



Annual Report 2012-13





Summary

Birth Companions is a unique organisation, set up in 1996 to provide a much-needed service to pregnant women and new mothers in HMP Holloway. We now offer our support to women in the community as well as those in prison.

Our overall aim is to improve the well-being of pregnant women and new mothers who are, have been or are at risk of being detained.

Being pregnant, giving birth and becoming a mother is a hugely important and life-changing time for a woman. Research has shown that if a woman feels well-supported around the time of giving birth she is better able to look after her baby. We believe that support is particularly important for vulnerable pregnant women and new mothers in prison and the community, as they are one of the most vulnerable and disadvantaged groups of women in Britain.

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 and they will be less likely to offend and more likely to make positive changes.

Our dedicated team of volunteers and staff make it possible for Birth Companions to provide a much-needed service to this group of vulnerable women.

The services we offer are:

Antenatal support - this involves offering a weekly pregnancy group for women in prison and/or one-to-one support from a birth companion, to discuss their pregnancy or the birth of their baby. We also help women to draw up a birth plan.

Birth support - this includes helping a woman through her labour, offering emotional support and companionship and being her advocate if needed.

Postnatal support – this includes providing breastfeeding advice if required and support with the new baby both in hospital and on the Mother and Baby Unit in HMP Holloway. We also support mothers who are separating from their baby both at the hospital and in prison.

Community support – this service targets the most vulnerable pregnant women and new mothers in the community who are isolated and have no-one else to turn to. We provide emotional support and put them in touch with local health professionals and parenting services to make sure that they can access the support they need.

Working for change

Our day-to-day support work makes us very aware of the areas where improvements are needed in the treatment of vulnerable pregnant women and new mothers in detention and in the community.

Our service provides an important model for similar services in the UK and abroad and we offer support to other groups who are looking to support pregnant women in detention 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.

Our focus is to improve women's mental health and well-being.

Reduce women's isolation.

Enable women to give their babies the best possible start in life.

Improve conditions.

Report from the Chair of Trustees

I have been the Chair of Birth Companions' Board of Trustees for over ten years now. Even so, I continue to be moved by the situations of the women we support and the compassionate care we provide. As you will read in this report, our work makes a real difference – and for some women, this is life-changing.

2012 – 2013 has, yet again, seen further increases in the amount of support we have provided. Overall, it has been a very busy year with a 22% increase from last year and a 40% increase since 2010/11 in terms of the number of women supported. In the prison, the number of women supported has fluctuated during the year. However, our Community Link service has seen an increase of over 60% in terms of the number of women supported, with an 80% increase in the number of times we have provided support.

We have continued to target the most vulnerable women with highly complex needs, often providing intensive support over a sustained period of time. This reflects our growing expertise in working with very vulnerable women. For example, we have supported a number of women who have been referred to us following being trafficked.

We are also continuing to work alongside the Vulnerable Adults Midwifery Team at the Whittington hospital who are now regularly referring clients to us. Our ability

to support women who are going to be separated from their babies, or who have been separated from previous babies is a real strength of the service.

It is hard to do justice to the wonderful support that all our staff and volunteers provide to the women we work with – they are devoted, caring and selfless. I am also conscious of the importance of the continuing support we get from our funders and partners in the prison, hospital and local community. Thank you to all those who contribute in so many different ways to the work of Birth Companions.

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.

The needs of the women we support range hugely, but our team of staff and volunteers take the time to get to know each one so as to find out how we can best help them. In our Community Link service we have been able to work in partnership with the Poppy Project to provide support to women who have been trafficked to this country, often suffering unthinkable horrors at the hands of their captors. We have been able to help them through their pregnancy and birth, and see them start to bond with their babies. Watching those women restart their lives, with their new families is incredibly powerful. Their strength is inspiring.

Our services in the prison have also been very successful. Our dedicated and skilled team of staff and volunteers visit weekly to see the pregnant women and new mums. It was a busy year on the Mother and Baby Unit and we were delighted to provide specialist breastfeeding support which helped just over 90% of the mothers initiate breastfeeding. Our pregnancy groups were also popular. For example, one woman who attended said...

"I know more about being pregnant and ways to give birth. They help me with everything."

We were really pleased that our evaluation data showed that, of the women who responded, 100% felt that our services had helped to improve their mental health and well-being and enabled them to give their babies the best possible start in life. Some of the women we support are incredibly isolated and have no-one else to talk to about their hopes and fears. It is a privilege they wish to share them with us.

