





Summary

Birth Companions is a small, unique charity, originally set up to provide practical and emotional support to pregnant women and new mothers in prison. We now also offer our services to vulnerable women living in the community.

Our overall aim is to improve the well-being of pregnant women and new mothers who are, who have been, or who are at risk of being detained. We are the only organisation in the UK carrying out this work and we have developed a high level of expertise regarding the specific needs of vulnerable pregnant women and new mothers.

Our specific aims are:

- to improve the mental health and well-being of vulnerable pregnant women and new mothers
- to reduce their isolation
- to enable them to give their babies the best possible start in life
- to improve their conditions

The women we work with are extremely vulnerable and have complex and multiple needs. These can include being in prison, mental health and substance misuse issues, experience of domestic or sexual violence, trafficking, immigration issues and time spent in care. Being pregnant, giving birth and becoming a mother is a hugely important and life-changing time for a woman. The women we work with lack support during this time, which can negatively impact on their own health and that of their baby. Research has shown that if a woman feels supported around the time of giving birth she is better able to look after her baby. We believe that support is particularly important for the women we work with as they are one of the most vulnerable and disadvantaged groups of women in Britain. Our dedicated team of volunteers and staff make it possible for Birth Companions to provide a much-needed service to this group of women. We also believe that if women are supported in bonding with their babies and are encouraged to feel positive about their role as a mother at this very

early stage, this will provide them with a strong basis for parenting in the future. Our intervention at a time of particular vulnerability, but also of hope and change, helps women to seize the opportunity to make positive changes in their lives and give their babies a better start in life.

CURRENT SERVICES

In Prison

Antenatal: We support women in prison through pregnancy with weekly groups and one-to-one support. All pregnant women can attend, whether they will be keeping their baby with them in prison or not. We ensure women have the information and support they need to make choices about their pregnancy and birth. Our service-users tell us that being in prison makes them stressed and anxious and that coming to the pregnancy group helps them feel like a pregnant woman rather than a prisoner.

Birth: We provide birth support to those who would otherwise give birth without the support of family or friends. We are able to help a woman through her labour, offering emotional support and companionship and being her advocate if needed. We continue to provide postnatal support during her stay in hospital, often giving specialist breast-feeding advice and/or helping a woman prepare for being separated from her baby if she does not have a place on a Mother and Baby Unit.

Postnatal: We offer support to women on their return to prison, including specialist support with breastfeeding. We also support women who have been separated from their babies in hospital on their return to prison. They are a particularly isolated group and there is no prison service guidance as to what services should be provided to meet their needs at this difficult time.

In the Community

We provide post-release services for pregnant women and new mothers when they leave prison through what can be a challenging and isolating time. We also support women who, due to their complex needs, are at high risk of offending. We provide a similar service through pregnancy, birth and early parenthood to women who have experienced detention having fled domestic or political violence and to women who have been trafficked. These women are often completely alone with no family around them. We are also able to support women who will not have care of their babies after they are born due to the involvement of social services. This is an area where there are few services or even guidelines available. We have extensive experience of this through our prison work and have the skills to make the separation as bearable as it can possibly be.

Working for Change

Our work means that we are well-placed to understand what improvements are needed in the treatment of vulnerable pregnant women and new mothers in prison and in the community.

Our approach offers an important model for other services in the UK and abroad and where possible we offer advice to other groups who are looking to support pregnant women in prison in other parts of the country.

We seek to raise awareness of the needs of the women we work with and to influence changes in policy and law in order to improve conditions for pregnant women, new mothers and babies in detention.

Report from the Chair of Trustees

As the Chair of Birth Companions' Board of Trustees, I feel privileged to have been involved with the organisation for many years and I am immensely proud of the work we do. Almost on a daily basis I am reminded, when I read the reports from our volunteers and staff, of the importance of the support they provide to an extremely vulnerable group of women at a particularly significant time in their lives.

2013 – 2014 has been a year of change. Following the Government's Review of the Women's Custodial Estate, the Mother and Baby Unit was closed in Holloway prison. Although women who will be keeping their baby with them in prison are now moved to Bronzefield prison, we have continued to find our services are much-needed by the pregnant women and women who have been separated from their babies who remain in Holloway prison.

In addition, for the first time ever, we have extended our services to a new prison, launching a pilot project in Peterborough in partnership with Peterborough City Hospital to support women at Peterborough prison and in the community. We have also been working with Bronzefield prison to develop services to work with women there and will launch a new service there in July 2014.

