



# Annual Report 2021 - 22





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## MESSAGE FROM OUR CEO

The first three years of a child's life are a period of extraordinary growth. With the right care and attention, these 36 months can lay the foundation for lifelong success.

In a similar vein, Amma's first three years represent a time of rapid development.

In this short space of time, our staff team has expanded from one person to 10 – including me, as our first CEO. We've welcomed 70 volunteers to our team of birth and postnatal companions and supported more than 200 clients.

The last year, especially, was one of significant growth. We witnessed how Covid-19 amplified the existing inequities faced by our client group and heightened the challenges of pregnancy and parenthood. In response, we doubled our efforts to tackle isolation by enhancing our companionship and peer support activities. We fostered self-empowerment through the introduction of rights-focused antenatal education. And we increased our efforts to not only meet urgent needs, but also advocate for systemic change.

Now, with our sights firmly set on the next stage in our development, we're excited to build on the strong foundation laid over the past three years. We're incredibly grateful to the many supporters, donors, funders, and volunteers who help Amma thrive. Today, our future looks bright, thanks to you.



Maree Aldam  
CEO







## OUR ROLE

Amma Birth Companions is a registered Scottish charity that provides information, care, and advocacy to those who face barriers to support during pregnancy, birth and early parenthood.

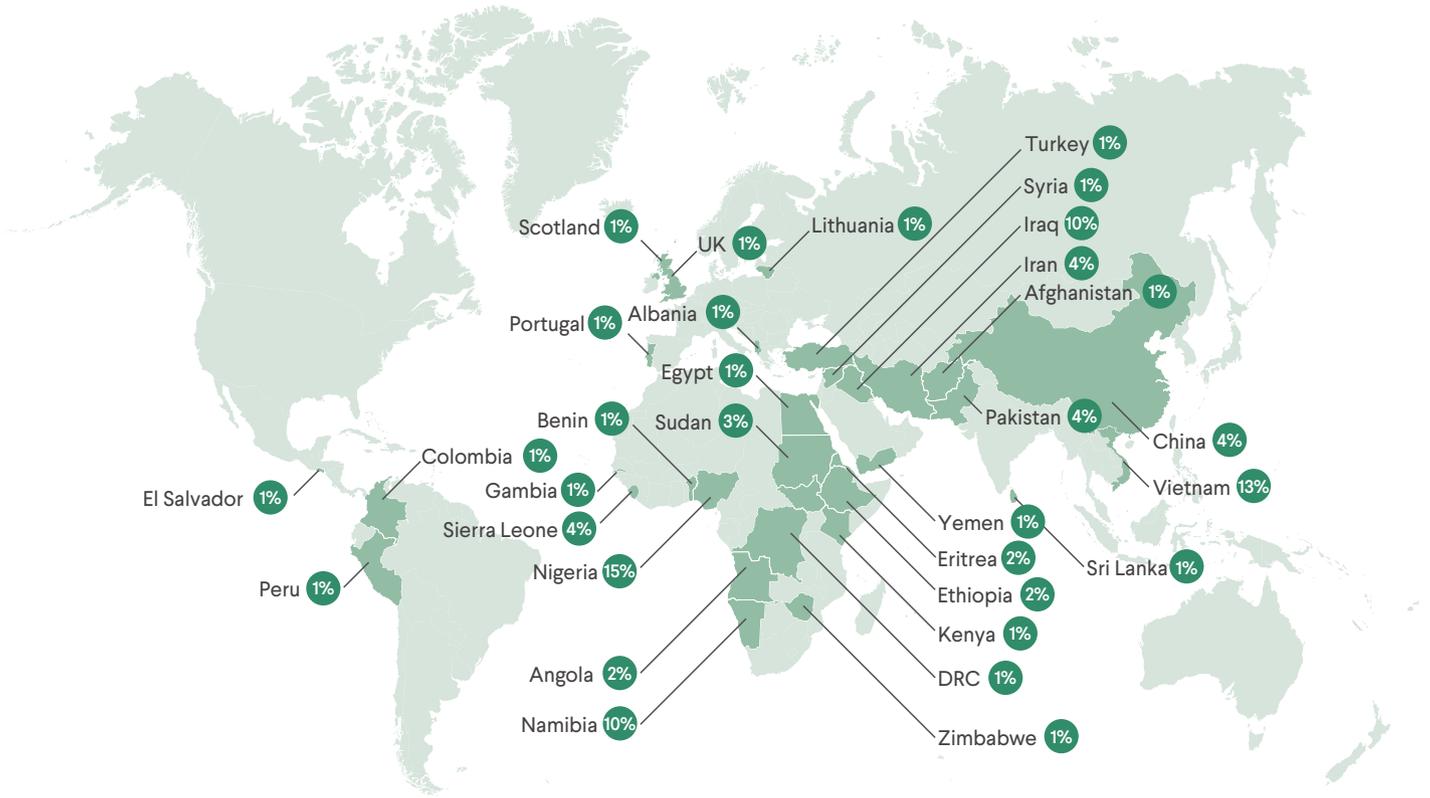
Our services include birth and postnatal companionship, peer support, and education.