We have also continued to work to raise the profile of vulnerable pregnant women and new mothers in prison and the community, so as to ensure services are provided that genuinely meet their needs. We were really pleased to be cited as an example of best practice in research focusing on the needs of pregnant women and new mums in prison, and we have responded to a number of consultations during the year.

As ever my thanks go to all our partners, including HMP Holloway and the Whittington Hospital, our supporters, funders and champions. However my greatest gratitude goes to our volunteers, staff and Trustees. Birth Companions couldn't exist without them. Their compassion, humanity and skill are at the core of all that we do.

Annabel Kennedy, Director



Overview of the Year

This year, we were able to support even more women, particularly women who faced complex social issues and were isolated in the community around the time of birth. We maintained the special way in which we work, even though we expanded our service and trained more volunteers than ever before. The feedback we received was that we continued to work in a way that takes account of each woman's needs and wishes during pregnancy, birth and early parenting to enable her to give her baby the best possible start.

Most of the women we supported during the year were in Holloway prison but 32 women were supported in the community, which was a huge increase from the 12 women we had supported in the community in the previous year. This involved doing three times as many visits to women in the community as we had before. The women we supported told us that they felt better prepared for birth and parenthood, more cared for and less worried about their situation as a result of our support. One woman said that we were the only people who had really listened to her when spoke about how she was feeling.

The women we worked with in the community had become isolated and vulnerable through a variety of issues and had difficult histories which included domestic violence, childhood abuse, substance misuse, trafficking and human rights abuses. Some women were homeless, in refuges, safe houses or other temporary accommodation and several women faced immigration difficulties. Our Community Link Co-ordinator built relationships with agencies working with vulnerable women in the community so that they could refer women to us for our specialist support around birth. During the year we worked particularly closely with organisations supporting women around

trauma, trafficking and human rights abuses, and also with specialist midwives at the Whittington and Homerton Hospitals.

In Holloway Prison we continued to run our weekly groups and provide one-to-one support for women. The women we see in our pregnancy group face many uncertainties. Will they still be in prison when they give birth? Will they get a place on the Mother and Baby Unit or have to separate from their baby? Who will be able to be with them for the birth? Women attending our group told us that they felt better informed, less isolated and more able to cope. The feedback from this woman was typical:

"Very positive, feeling a lot more safe knowing there is support during pregnancy, birth and after."

"Thank you all for being there for me. I will never forget you."

Our groups encouraged peer support among the women and they told us that the positive experience of our groups made it more likely they would attend pregnancy or parenting groups in the community after they were released.

On the Mother and Baby Unit, we supported women with debriefing their births, and early parenting and feeding. Women particularly appreciated our support around breastfeeding and initiation rates continued to be high this year. Women told us that we had helped them to feel more confident and, with our continued support, were enabled to breastfeed for longer. Some mothers continued to breastfeed after returning to work in the prison and until their babies were almost a year old and felt a real sense of achievement about this.

This year we piloted a post-release mother and baby group in North East London for women leaving HMP Holloway. This was in response to women telling us they felt unable to talk about the experience of being pregnant or giving birth in prison in other mother and baby groups. Unfortunately women lived too far apart for the group to succeed but we felt it was important to try this and we will continue to support women following their release on a one-to-one basis.

Birth Companions supports women from diverse backgrounds. This year, 70% of women were from ethnic minority groups. 45% of women were foreign nationals and almost 39% had English as a second language. The women we supported came from Nigeria, Romania, Spain, India, Eritrea, Mexico, Turkey, Albania, Latvia, Lithuania and China. 13% of women were aged between 18 and 21 and, in the prison, around one in five of the women we worked with were on remand (so still waiting to go to Court).

Another important part of Birth Companions' work is to raise awareness about the needs of the women we support, particularly of women in the prison. This year we held a day with women who had used our services in Holloway in order to collect further feedback and information from service-users on what women in prison need around this time.

We took part in research carried out by the Hallam Centre for Social Justice and the Mother and Infant Research Unit at York University which looked at healthcare inequalities and women in prison. This highlighted our work as an example of best practice.

Birth Companions contributed a response to the House of Commons Select Committee report on women offenders, which has been published.

We were also very pleased to be able to work with the Prison Service to develop information and run training for officers on the needs of pregnant women, women giving birth, mothers separating from their babies and women breastfeeding in prison.