Meanwhile, our Community Link project has been busier than ever and we have continued to target highly vulnerable women with complex needs, often providing intensive support over a sustained period of time.

This year, we initiated two important pieces of research which have been funded by the LankellyChase Foundation. One of these studies is investigating the long-term outcomes of our work whilst the other will compare the birth outcomes of the women we support with those of other women. It will be fascinating and immensely valuable to us to find out more about the impact of our work.

As ever, it is impossible to do justice to the dedication, compassion and hard work of our staff and volunteers. We are also immensely grateful for continuing support from our funders and partners in the prison, hospital and local community.

Diana Parkinson, Chair of Trustees

"Birth Companions was very helpful and supportive and very understanding. May God bless every single one of you. You all are my guardian angels."



Director's Report

Birth Companions has had another very busy year with our services more in demand than ever.

From our outgoing Director

As I head off on maternity leave I remain truly inspired by the extraordinary work which Birth Companions carries out. Since I started in 2010 we have supported over 350 women, all of whom received a personal, flexible, caring and compassionate service dedicated to their needs. Each of these women is vulnerable in their own way, but also has enormous resilience to overcome the challenges they face as they enter motherhood. The women's stories later in this report really illustrate that.

In the past year, we have supported 100 women through pregnancy, birth and early parenthood in both Holloway prison and in the community. This has involved over 610 contacts or visits which have been carried out by the staff and volunteers who make up the team. Their commitment to our work is what makes it possible, and what led one of the women we supported to say, "I cannot tell you how much support I have had from Birth Companions – they have all been wonderful. They are like my family".

As ever I'd like to thank all of our partners and funders, without whom none of what we do would be possible. But a special thanks to staff, volunteers and trustees for their time, effort and commitment and to the women we support for allowing us to share such a special time in their lives.

Annabel Kennedy

From our Incoming Director

I am lucky to be joining Birth Companions at a tremendously exciting time for the organisation. Building on 18 years of experience supporting women in Holloway prison, and more recently in the community, we are launching new services in Peterborough prison and community, and in Bronzefield prison. This represents opportunities for us to explore new models of working and new funding structures. However, the support our brilliant staff and volunteers give pregnant women and new mothers will continue to be comprehensive, unconditional and most importantly centred on women's needs. This is what has had so much impact until now, and it is what will transform the experiences of many more women in the future.

Naomi Delap

Overview of the year

During the last year Birth Companions worked with 100 women across London as we continued to extend and develop our support for women who are isolated and vulnerable during pregnancy, birth and early parenting. The women we worked with were dealing with past trauma and often challenging situations. Some women were in prison; some had experienced trafficking or other human rights abuses; and other women were dealing with issues like domestic violence or homelessness. Almost half of the women we worked with spoke English as a second language and nearly a quarter were refugees or asylum seekers, so faced additional barriers in accessing services.

In Holloway prison, we worked with 64 women over the year providing emotional and practical support while they were in custody. Over a third of these women were on remand, so did not know how long they would be in prison for. Women said they appreciated the continuity our visits gave them and the opportunity to focus on their baby. In our weekly pregnancy group we wrote birth plans with women, practised breathing and positions for labour and talked about breastfeeding and early parenting. We also worked with a number of mothers who were separated from their babies. Some had returned to the prison after giving birth at hospital and others had become separated from a baby when they first came in to prison. Abbi, our Breastfeeding Supporter, worked with a number of mothers who wished to express milk for their baby in this situation and also ran the weekly parenting and feeding group on the Mother and Baby Unit (MBU).

Birth Companions has provided breastfeeding information and support for women in Holloway for the past seven years and this appears to have had a dramatic impact on breastfeeding rates on the MBU, with over 90% of mothers initiating breastfeeding. Sadly, the Holloway MBU closed in November 2013, although we are still supporting

separated mothers and pregnant women in the prison. As a result, there has been increased uncertainty for pregnant women in Holloway prison as they have to wait to hear about possible transfer to another prison with a MBU.

In the community, we supported more women than ever before, providing one-to-one support for 36 women around the time of birth in 13 hospitals and areas within London. This year we have had additional funding from the LankellyChase Foundation which is enabling us to look in detail at how we work with women in the community setting, how services can be improved for women who are marginalised and what it is that women value about our support. As we continue to expand our services, it is helpful for us to be able to identify what is special in the way that we work with women and also in the way that we train and look after our volunteers, so that we can build on this way of working.