At Amma, we believe that everyone, regardless of race, ethnicity, language, age, gender, sexual orientation, ability, or socioeconomic circumstances should be supported to birth and parent with confidence.

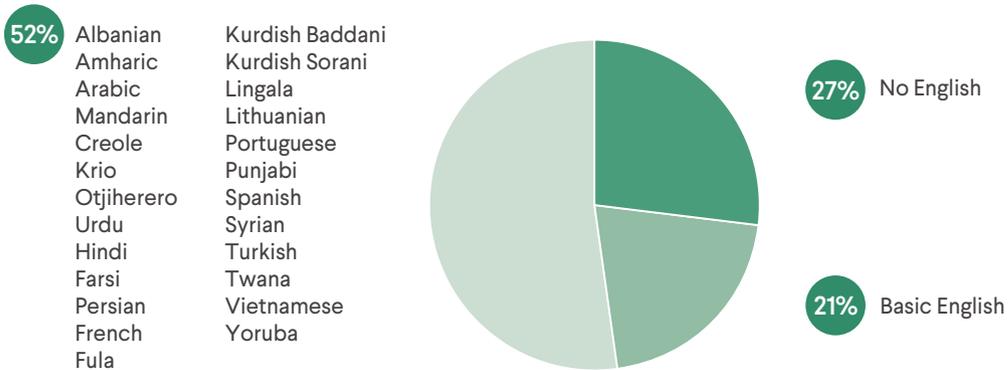
WHO WE SUPPORT

In 2021-22:

Clients were from 31 countries of origin including 16% from Nigeria, 13% from Vietnam, 10% from Namibia, and 10% from Iraq.



Clients spoke 26 languages:  
 27% spoke no English, 21% spoke basic English. Those who spoke little or no English spoke 16 first languages