Over the years, Birth Companions has supported many women in the prison who were separating from their babies after the birth and we are now also supporting a number of women in the community who are in this situation. This year, we supported 18 women through this difficult time. Very little exists in the way of guidelines or research about working with women separating from their babies and we were able to contribute our experience of this to some work being carried out by a midwife working with vulnerable women.

None of our work would have been possible without the dedication and enthusiasm of our volunteers who answered the 24 hour birth line and supported women all over London. They worked with women in a non-judgemental way which empowered women in the most difficult of circumstances. These volunteers were, in turn, supported by the work of our staff team and trustees. It has been hugely rewarding to be a part of this team.

Denise Marshall, Group Co-ordinator



This year we provided support to 115 women during pregnancy, birth and early parenting. This involved:

- 309 contacts with 59 pregnant women in prison.
- 62 contacts with 24 pregnant women in the community.
- 93 contacts with 19 women giving birth, and in the following hours or days while in hospital.
- 331 postnatal contacts with 45 new mothers in prison.
- 166 postnatal contacts with 23 new mothers in the community.
- 224 contacts to support 61 women with breastfeeding.
- 248 visits to 32 vulnerable women in the community.
- 119 prison visits by volunteers and staff to make contact with women, provide support, and represent the group.
- 24 hour, 7-day a week birth support phone line, run by our volunteers.
- 47 postnatal groups on the Mother and Baby Unit to support women with breastfeeding and early parenthood.
- 48 pregnancy groups for pregnant women in Holloway.

"The information I learned from Birth Companions will be with me for the rest of my life. Birth Companions taught me about different ways to give birth. I knew nothing, I just thought you give birth, it isn't like that – there are ways you can give birth, it's 2012, there are so many options. They showed us videos and also gave me leaflets and booklets to read. I also learned how to use my breathing to help me feel calm and to feel relaxed. I would go back to my room after the session and take on board everything I had learned, it was all new to me. I would do the exercises in my room too. It really eases you a bit to be able to feel calm because being in prison you're a bit panicky. They were always very polite, open, caring and approachable. They were very calm and collected and that's why it works." (Fatima)



"I have just been looking at your website with fond memories. My son Dean is five in a couple of weeks and what could have been such a stressful lonely time, giving birth was exactly the opposite. Please pass on my love to the birth companion who was with me right through the birth, bringing her calm aura with her.

"I still have pictures of her holding Dean and the photos of me holding him for the first time which I wouldn't have if it wasn't for her being with me.

"I was fortunate to go back to the mother and baby unit at Holloway and three weeks later on to a mother and baby rehab. Thanks to support I completely turned my life around and have been clean 6 years this year. Please keep up your amazing work and please pass this on, it means alot!" (Kimberley)

"The support Birth Companions gave me to this day is overwhelming. When I arrived in Holloway I was the lowest anyone can be, my biggest fear being my failure as a mother. I'd left two small children and although they were being looked after by my family, I couldn't help but feel heartbroken. The surroundings and environment wasn't my worry it was the fact that I was 23, pregnant with my third child, and facing a lengthy prison sentence. Every day I woke up telling myself I'd failed and when I was moved up to the pregnancy landing, I just wanted to shut myself off, keep out of the way and sleep the days away. Whilst seeing the midwife she mentioned there was a pregnancy group run by the Birth Companions and at first I wasn't keen but talking to one of the officers she assured me that it would at least break up the day. When I arrived at the group I felt so welcome, reassured and even more importantly, accepted. I was encouraged to speak, never asked about why I was in prison and felt comfortable enough to open up about my hopes, fears and expectations as a mother to be. For two hours it felt like we were a normal group of mums and I can honestly say you forget where you are. I felt camaraderie with the group and to

this day, I've been home nearly a year, I still keep in touch with the girls. When I gave birth to my son the support I had from Birth Companions was amazing. They really were my voice when I was in the hospital when it came to the officers and nurses. I even felt confident enough to breast feed which I had never done and also expressing my milk. It is the best thing I have ever done!

"I feel the support you get from Birth Companions is essential. It's not just the practical support you get but the emotional warmth, sincerity and empathy. They are amazing and I owe so much to them. They really encouraged me and brought out my confidence as a mother. I am now strong positive and determined to be the best mum I can be. I wasn't a failure, I made a stupid choice which I have paid for. I have a beautiful home, three beautiful children and am living life with no regrets just lessons learned.

"Thank you so much Birth Companions." (Kat)





I'm Katie and my role is co-ordinating the support Birth Companions delivers in the community.