Raising awareness about the needs of the women we work with is a key aspect of our work. This year, we delivered training to officers working in Mother and Baby Units across the country, and spoke about our work at a conference for health professionals about trauma and birth, and also to student midwives.

Extending our support for women in prison continues to be an important part of our vision and, this year, we have launched a new project in Peterborough where we will support women giving birth from the prison and also women who are vulnerable in the community. In the coming year, we will also be offering our services to women in Bronzefield prison. This will be the first time that Birth Companions has been able to support women in other prisons and also to work with women in the community outside of London!

Welcome to the new group of Peterborough birth companions who have recently joined us and thank you to the London volunteers, staff and trustees who have made this year's work possible.
Denise Marshall, Group Co-ordinator

This year the support we gave to women during pregnancy, birth and early parenting involved:

219 contacts with 53 pregnant women in prison.

320 contacts with 36 pregnant women in the community.

62 contacts with 14 women giving birth, and in the following hours or days while in hospital.

89 postnatal contacts with 21 new mothers in prison.

178 postnatal contacts with 30 new mothers in the community.

114 contacts to help 42 women with breastfeeding.

320 visits to 36 vulnerable women in the community.

84 prison visits by volunteers and staff to make contact with women, provide support, and represent the group.

a 24-hour, 7-day a week birth support phone line, run by our volunteers.

a weekly postnatal group on the Mother and Baby Unit at Holloway prison to support women with breastfeeding and early parenthood.

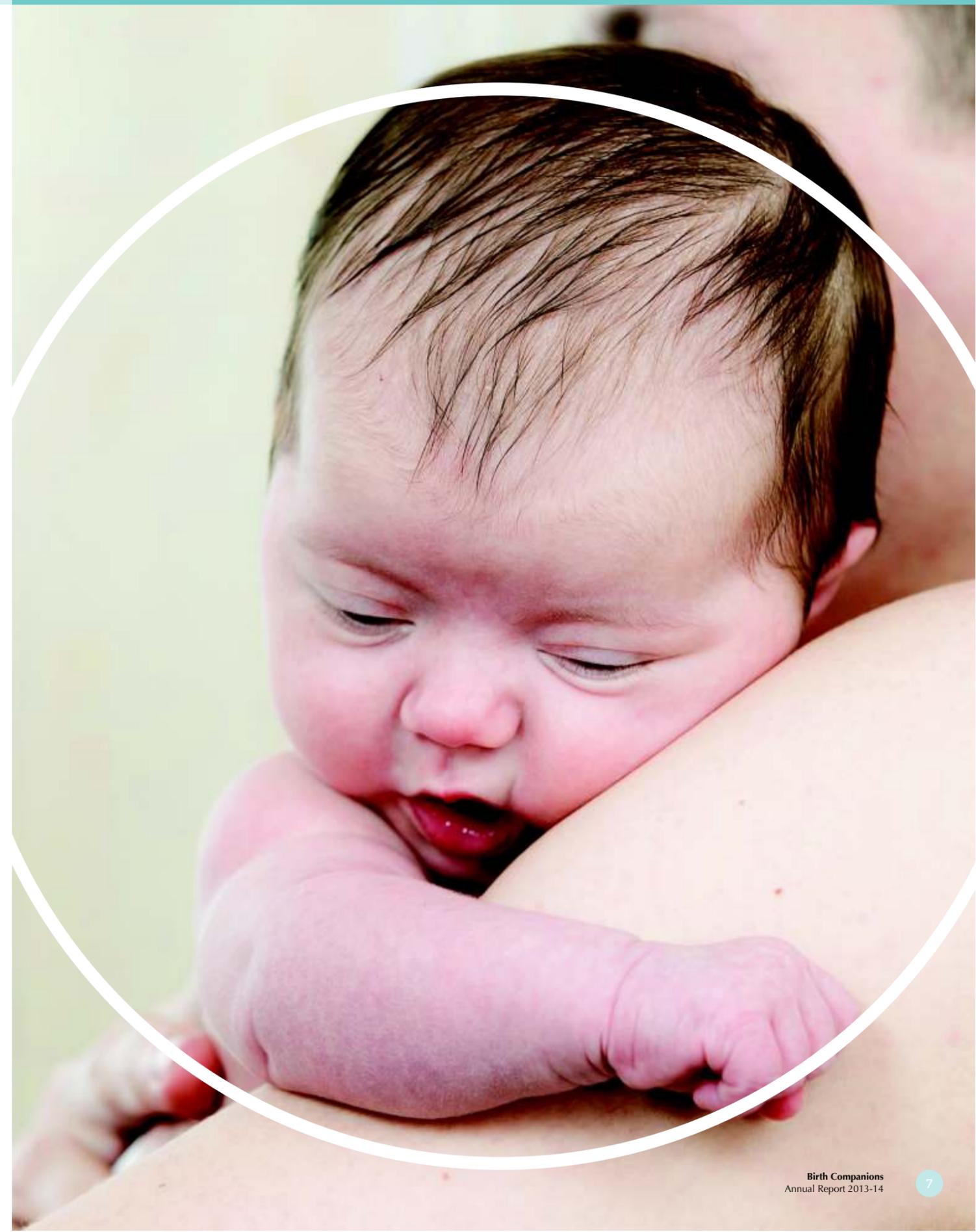
a weekly pregnancy group for pregnant women in Holloway prison.