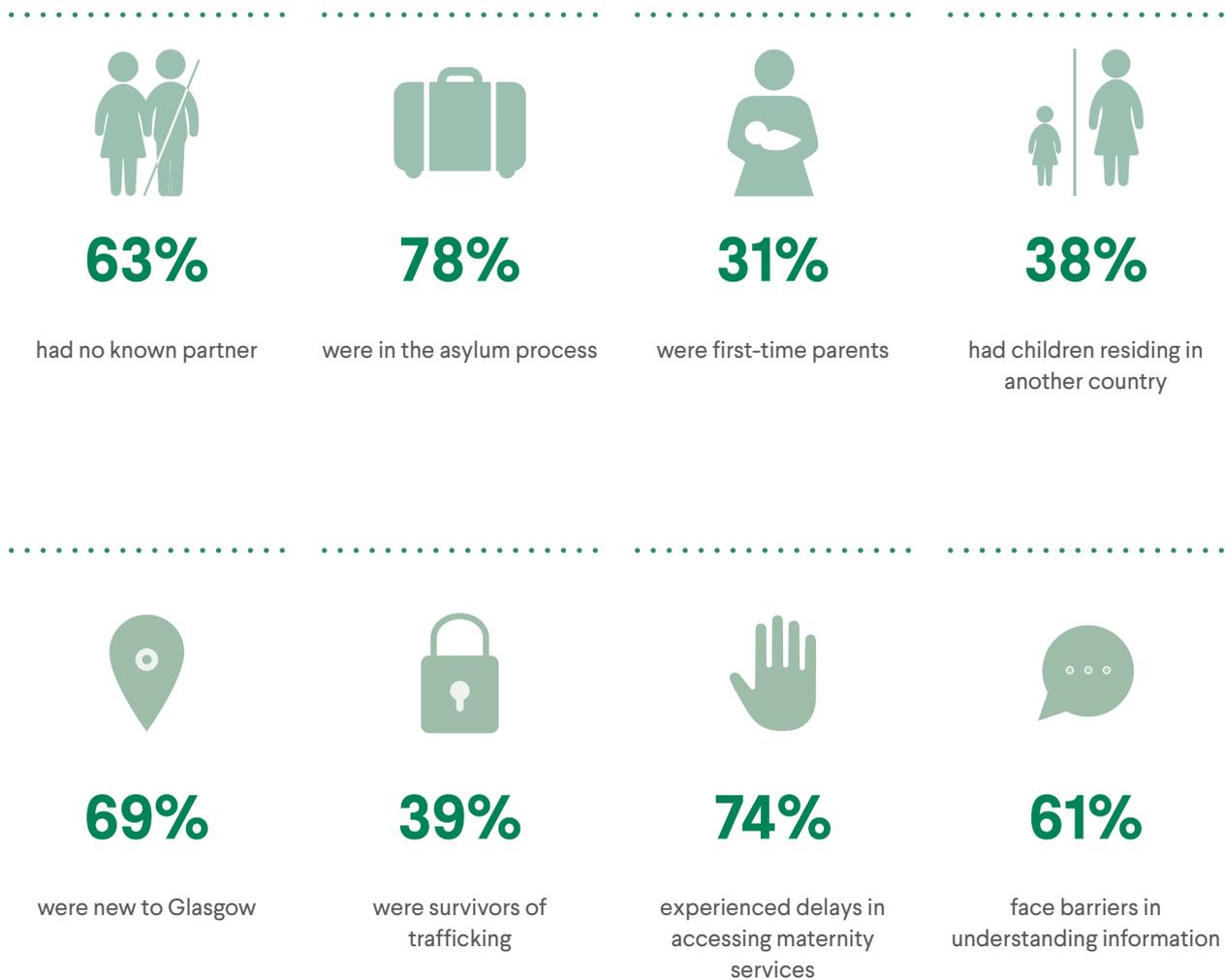


## Referrals

In 2021-22, we received 93 referrals from 22 different referrers. Our main referrers were the NHS, British Red Cross, and Scottish Refugee Council. We also saw a notable increase in self-referrals.

It has been challenging to keep up with the demand for our service. We closed to new referrals for companionship from June–August 2021 and from late November 2021–January 2022, due to limited volunteer capacity.

## Of the clients we supported over the past year, approximately:



Our volunteer birth and postnatal companions work in teams to provide continuous practical and emotional support from pregnancy to postpartum. Support is offered from the third trimester of pregnancy until a few weeks after birth.

### Our birth companions

- Help prepare clients for birth and life with a new baby
- Provide support throughout labour and birth
- Accompany clients to hospital appointments as needed
- Ensure clients understand their rights and choices in relation to birth
- Advocate to ensure clients' voices are heard in the decisions that impact their care

### Our postnatal companions

- Help with infant feeding
- Enable clients to rest and recover
- Facilitate connections with other parents
- Assist with domestic tasks
- Ensure clients are well-nourished

### 2021-22 Companionship in Numbers



**28**

hours of support provided to each client (on average)



**40**

new volunteers joined our team



**60**

hours of induction training for each new volunteer



**24**

supervision sessions provided to volunteers



**94**

clients received 1:1 companionship







## Angelina, Postnatal Companion

When Angelina Edwin arrived in Glasgow seeking asylum from Sri Lanka, she didn't know that her experience would see her support new parents as they found their own feet in a new country.

"When I heard about Amma I was able to connect myself to it – people in a new country with a new language, all alone with other support lacking. You don't know where to go", she said.

Amma's comprehensive training exposed the stark differences between giving birth in Scotland compared to Sri Lanka.

"Mostly everything was new to me. It's a total system change. One major thing here is the mums have the final say. In Sri Lanka it's not like that. You can't speak a lot and your consent is not required at all."

As a postnatal companion, Angelina has walked beside eight clients during the intense first days of new parenthood. She recognises the need to tailor support to each individual she serves.

"You have to be willing to fit into their situations. Some are confident and very flexible and some are rigid but everyone is welcoming. It's an honour to be with them during this time."

The support that Angelina gives out is returned to her through supervision, mentoring and her fellow volunteers and Amma staff.

She said: "When we get together, we share our experience and difficulties and challenges; when we speak it's like you realise you are on the right path and that builds confidence. The support goes both ways."

Volunteering has been a positive experience for Angelina: "The satisfaction you feel when you support a mum and you see them happy and you know how you helped is amazing.

