PMH BORDERS

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

PMH BORDERS

CONTENTS

	Page
TRUSTEES' ANNUAL REPORT	1 - 2
INDEPENDENT EXAMINER'S REPORT	3
STATEMENT OF RECEIPTS AND PAYMENTS	4
STATEMENT OF BALANCES	5
NOTES TO THE FINANCIAL STATEMENTS	6

PMH BORDERS

TRUSTEES' ANNUAL REPORT

The Trustees are pleased to present their annual report together with the financial statements for the year ending 31 March 2024.

OBJECTIVES & ACTIVITIES

To provide psychological, moral and educational support to families, within the Scottish Borders, suffering postnatal and antenatal depression.

To provide therapy and support for mothers suffering from post-natal depression through counselling for individuals and groups, art therapy, infant massage and other therapeutic and educational activities to support them and their wider families.

ACHIEVEMENTS & PERFORMANCE

The organisation is now known as PMH Borders (Perinatal Mental Health Borders), formerly PND Borders (Postnatal Depression Borders). We feel that the new name reflects the much wider range of perinatal conditions for which we offer therapy.

A very serious worry for us at the time of writing last year's report was how we would replace the Clinical Manager who had been in post for 12 years and was going to be a very hard act to follow. We were extremely fortunate to recruit a new Therapeutic Services Manager, who comes to us with a wealth of relevant therapeutic and administrative experience in a larger organisation. Our new Therapeutic Services Manager has made her own mark on PMH Borders, including having a major role in revamping the website to reflect our current activities.

The team currently consists of the Therapeutic Services Manager, the Deputy Manager/Administrator, two Councillors/Psychotherapists, one Art Psychotherapist, and the Crèche Co-ordinator. We also have a temporary Art Therapist, who is contracted until the end of August 2024.

The Deputy Manager/Administrator, provides a warm welcome to mothers and babies as they arrive. Crèche usage has increased over the year, and we have recently recruited two new volunteers so the crèche is adequately staffed. One of our trustees also provides assistance. We have had another successful student placement.

Staff, volunteers and Trustees are undertaking Public Protection Training online. This is mandatory training because of the service we provide, and some funders want to be sure that this requirement has been met. As part of CPD, clinical staff are encouraged to engage with other online training, where relevant.

Much effort has been put in, and continues to be put in, to raise funds to purchase the building in which we operate, East Lodge in Galashiels. At the time of writing we have raised £42,200 towards this, and await responses from the many Trusts and Foundations to which we have applied for funding.

In total, 130 referrals were made to the service during the course of the year. Of these, 96 came from health visitors, 16 from GPs, 11 from midwives and the rest from various sources. Not all referrals become active cases. Referrals continue to come from across the Borders, with 22 from Berwickshire and 33 from Teviot & Liddesdale, demonstrating that the wider reach of the service seen after telephone consultations were introduced during Covid has continued. 426 attendances were at East Lodge, 183 were telephone consultations. We are grateful to Trustee Robert Crawford for his work on producing detailed statistical information which gives very useful insights on how the service is functioning.

Plans for future

For the future, our revenue funding is secure for the next 18 months, but we continue to pursue sources of revenue and are very optimistic that some of our current approaches will bear fruit.

FINANCIAL REVIEW

Total income received during the year was £146,930 and total expenditure was £118,534 giving a surplus and net increase in funds of £28,396 as shown on the Statement of Receipts and Payments on page 4. Total funds at the end of the financial year as shown on the Statement of Balances on page 5 were £129,289 of which £93,229 were unrestricted and £36,090 were restricted, both of which included grants received in advance of the 24/25 financial year.

FINANCIAL REVIEW (CONTD)

Our largest grant again came from the Scottish Government's Perinatal & Infant Mental Health Fund, administered by Inspiring Scotland, which contributed £45,000 during the year. Other major grants received during the year are detailed on page 6. We have been successful in securing a substantial grant from the Henry Smith Charity for the next three years. We have also secured three years of funding from The Robertson Trust (the first of which was received during the year, in advance of 24/25).

We have continued to build our unrestricted general funds, some of which may be used in due course to partially fund the purchase of East Lodge.

A new interest bearing bank account was opened during the year, the funds in which are readily available for transfer to the current account as required.

We are grateful to Trustee and Treasurer Roger Wardman for ensuring that we are always well informed on our financial situation, now and going forward.

Reserves policy

The Trustees endeavour to maintain reserves to protect the charity from unforeseen fluctuations in income. The policy is to maintain unrestricted general funds at a level which would enable the charity to continue provision of its services if its sources of income were to cease or be delayed significantly. The Trustees consider that it is prudent for them to aim to cover between three and six months worth of expenditure by way of reserve. At 31st March 2024, the Trustees consider that the balance on the available unrestricted funds to be at a satisfactory level in line with this policy.

STRUCTURE, GOVERNANCE & MANAGEMENT

Constitution

The charity is a Scottish Charitable Incorporated Organisation (a SCIO) governed by its Constitution.

Appointment of trustees

Trustees are recruited from appropriately experienced members of the local community. There must be a minimum of 5 and a maximum of 12 Trustees. The Trustees are the members of the organisation for the purposes of the Charities and Trustee Investment (Scotland) Act 2005.