Women in prison

Women in prison are a small but vulnerable group and the women we support face many challenges. On May 9 2014 there were 3,826 women in prison in England and Wales.

- Prison Service figures for April 2005 - Dec 2008, showed that 382 children were born to women prisoners (approx. two births a week).
- 83% of women entering prison have committed a non-violent offence.
- In 2013, 60% of sentenced women entering prison were serving six months or less.
- Currently 14% of women in prison are foreign nationals, some of whom are known to have been coerced or trafficked into offending.
- Recent Home Office research showed that 66% of women in prison have dependent children under 18.
- It is estimated that more than 17,240 children were separated from their mother in 2010 by imprisonment. Only 9% of those were cared for by their fathers in the mother's absence.
- The average distance adult women in prison are held from their home or committal court address is 60 miles.
- 46% of women prisoners say they have experienced domestic violence.
- 53% of women in prison reported having experienced emotional, physical and or sexual abuse as a child.
- In 2013, 49% of women prisoners in a Ministry of Justice study were assessed as suffering from anxiety and depression.
- 46% of women prisoners reported having attempted suicide at some point in their lives.
- A Prisons Inspectorate survey found that 38% of women in prison did not have accommodation arranged on release.

In March 2007, the Corston review of vulnerable women in the criminal justice system, commissioned following the deaths of six women at Styal prison, stated: "Community solutions for non-violent women offenders should be the norm". The report concluded that "There must be a strong consistent message right from the top of government, with full reasons given, in support of its stated policy that prison is not the right place for women offenders who pose no risk to the public."



Danielle's story

Six months pregnant and faced with a prison sentence? That's the kind of thing you wouldn't wish on your worst enemy. However, determined to stay positive for my unborn child and luckily not faced with a long sentence I decided not to dwell, as what was done could not be undone.



I was informed about the Birth Companions' group on a Tuesday afternoon and it immediately became something to look forward to. I found something really special and admirable in these women who gave up their own time to support me, so without hesitation I soaked up all I could. The birth companions had such a calm and positive energy which I found really encouraging. They were completely non judgemental and for that short time every Tuesday I felt normal, I felt like a normal new mum preparing for a new baby and not like a prisoner.

We were given really useful antenatal advice which I was extremely grateful for as I had missed any antenatal classes on the outside and as a first time mum I was extremely curious. Birth Companions taught me breastfeeding techniques which I found really helpful and which I used as soon as my baby was born. I had no problems with my baby latching on or feeding comfortably.

I was only in Holloway for six weeks and did not give birth there, however Birth Companions made such an impact on me that four years later I stay in contact, attending meetings and

catching up with them. I somehow feel indebted to them. I was at a very vulnerable time in my life and my sole concern was to protect my baby and ensure that he was happy and healthy. Birth Companions gave me the information and advice to help me to do that.

...

I always knew I wanted to do something for Birth Companions, to give them a tiny bit of what they gave me. Earlier this year a few friends and I signed up for a 5K run and although the run was not for charity I immediately knew that this was how I could give something back. I began fundraising and was able to raise £555 for Birth Companions. It was so important to me to be able to raise awareness as well as funds for such a worthy cause.

I am so pleased I was able to do something for you as you do so much for so many women. The knowledge you gave me is invaluable and I truly believe that the work of Birth Companions is essential. I cannot thank you all enough for the support, advice and positive encouragement you have given me. I am forever grateful.