"When you are an asylum seeker you can feel devastated and not worthy sometimes, so when you support another person, you feel confident and part of something good. I can't work, so with Amma I have a purpose."

**Our Amma Family peer support programme facilitates opportunities for clients to develop friendships, increase confidence, build parenting skills, and have fun. Parents are encouraged to join at any point during pregnancy and are welcome to take part indefinitely.**

In the summer of 2021, as Covid-19 restrictions began to ease, we renewed our focus on the Amma Family programme. We welcomed a Peer Support & Learning Coordinator to the team and started moving our peer support activities from mainly online to in-person.

Despite a brief Omicron-related hiatus in January-February 2022, this programme has gone from strength to strength. We're thrilled to see more parents taking part each week.

Our peer support activities include:

- An active WhatsApp group
- Weekly parent & baby drop-in sessions
- Vietnamese parents' group
- Parenting workshops
- Wellbeing activities (eg. gardening, yoga)
- Social outings

“Amma Family gives struggling single mothers hope and the confidence to be able to move on and appreciate life and our environment.”

“Amma Family activities are good and mind relaxing.”

“I am happy to be part of Amma family.”

“[I enjoy] the gathering of different mums with their wee ones to talk, laugh, share experiences, and cheer up.”

“Thanks so much. You made Glasgow my home.”



Mother's Day afternoon tea



Gardening club



Yoga class

**When Yvonne arrived in Glasgow six months pregnant, she felt totally alone. Thankfully, she was able to connect with Amma, where she gained the support of a birth companion.**

Speaking about her early days in Scotland, Yvonne recalls, "I didn't know anyone. I had nothing. I was so terrified. I spent Christmas day all alone, crying all day and thinking about the life I was forced to leave behind."

Later in her pregnancy, Yvonne was introduced to her Amma birth companion. "She was there when I gave birth to my daughter, holding my hand and encouraging me all through and through. I was so thankful not to give birth alone."

Eventually, Yvonne joined the Amma Family peer support programme, where she met other parents in similar situations. "I met other parents like myself, people who know what it's like to raise a child in an unfamiliar city."

Yvonne now volunteers as an Amma Family peer supporter and plays an integral role in welcoming new parents into the group. She also helps to develop group activities and find inventive ways for parents to connect with one another.

Despite giving birth two years ago, Yvonne remains closely connected to Amma. The reason why is clear: "I know that for many of us, Amma is that family we never had or don't have here. Amma has given us the greatest gift of all: the gift of family."



Photo: Yvonne & Zara

From November 2021 to March 2022, Amma provided:

8

antenatal classes



60

hours of birth education



13

clients with 1:1 birth planning sessions



Since November 2021, the support we offer to our clients in Glasgow has included rights-focused and trauma-aware group antenatal courses.

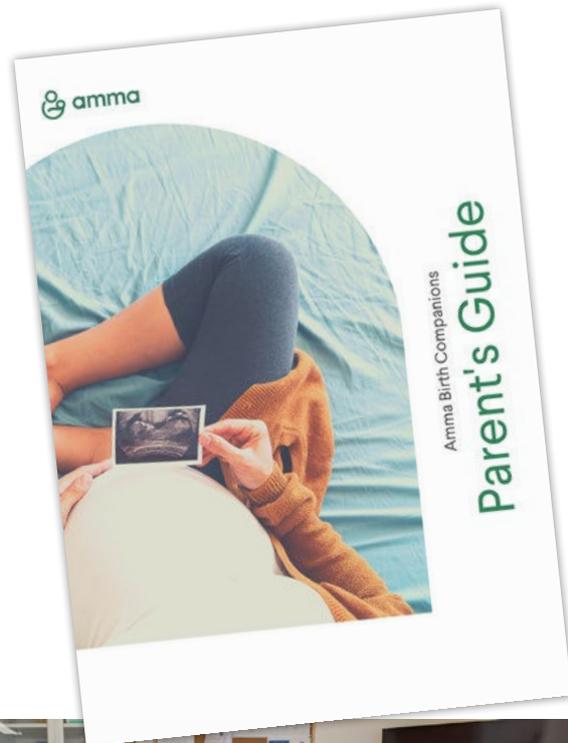
Co-facilitated by an experienced midwife and a doula/hypnobirthing guide, the responsive and comprehensive workshops aim to build community and confidence, as well as helping participants prepare for birth and the early days of life with their new babies.