This has been a great year for our community support. We are working with many more women and a constantly increasing number of referring agencies. This year has also seen an increase in the number of volunteers attending our Community Link training, along with the number of individual birth companions getting involved in supporting women in the community.

We have been able to support women with a range of complex needs and vulnerabilities in incredibly difficult situations, who have very little help available to them. The resilience showed by these women during incredibly difficult times has been humbling to see.

We have been able to use specialised skills and knowledge gained through our work with separation in the prison to support women through separation in the community; we have supported more women through separation than in previous years. We have also supported more women with ongoing asylum cases, and women who have been trafficked for sexual exploitation. We have been a very important presence for these women, as labour and birth can be particularly difficult for them.

We have seen the phenomenal difference Birth Companions makes to the lives of the women we work with many times this year. Our wonderful birth companions are able to offer support at a time when they most need it.

One woman said

"They were wonderful to me... having someone from Birth Companions by my side when I gave birth made me feel human again, until they got involved I felt like giving up".

This woman was alone, with no-one to be with her at the birth and no practical equipment for the baby. She also had a toddler to organise childcare for. They were living in one very small room in a hostel. We visited her antenatally, and attended her birth. There were birth companions visiting her daily in the hospital, and we helped her to get home with her new baby. Through generous donations from a range of people, and by accessing our own funds for women in hardship, we were able to give her a double pushchair, toys and clothes for her toddler and many practical items for the baby, including the basics she needed for her hospital bag. We continued to visit until she and her children were rehoused outside of London. It seemed our input had shifted something in her, and she felt better able to cope with her situation and her future, knowing that we cared.

The genuine unconditional nature of the support that our wonderful birth companions are able to offer in every aspect of our work, for me, is the key to why it works so well.

I am deeply proud to be a part of such an amazing organisation, and am blessed to work with such amazing women.

Katie Bottle,
Community Link Co-ordinator

Not enough words...

My name is Brooklynn. I have five beautiful children. Unfortunately none of my babies live with me. I was blessed and cursed to fall in love with a guy who was very violent and that led social services to intervene.

I first met God's angels (Birth Companions) when I was pregnant with RiRi aka Charya. Social services wanted to take RiRi at birth, and I didn't want anyone around when I gave birth to her, I couldn't emotionally deal with people welcoming a baby they wouldn't see at home. My midwife was very supportive and persuaded me to meet with Birth Companions. The first meeting had me hooked. The birth companion who visited was lovely. She came to my house and spoke with me about what I wanted - the first time that I felt like anyone cared about me and remembered I was still a person. She asked me how Birth Companions could support me. By the end of the meeting, I had written a birth plan and had a support package in place. Every week she would call me to find out how I was. It was invaluable, having someone to vent at and to just talk to.

On 16th January 2013 I had contractions that were unbearable. I called the helpline and told them I was en route to the hospital. The lovely lady on the phone told me someone would meet me at the hospital. As I got to the hospital, a birth companion arrived.... she massaged my back and made me feel as comfortable as possible. I wanted a drug-free birth and she made sure I got that. As the contractions became stronger, I got weaker and started to cry, her comforting words and encouragement saw me get from two centimetres to four..... My best friend came and helped me as well.

As soon as we got into the labour room I needed to push. As I climbed onto the bed Charya's head came out. One more push and my daughter was born. There wasn't a dry eye in the room. My birth companion took some pictures of me and Charya and encouraged me to breastfeed her just like in my birth plan. Thank you from the bottom of my heart. My daughter's birth was everything I wanted it to be.

The week in hospital with RiRi was amazing. I had some great support from the angels at Birth Companions. I had suffered with postnatal depression before and was scared it would happen to me again, but I can honestly say that having the constant love and support from these lovely ladies made my time with my daughter so effortless.

Unfortunately all good things come to an end..... I had to go to court and it was decided that RiRi would go to my mum. There are no words to describe how I felt. I was so numb but with the love and support from my birth companions, I breastfed RiRi and spent time cuddling her and crying.

Needless to say the next few days were hard. I had started to breastfeed and had nowhere to get my milk out. Birth Companions told me to get in touch with my local breastfeeding supporter and get a pump. That way I could still give RiRi something no one else could. I did it for seven weeks.

Birth Companions helped me immensely when I was at my lowest by texting, emailing and phoning me to make sure I was OK, and were a shoulder to cry on when I needed it most. During those weeks I fell ill and a birth companion came to my house, she cleaned up and looked after me like a mother would. They restored my faith in people.