Danielle

Feedback from our Community Link Co-ordinator

All of us at Birth Companions really appreciate the opportunity to have the impact of our work reflected back to us, and it was a huge privilege to witness this at our very first Community Link service user event in February this year.

We invited 14 women to come together to share their experiences, and help us to learn more about the longer term impact of having Birth Companions support. The women who attended had been referred to us through different paths and all had differing reasons for coming to Birth Companions. This ranged from mental health issues, substance misuse, immigration and asylum difficulties, a history of torture and human rights violations, trafficking and more.

The women came together and generously shared their experiences with us; they offered support to each other when emotions were flowing, and we were all moved by the courageous accounts shared in the group. They talked about the support they received from Birth Companions and how and why it mattered. I don't think my colleagues and I were prepared for the huge outpouring of gratitude and positivity we received from the women that day.

"I thought all hope was lost, and then she came" said one woman, speaking about one of our volunteers who supported her through a difficult time in her life. Another woman said *"She helped me feel strong, and like I mattered"* when talking about her birth with our support.

Other women expressed how Birth Companions were like family to them. One told us *"my mother died when she was in childbirth with me, I had no one, and my birth companion was there for me"*.

The day also became a really great supportive and social event for the women to meet and connect with each other. None of the women had met before, and by the end they were swapping numbers and travelling home together. All of the women said they would like to attend another similar event and were interested in being involved in helping Birth Companions with research in the future.

It really was the highlight of the year for me, and a great reflection and reminder of the benefit of the work we do. As ever, I am phenomenally grateful and in awe of our amazing group of volunteers who give so much of themselves and make an immeasurable difference to the lives of the women and children they support.

Katie Bottle, Community Link Co-ordinator

Mide's story

My name is Mide D and I had a baby at North Middlesex Hospital on the 18th November 2013, her name is Amelia. I came to the UK because I had a lot of problems in my own country and my life was in danger. At first it was really hard from me and I didn't have very positive interactions with anyone. I was alone and living in one room, I was really isolated.



I was seven months pregnant when I first heard about Birth Companions. Someone from Birth Companions came to see me and asked me what I needed. Birth companions were strangers but they were so nice that I knew immediately I could trust them. After I met them I felt much better about my situation. I couldn't believe how kind they were. A woman needs kindness when she is pregnant.

It was my first pregnancy and I knew nothing about babies. I didn't find it easy to talk to my midwife, she didn't really understand my situation or explain things to me. Birth Companions arranged for someone to visit me and give me information about giving birth and about caring for a small baby. They talked to me about how I could help myself during the labour, what positions I could use and so forth. They also took the time to explain to me about breastfeeding. I was really stressed and anxious and they helped me to feel calmer and prepared. They also helped me with things I needed for my baby like clothes and toys. It really made a difference because in my situation it was impossible for me to get everything I needed.

When I was in labour, a birth companion I didn't know came to support me but I was so happy to see her because at that moment I was in a lot of pain and feeling very confused. When you are

alone it's easy to get scared and hard to think straight and to stay positive. Once the birth companion arrived I felt so relaxed and comfortable to have someone there to support me, it was amazing, she was like an angel. Having a birth companion helped me to make the right decisions about what I wanted during my labour and I am sure it helped me to have a really positive experience and to give birth naturally. Having my baby was one of the most important moments of my life and someone there telling me I was strong and I could do it, helped me to keep going - every woman needs that kind of support.

When I went home they came to my house and made me food - it was so good to have this, it was difficult for me physically and I had to focus on my daughter's needs. It was really hard and breastfeeding was very difficult but Birth Companions helped me and I'm so glad I persevered because I'm really happy I did that for my baby.

A few months ago, I went to the Service User day with other women to talk about the support Birth Companions gave me - it was so nice to share my experiences with other women who had struggled like I had. Just a little kindness and support really changed the way I felt about the world.

Eleanor's story

My name is Eleanor. I'm from Sierre Leone. I came to this country in 2001 when I was just sixteen years old. My aunt paid to put me on a plane to save me from what was a very bad situation at home. I was cared for by Hillingdon Social Services. I finished college and was about to go to university when my right to remain expired, so I couldn't go. I have been seeking political asylum in the UK since then. It hasn't been easy for me. I had to rely on friends and the church I was going to at the time. It was really horrible.