Sharing and co-creation is encouraged, ensuring that each group is unique to the people that attend each month, while covering the need-to-knows of pregnancy, birth and postpartum, as well birthing within the Scottish NHS.

Delivered over three sessions, the curriculum is varied and accessible, including emotional and physical changes in pregnancy; decision making; human rights in childbirth; birth positions; comfort measures and pain relief. Infant feeding, self-care and the essentials of baby care also feature, as does birth art, relaxation, and gentle movement.

Inclusivity is at the forefront of the classes, with interpreters provided so language is never a barrier to learning. The illustrated Amma parent handbook, now available in English, Arabic and Vietnamese, includes birth plan templates, birth and postnatal resources and detailed guides to such topics as induction of labour, birth positions and caesarean birth.

Hosted in the comfortable Amma space in the city centre, children are welcomed, and nutritious lunches and snacks provided. Not exclusive to pregnant clients who have been assigned a birth or postnatal companion through Amma, these classes are for anyone requiring inclusive and accessible antenatal education.



Antenatal class, above and Parent's Guide, top

“The most important thing was to learn my rights and that I was able to say no to things, nothing is compulsory. This is very different to my country where you cannot say no to medical staff. You do not have a choice and I would not have known this without the classes.”

“I was so worried before I joined this class as I did not have any knowledge of the system. All the information helped me feel less worried; as soon as you have the information it feels better.”

“Having knowledge definitely makes you feel less afraid. Confidence in what you know is always good, particularly the information about birth itself; c-sections, inductions, vaginal birth. Just by talking about these helped alleviate my fears a lot. I didn't know anything about it and that was frightening. It felt very reassuring to understand and what to expect.”

“Was good especially as it was my first pregnancy. I got a lot of knowledge about what to do, and about my choices and rights. It helped me understand better how to care for my baby. You have questions in your head about how to do things like carry baby, it makes you feel more ready.”

At Amma, we actively seek to challenge the systemic inequities that affect our clients. In 2021-22, our advocacy efforts were focused on the following:

### TACKLING DISPARITIES IN PERINATAL CARE

At Amma, we are committed to working alongside the NHS and others to improve birth experiences for marginalised and racialised groups. We believe that any attempt at improving birthing outcomes needs to address systemic inequalities that impact perinatal care.

Since becoming operational in September 2019, we have conducted rigorous monitoring and evaluation to report on our clients' birth outcomes and experiences.

Over the past year, our findings were shared with key decision makers and influencers within the NHS and beyond to help tackle disparities in perinatal care. We highlighted four areas of concern: High rates of caesarean births; high rates of induction; inadequate interpreter provision; lack of person-centred care.

In October 2021, we hosted two client focus groups with the NHS Health Equalities Team. The experiences shared by our clients contributed to the overall maternity services review currently taking place in Glasgow.

Our feedback regarding the lack of interpreter provision was also highlighted to the NHS Health Equalities Team. This led to a pilot project, which provided Amma's non-English speaking clients with direct contact to telephone interpreters when accessing NHS services. This has now been extended to the wider population outside of Amma.

In September 2021, we shared our birth outcomes and monitoring report with Birthrights as part of their inquiry into racial injustice in maternity care. This report was also presented to the NHS Scotland Perinatal and Infant Mental Health Programme Board's Equalities subgroup in January 2022.

### MARCH WITH MIDWIVES

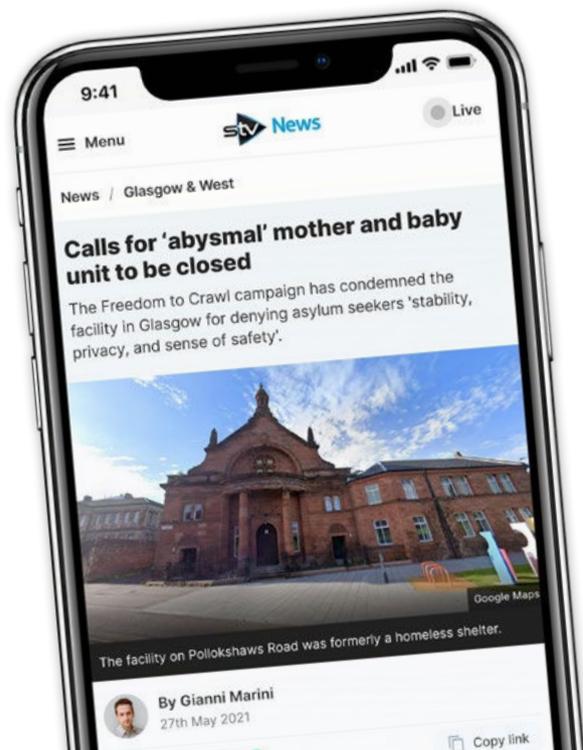
In November 2021, several Amma staff members and volunteers took part in the Glasgow 'March with Midwives' vigil. This event sought to raise awareness of the maternity crisis within the NHS and call attention to the vital work of overworked and underpaid midwives.