Last week I went to court and had the final hearing. I would love to give you all a happy ending to this story but I can't. RiRi will be staying with my mum until she's 18.

Like I said....there isn't enough words to thank Birth Companions.

Thank you. You will always have a place in my heart. You are my family.

Love you always

Brooklynn and Charya xxxx

Women in prison are a small but vulnerable group and the women we support face many challenges.



On May 10 2013, there were 3,893 women in prison in England and Wales.

Most women entering prison under sentence (81%) have committed a non-violent offence.

Prison Service figures for April 2005 - Dec 2008, showed that 382 children were born to women prisoners (approx. two births a week).

There are eight mother and baby units located within prisons and secure training centres in England providing for up to 75 women and babies (one centre is for under 18s).

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.

At the end of September 2012, 15% of women in prison were foreign nationals, some of whom are known to have been coerced or trafficked into offending.

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.

More than a third of women in prison say they have attempted suicide at some time in their life.

A Prisons Inspectorate survey found that 38% of women in prison did not have accommodation arranged on release. Only a third of women prisoners who wanted help and advice about benefits and debt received it.

Women in prison are likely to have complex care and support needs. They are far more likely to have spent time in care during childhood and to have experienced abuse and domestic violence than women in the community.

The majority of women in prison have mental health issues. They are more likely to have a history of drug or alcohol abuse or to have tried to harm themselves in the past than women in the non-prison population. A report on the health of women prisoners concluded that "women coming into prison had very poor physical, psychological and social health, worse than that of women in social class V, the group within the general population who have the poorest health."

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."*



Zosia's story



I had known about Birth Companions for a long time before I decided to train as a volunteer. The thing that made me take the plunge was seeing my friend who had recently completed her training return from a postnatal visit to a client in the community. Her face was glowing and although she could not tell me any details of the case her enthusiasm and commitment were infectious. I could do that, I thought, and what a thing to do. The idea that I could give something back was what really drew me.

The training has been superb. I have learned about the situations volunteers can face and the ways Birth Companions deliver support. From Abbi's bowl of water with added oil, sugar, salt, herbs, spices, food colouring, and glitter dust to illustrate the unique ingredients of breast milk, to Alison's renditions of a woman in labour, the training days have been educational without being dull. The case studies we have worked through have sometimes been harrowing, but discussing how to support women in difficult situations has been an invaluable preparation for what's to come.

What has surprised me most about the last six months is how much I have got out of the training. I thought this was supposed to be about me giving but so far it feels as though I have been given a big bouquet of flowers (and I'm not prone to exaggeration). The other trainees are all wonderful and

the sessions are so open that it is natural and helpful to share personal experiences and to learn from each other. Anyone wanting to relive their own birth stories need look no further for a room full of warmth, compassion, and understanding. I can come to a training day feeling rather overwhelmed with the world and leave a few hours later feeling lighter and invigorated. The exercises on mirroring others' feelings and listening have proved invaluable in my own life. Many people would pay for that kind of training.

The real strength of the training for me is also about the bonds it builds between volunteers. I have also learned that Birth Companions is a supportive network that cares as much about debriefing and learning from experiences as tending to the vulnerable women it serves, which is both a source of confidence and inspiration.

I will soon be ready to start supporting women and can't wait.



Sarah's story



I joined Birth Companions as a trainee in 2009. It took about a year for me to finish the training and become a fully active birth companion, I now volunteer for Birth Companions as a birth partner and as a phone holder for the service.

I became interested in the idea of volunteering for Birth Companions because I meet and treat many women and even more babies through my day job and I would like good prenatal, perinatal and postnatal care to be available for all women and their babies. Listening to birth stories, what comes through again and again is that women who feel supported have better birth experiences.

As a phone holder for the service my role is to coordinate and manage birth and postnatal support for women when they go into hospital. You never know when the phone will ring or how urgent it might be when someone is due to give birth soon. There is always the challenge of finding someone who will answer their phone in the middle of the night and be able to go out!

The women who we support are amazing - once someone rang in labour and asked me to ring back in five minutes. In the intervening time she had given birth. Another time I was supporting one woman and I heard some shouting in the corridor. I ran out and into the room of another woman who we were involved in supporting, she had her baby 5 minutes later and I returned to the original woman. So it can be alternately quiet and then all go!