I thought I had found a good relationship but we separated last year when I was seven months pregnant with twins. The British Red Cross were helping me and introduced me to Birth Companions. In November last year, two months before my babies were due, my legs became swollen and when I went in for a check up, I was told that I had high blood pressure which was a serious condition and that my babies would need to be born that day. I called Birth Companions and someone came to the hospital to see me. She was wonderful and stayed with me all of the first day, for the birth and everything.

My twin girls Bella & Favour came into the world that day. They were so small they had to be kept on the neonatal unit. Then I got an infection and was rushed to intensive care. Between 19 November when they were born and the day I got to take Bella home on 26 December was very hard. Birth Companions came and supported me with visits, helped me with things for the girls and love. I am so grateful.

Although Bella came home with me, my other daughter Favour needed more care. Her space in the neonatal unit was needed and she was moved to another hospital. I visited her every day until they asked me to take her home on 8 January. She was still so small. I can't say much about what happened next but within

one day she was rushed back to hospital and we lost her. I haven't words to talk about how I felt but the next few months were awful. I just had Bella to hold on to and to love and the support of Birth Companions. Bella went back to hospital to be monitored and I refused to leave her side for a week. Birth Companions came to see me and I was able to talk and to be angry and to cry. Birth Companions helped me to organise Favour's funeral and came on the day to be with me. The emotional support was so wonderful. I really needed it. I cannot tell you how much support I have had - physical, emotional - they have all been wonderful. They are like my family.

I am at home now waiting to be moved to new accommodation. Bella is a big girl, six months old. She is wonderful. She is the only one I have but she is the best thing that happened to me. It is like she knows everything her mummy has been through. She keeps me smiling.

Peterborough Pilot Project

In January 2014 I began working as co-ordinator for the Birth Companions Peterborough Pilot Project. The project had been in the planning stages for many months so it was a very exciting time. Support for women referred to the project will be delivered by already qualified doulas on a paid basis rather than trained volunteers as per our London model. Following interviews we were able to offer 12 doulas a place on the project.



We have established strong links with HMP Peterborough and the Rainbow team at Peterborough City Hospital. The team provide midwifery care to vulnerable women in the Peterborough area, including the prison and all the women supported by the project will be referred by the team.

The doulas we recruited have all completed a training course and are registered with Doula UK. We provided further training focusing on working with vulnerable women in both the prison and community setting. Three training days were run covering topics such as the history of Birth Companions, the code of practice, working with vulnerable

women, boundaries, looking after yourself, women in prison, women separating from their babies at birth, as well as looking at the practicalities of how the project will operate.

We are now officially the 'Birth Companions Peterborough Project'. We have a strong team of committed doulas who all bring different skills and experience to the project. The unity of the group and their enthusiasm to provide support to vulnerable women is tangible. We are due to take 10 referrals between July 2014 and March 2015.

Kate Chivers, Project Co-ordinator

Being a breastfeeding supporter for Birth Companions

My role as Breastfeeding Supporter for Birth Companions has always centred on offering women information and support to breastfeed and express their milk. The challenges and opportunities for supporting the women we work with continues to make my job one of the very best in the business.

2013/14 has been a year of change, adaptation and new directions. At the beginning of the year, I continued to run a weekly parenting group on the MBU at Holloway focusing on a variety of feeding and early parenting related topics. As a result I've had the privilege to work with some incredible women; mothers who have overcome complex and difficult issues in order to initiate and enjoy breastfeeding their babies. Many of the women we work with have suffered extensive abuse and trauma; many have left other children behind in their native countries or even foster or adoptive care; many have been temporarily or permanently separated from their newborn babies but have remained committed to expressing breastmilk to be offered in their absence.

We've learnt that a combination of one-to-one and group support is particularly well suited to helping new mothers with complex needs. Prior to the closure of the MBU at Holloway, breastfeeding initiation rates there were consistently higher than national averages for women in the community. Prevalence rates, whereby mothers are still offering breastmilk at 6-8 weeks, were also higher in Holloway than UK averages.

We have also worked closely with a small number of women on methadone and subutex programmes this year, which has enabled the group as whole to hone our skills and knowledge to best support these mothers to initiate breastfeeding or express milk. We have devised a detailed

information sheet based on current evidence-based research and guidelines and we have shared our resources with health professionals and support agencies whenever possible to ensure that considered, consistent breastfeeding support can be offered to women who wish to breastfeed whilst on drug rehabilitation programmes.



women to share and debrief their previous feeding experiences and address their questions and concerns surrounding their choices.