REFERENCE & ADMINISTRATIVE DETAILS

Charity name	PMH Borders	
Charity number	SC041376	
Address	East Lodge, Elm Row, Galashiels TD1 3HT	
Current Trustees	Barbara Wright (Chair)	Margaret Notman
	Dr Roger Wardman (Treasurer)	Ann Robson
	Dr Gillian Arbuckle (Secretary)	Dr Ruth Solomon
	Veronica Ross	Lorna Paterson (appointed 10 May 2024)
	Robert Crawford	

Approved by the Trustees and signed on their behalf by

Barbara Wright
Trustee and Chair

30 May 2024

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
PMH BORDERS

I report on the financial statements for the charity for the year ended 31 March 2024, which are set out on pages 4 to 6.

Respective responsibilities of Trustees & independent examiner

The Trustees are responsible for the preparation of the financial statements in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The Trustees consider that the audit requirements of Regulation 10(1) (d) of the 2006 Regulations (as amended) does not apply. It is my responsibility to examine the financial statements as required under section 44(1) (c) of the 2005 Act and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the 2006 Regulations (as amended). An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented, with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeks explanations from the Trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the financial statements.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements:
   - to keep accounting records in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Regulations (as amended), and
   - to prepare financial statements which accord with the accounting records and comply with Regulation 9 of the 2006 Regulations (as amended)

   have not been met, or
2. to which, in my opinion, attention should be drawn in order to enable proper understanding of the financial statements to be reached.

Alison Gray

Alison Gray
Chartered Accountant
Le Noyer, Ettrick Terrace
Selkirk
TD7 4LE

30/5/24
Date

PMH BORDERS

STATEMENT OF RECEIPTS & PAYMENTS

For the year ended 31 March 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total funds 2024 £	Total funds 2023 £
Receipts					
Grants	4	80,000	55,905	135,905	111,500
Donations	5	10,447	-	10,447	6,093
Bank interest		578	-	578	-
Total receipts		91,025	55,905	146,930	117,593
Payments					
Fundraising costs					
Fees		1,225	-	1,225	1,200
Cost of charitable activities					
Staff costs *(2023 restricted £8,914)*		49,915	47,194	97,109	80,875
Supervision, training and recruitment		2,638	1,255	3,893	3,169
Rent		300	300	600	-
Heat and light		1,013	937	1,950	1,163
Other household costs		2,870	1,621	4,491	3,452
Office costs *(2023 restricted £981)*		4,153	1,370	5,523	4,226
Website and computer support		1,723	167	1,890	472
Sundry		1,247	-	1,247	916
Governance costs					
Independent examiner's fees		-	606	606	594
Total payments		65,084	53,450	118,534	96,067
SURPLUS FOR THE YEAR		25,941	2,455	28,396	21,526

The notes on page 6 form part of these financial statements

STATEMENT OF BALANCES

As at 31 March 2024

	Unrestricted Funds	Restricted Funds	Total funds 2024	Total funds 2023
	£	£	£	£
Opening cash at bank and in hand	67,288	33,605	100,893	79,367
Surplus for the year	25,941	2,455	28,396	21,526
Closing cash at bank and in hand	**93,229**	**36,060**	**129,289**	**100,893**

Bank and cash balances	£	£	£	£
Cash at bank	93,155	36,060	129,215	100,797
Petty cash	74	-	74	96
	93,229	**36,060**	**129,289**	**100,893**

	2024	2023
Liabilities - unrestricted fund	£	£
Other creditors	523	-
	523	**-**

The financial statements on pages 4 to 6 were approved by the Trustees on 30 May 2024 and were signed by:

BJ Wright

Barbara Wright
Trustee and Chair

The notes on page 6 form part of these financial statements

1 Basis of preparation

The financial statements are prepared on the Receipts and Payments basis in accordance with the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

2 Funds

Unrestricted general funds are funds which can be used in accordance with the objects of the charity at the discretion of the Trustees. Restricted funds are the funds that 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. In terms of restricted funding, an analysis of the amounts received during the year are set out below. The Volant Charitable Trust grant for salary costs was fully expended during the year. The Weir Charitable Trust grant for salary costs remained unspent at the year end (was received in advance of 24/25). The Scottish Borders Communities Mental Health & Wellbeing Fund for Adults grant for salary costs remained unspent at the year end (was received in advance of 24/25). The grant from Scottish Borders Council for salary costs was fully expended during the year.

3 Related party transactions

No remuneration or expenses were paid to Trustees during the year or previous year.

4 Grants received

	2024	2023
	£	£
The Volant Charitable Trust (administered by Foundation Scotland)	15,000	7,500
The Weir Charitable Trust	21,500	23,500
Scottish Borders Communities Mental Health & Wellbeing Fund for Adults (administered by Third Sector Dumfries & Galloway)	14,560	-
Scottish Borders Council (Healthier, Happier, Stronger Fund)	4,845	-
Comic Relief (administered by Corra Foundation)	-	11,500
Evie Douglas Memorial Fund	-	1,000
Total restricted grants	55,905	43,500
Scottish Government (Perinatal and Infant Mental Health Fund)	45,000	45,000
The Robertson Trust	25,000	13,000
Miss M B Reekie Charitable Trust	10,000	10,000
Total unrestricted grants	80,000	68,000
Total grants received	135,905	111,500

5 Donations received

	2024	2023
	£	£
The Dyers' Company	5,000	3,000
Other donations	5,447	3,093
	10,447	6,093