International Colloquium for Hyperemesis Gravidarum in Norway in October 2015 which saw researchers from across the globe come together to further research and service development. This was a great opportunity to improve international collaboration and promote our unique peer support system which many other countries would like to emulate. I am keen that PSS host the next International conference in 2017 in the UK and will work to achieve this ambition through 2016.

The RCOG Guidelines are still in process, which Roger Gadsby and Margaret O'Hara regularly update us on, they will be launched in the summer of 2016. It is hoped these guidelines will have a significant impact on the care women across the UK receive and will be a welcome addition to the information we can provide to sufferers and Health Care professionals. A media strategy is being planned for this.

Further growth is anticipated in 2016 and numerous publications, conferences and further awards are in the pipeline. We are also looking to produce a short promotional film about our work.

Caitlin Dean, RGN  
Chairperson Trustee for Pregnancy Sickness Support