Towards the latter half of the year when the MBU closed, I was able to spend more time with separated mothers in the prison. Those who had been breastfeeding their babies before separation often needed bespoke practical and emotional support. This work has further illustrated to us that women feel more focused, positive, empowered and special when they can express their breastmilk when separated from their babies.

As Breastfeeding Supporter, I am often horrified, humbled and heartened by the challenges and obstacles the women in prison face. I've learnt that breastfeeding can provide a precious opportunity for a mother to bond with her baby and I've shared the immense pride a woman can experience when she is able to express enough milk to be given to her baby in her absence.

As I begin my fifth year working for Birth Companions, I feel so pleased and proud to be part of an organisation that supports so many women to breastfeed when they might otherwise not have been able to.

Abbi Ayers, Breastfeeding Supporter

Throughout the year, we have also continued to run regular breastfeeding themed antenatal sessions for the pregnant women in Holloway. During these sessions we cover the basic physiology of breastfeeding, colostrum, positioning and attachment, skin to skin and the benefits of breastfeeding for mothers and babies. We also encourage

Feedback from service-users

Based on feedback from women we have supported in the last year:

- 100% said our support had helped improve their mental health and well-being
- 83% said it had helped them feel less isolated and/or access other services
- 100% said we had helped them give their babies the best possible start in life

Things women have said about our support:

"I really valued the meetings, support and talking about my situation"

"I have huge admiration and respect for the Birth Companions they supported me when I separated with my daughter"

"They gave me information surrounding birth and labour that helped me make an informed decision on what I want. I found out a lot of helpful facts that I never knew"

"They made me appreciate myself more when they made me realise I was giving my premature baby the best start in life when I breastfed"

"Being treated like a human being"

"Birth Companions are just great"

"Just keep on with the good work"

"I valued the positivity, help and generally the kindness you have shown towards me and my baby"

"Your commitment and concern, genuine good pregnancy support"

"Birth Companions was very supportive throughout my pregnancy, labour and after birth and I value all the help they gave me throughout all my pregnancy journey and the baby's life. Thank you"

My name is Tanya and I have been attending Birth Companions' classes for the last couple of months at HMP Holloway, last week I was acquitted but I'm just writing to thank all the ladies for their advice, without Birth Companions this pregnancy would be different. You have now given me the tools and the confidence to be more assertive during my labour as now I know and understand a lot more. I just wanted to thank you all for your help and your time, you don't just teach us about birth and pregnancy you do much more, thank you for all your support and help, I will keep you informed on how I go. I will never forget how amazing everyone has been.

In addition:

- 100% of the women who gave us feedback said that our support had helped them feel better supported and cared for
- 100% also said that it had helped them feel less worried about their situation
- 100% said that it had helped them feel more positive about their situation
- 92% said it had helped them feel confident in making decisions about their pregnancy, birth and motherhood



PramDepot

PramDepot is an arts-led recycling project that explores donation, recycling and austerity. It was launched in November 2013 and is currently funded by the Arts Council & Collage Arts until March 2015.

Since its launch in November 2013, PramDepot has supported 31 women and provided over 750 baby items including:

- 12 buggies
- 11 baby slings
- 10 Moses baskets – including new mattresses, bedding and clothes for newborn baby
- 2 travel cots
- 1 cot
- 2 car seats
- 8 bundles of maternity clothes
- 48 bundles of baby clothes
- 40 teddy bears
- 3 high chairs
- 10 sterilizers

Toys for babies including cot mobiles, play mats, bouncy chairs and many baby books

PramDepot takes in donated baby items which are then passed on to the women supported by Birth Companions rather than being placed into landfill, thereby achieving a positive impact on the environment as well as providing valuable items for vulnerable women. Only high quality items are passed on ensuring that receiving them is a positive experience and so helps to maintain a woman's dignity and self-respect. As part of the project, there is a regular crochet circle making patchwork baby blankets to be gifted to new mums and babies being supported by Birth Companions.

The project is run by Karen Whiteread and has been supported by:

- The Arts council
- Collage Arts
- Unite the Union
- Karamel Restaurant
- The Toy Project in Islington and approximately 100 members of the public.



Annual Report 2013-2014 Financial Summary

In 2013-2014 we brought forward £113,260 from grants received in the previous year and raised a further £79,936. Our total expenditure was £134,776. We therefore carried forward £58,420 into 2014-2015.