Supporting women can be varied; a typical example would be one Christmas when I started the day at home. By the middle of the day I was cycling through the quiet streets of London to visit a woman who was in hospital with her baby who Birth Companions had supported through our community work. We had lunch together and then watched the nurses or Christmas fairies and reindeer rustling around the ward. I returned home and carried on with family, food and presents, aware that I was lucky to return to this.



Things women have said about our support

Feedback tells us that our support:

- helped 100% of women to improve their mental health and well-being
- helped 70% of women to feel less isolated and/or access other services
- helped 100% of women to give their babies the best possible start in life they can

Things women have said about our support:

"The Birth Companions are very supportive and explain everything clearly."

"The session about skin to skin – I've never done that before and I think it's great."

"I felt very alone before the group."

"You made me feel cared for."

"The Birth Companions were excellent they gave me good advice and showed me things that will help during labour."

"The amount of time they invested in me. It kept me going during pregnancy, labour and after the birth."

"Thank you all for being there for me. I will never forget you."



"The way my birth companion embraced my situation, she didn't judge me, just supported me!!"

"When I gave birth, my birth companion was very supportive to me I'm so grateful. She's a lovely kind lady, thank you."

"The emotional support was so helpful and made me more confident as a mum."

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

"I truly don't know what I would've done without Birth Companions and my birth companion support throughout my labour; I was overwhelmed by her tremendous passion and care towards me."

"I had no idea what to expect with the pain and whole process. My birth companion took a lot of that away from me during labour as she talked me through every moment. She had infinite patience."

"My birth companion kept me focused and enabled me to feel safe. It was purely down to her presence, care and tireless support that I was able to deliver my baby naturally and safely."

"Well done Birth Companions, you are invaluable and I cannot put into words enough the immensity of gratitude I have for the support you have given me."

Our support also helped

- 96% of women to feel better supported and cared for
- 93% of women to feel more positive about their situation
- 93% of women to know more about pregnancy, birth and motherhood
- 94% of women to feel more confident about breastfeeding



Annual Report 2012-2013

Financial Summary

In 2012-2013 we brought forward £79,116 from grants received in the previous year and raised a further £153,482.

Our total expenditure was £119,338. We therefore carried forward £113,260 into 2013-2014.

The charity was grateful to receive funding from:

The Austin and Hope Pilkington Trust

The City Bridge Trust

The Esmée Fairbairn Foundation

The Glass-House Trust

The LankellyChase Foundation

The LloydsTSB Foundation for England and Wales

The Pilgrim Trust

Porticus UK

The Tulip Charitable Trust

The Volunteering Fund

The Wates Foundation

Our summary accounts are as follows:

	Unrestricted Funds	Restricted Funds	Total Funds 2012	Total Funds 2011
INCOMING RESOURCES				
Voluntary income	53,755	99,628	153,383	130,840
Investment income	99	–	99	98
TOTAL INCOMING RESOURCES	53,854	99,628	153,482	130,938
RESOURCES EXPENDED				
Charitable activities	62,995	55,077	118,072	113,634
Governance costs	1,266	–	1,266	1,188
TOTAL RESOURCES EXPENDED	64,261	55,077	119,338	114,822
Net incoming / (outgoing) resources for the year	(10,407)	44,551	34,144	16,116
RECONCILIATION OF FUNDS				
Total funds brought forward	74,966	4,150	79,116	63,000
TOTAL FUNDS CARRIED FORWARD	64,559	48,701	113,260	79,116

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

Avan Wadia
Cath Longman-Jones - Treasurer
Diana Parkinson - Chair
Liz Hogarth
Lucy Ball (joined September 2012)
Michele Stokes
Sue Rich (joined September 2012)
Suzanne Collins
Viv Gray

Staff

Annabel Kennedy - Director
Denise Marshall - Group Co-ordinator
Abbi Ayers - Breastfeeding Supporter
Kate Chivers - Breastfeeding Supporter (Maternity cover)
Fumi Okiji - Information and Administration Officer
Anna Wise - Information and Administration Officer (Maternity Cover)
Katie Bottle - Community Link Co-ordinator

Prison Visitors

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

Phone-holders

Eleanor Stapleton
Jeannie Lorenz
Joanna Wright
Rachael Okenla
Rosanna Lowe
Saradadevil Hull-Jurkovic
Sarah Bayley
Sarah Watson
Vicky Scarth

Volunteer Birth Companions

Alison Shaloe
Amy Kinghorn
Anna Wise
Eleanor Stapleton
Jeannie Lorenz
Jessica Belsey
Joanna Penaranda
Lea Ouai
Lola Alcaraz
Michele Stokes
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