The charity was grateful to receive funding from:

Esmée Fairbairn Foundation
The Evan Cornish Foundation
The Glass House Trust
The Henry Smith Charity
The LankellyChase Foundation
The Lloyds Bank Foundation
Touchstone Trust
Tulip Charitable Trust

Our summary accounts are as follows:

	Unrestricted Funds	Restricted Funds	Total Funds 2013-14	Total Funds 2012-13
INCOMING RESOURCES				
Voluntary income	54,815	25,000	79,815	153,383
Investment income	121	–	121	99
TOTAL INCOMING RESOURCES	54,936	25,000	79,936	153,482
RESOURCES EXPENDED				
Charitable activities	64,348	69,196	133,544	118,072
Governance costs	962	270	1,232	1,266
TOTAL RESOURCES EXPENDED	65,310	69,466	134,776	119,338
Net incoming / (outgoing) resources for the year	(10,374)	(44,466)	(54,840)	34,144
RECONCILIATION OF FUNDS				
Total funds brought forward	64,559	48,701	113,260	79,116
TOTAL FUNDS CARRIED FORWARD	54,185	4,235	58,420	113,260

Our accounts have been independently examined and a full set is available on request.

Thank you

As ever, we would like to thank all those who have helped us during the year.

Honorary President

Sheila Kitzinger

Patrons

Baroness Helena Kennedy
Professor Lesley Page

Trustees

Ann Sedley
Anne Stephens (joined March 2014)
Avan Wadia
Cath Longman-Jones (retired as Treasurer in July 2013)
Diana Parkinson (chair)
Janice Fawell
Liz Hogarth
Lucy Ball
Michele Stokes
Sue Rich (retired in July 2013)
Suzanne Collins
Viv Gray

Staff

Annabel Kennedy - Director
Naomi Delap - Incoming Director
Denise Marshall - Group Co-ordinator
Abbi Ayers - Breastfeeding Supporter
Anna Wise - Information and Administration Officer
Katie Bottle - Community Link Co-ordinator
Kate Chivers - Peterborough Co-ordinator

Prison Visitors

Alison Shaloe
Anna Wise
Jeannie Lorenz
Kate Chivers
Lea Ouai
Lola Alcaraz
Marjorie Dill

Phoneholders

Eleanor Stapleton
Sarah Bayley
Chamutal Isaacs

Jeannie Lorenz
Jessica Belsey
Joanna Wright
Melanie Quacquarelli
Rosanna Lowe
Scarlet Granville
Vicky Scrath

Volunteer Birth Companions

Alison Shaloe
Anna Wise
Chamutal Isaacs
Eleanor Stapleton
Janice Martin
Jeannie Lorenz
Jessica Belsey
Joanna Penaranda
Karen Whiteread
Lea Ouai
Lola Alcaraz
Melanie Quacquarelli
Michele Stokes
Monidipa (Dipa) Bhattacharjee
Scarlet Granville
Ronke Oseni
Rosalind Simpson
Sarah Bayley
Suzanne Wilebore

Trainees

Abi Lee -Carter
Alice McAllister
Beverley Maragh
Carolyn Butt
Caroline Clayton
Christina Johnson
Clare Clarke
Dukana Thompson
Grace Webb
Harriet Jennings
Isla Robertson
Jill Benjoya Miller
Karen Williams
Karine Robson
Kay Hall

Laura Abbott
Lisa Cecere
Lisa Hallgarten
Margherita Tessarin
Mari Williams
Marisa Santos
Mez Lowni
Nicole Martin
Olivia Snowball
Rachael Okenla
Rosanna Lowe
Rowan Routh
Samantha Luff
Sarah Watson
Sherridan Stymest
Sonia Anderson-Cunningham
Sonia Maynadier-Bolt
Zosia Kmietowicz

Funders

Esmée Fairbairn Foundation
The Evan Cornish Foundation
The Glass House Trust
The Henry Smith Charity
The LankellyChase Foundation
The Lloyds Bank Foundation
Touchstone Trust
Tulip Charitable Trust

Supporters and advisors

Alan Miller
Brian Benson
Bridget Baker
Champollion
Christine Asbury
Delia Muhammed
Elinor Sainsbury
Hamish Hendry
Peek Creative
Rachel Stock
Simeon Barnes
Simon Latham
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