### FREEDOM TO CRAWL

Within weeks of the Mears' mother and baby unit opening in January 2021, we began concerted action to raise our concerns with Mears, the Home Office, and Glasgow City Council. Together with residents and members of the Roof Coalition, we made our concerns public with the launch of the #FreedomToCrawl campaign.

This campaign received extensive media coverage and was raised in First Minister's Questions (FMQs) by various MSPs. More than 2,000 emails were sent by members of the public to MSPs in relation to this issue.

Amma was named as a key contributor to a report prepared by the Children and Young People's Commissioner Scotland, which found that the "cramped and unsafe" accommodation violated several human rights. Released in March 2022, this damning report incited a public commitment from Mears to move all mothers and babies out of the unit within months. Mears has since honoured this commitment and stated the unit will no longer be used to accommodate families.







### Outcomes of our work: 2021-22 results

Through research, consultation, and analysis, we have identified five key outcomes that underpin our work.

Clients have increased access to specialist services through onward referrals and signposting

**70%**

70% of clients were accessing all the services they need, compared to 30% at the point of initial assessment

Clients feel less isolated and better able to build supportive networks

**90%**

90% of clients felt less isolated because of Amma's support

Clients are better able to meet the needs of their child(ren)

**78%**

78% of clients felt better able to meet their baby's needs as a result of Amma's support

Clients have reduced fear and anxiety around pregnancy and childbirth

**84%**

84% of clients expressed reduced fear and anxiety around pregnancy and childbirth

Clients have increased confidence and sense of control during the perinatal period

**84%**

84% of clients showed an increase in their knowledge of rights and birth choices, with an average rise of 30%

“Everything was helpful but it was the most helpful when they went to the appointment and helped me get answers and clarifications from the doctor and helped explain things clearly. Without this, I would have felt confused. It was not a language issue, more of not being familiar with the hospital system in UK. The companion was used to this environment and was not panicking and worrying about her baby like I was!”

“Amma helped me feel calm and that I did not have to worry about being alone. When we come here, we are alone, without our mums or anyone. When you meet Amma you feel you are not alone.”

“I am very happy with the service, the most important part of Amma service came from my companion clarifying and explaining everything before the birth, and to make clear that I would not be getting a general anaesthetic which was really worrying me.”

“I really felt like they were family, they were very supportive and helpful. I had been feeling very depressed, but Amma very much helped me feel better.”

“They were someone I could express my feelings to, and this is very important to have and makes you feel respected and cared for on an equal basis.”

“Amma gave me advice and supported me in what I wanted to do - I felt like I had choices and they were respected.”

“They made me laugh and helped me around the house. I did not feel like I was always home alone, I had Amma.”

“Having someone there to ask question and to encourage me made me feel more confident in everything.”

## 2021-22 Highlights



Volunteer training



Kiltwalk 2021



The Way Forward strategic plan

### CULTURAL COMPETENCY TRAINING

In June 2021, we reinforced our commitment to anti-racism by providing volunteers with cultural competency training by Mars Lord and Nicola Goodall. This training was offered again in April 2022 and will be delivered annually as part of our efforts to build a team of culturally competent volunteers.

### TAILORED SUPPORT

In August 2021, we introduced a new intake process that facilitates a deeper understanding of each client's needs. This enables us to identify any unmet needs, make any necessary onwards referrals and create an individualised package of support. Working in this way also helps us to prioritise volunteer support for those with complex needs.

### VOLUNTEER RECRUITMENT

In 2021-22, we recruited and trained more than 40 birth and postnatal companions. The expansion of our volunteer team was necessary to keep up with the demand for our service. All volunteers undergo more than 50 hours of bespoke, trauma informed training to provide specialist, culturally competent care throughout the perinatal period.

### KILTWALK

In September 2021, Team Amma took part in Scotland's Kiltwalk. Collectively, our wee wanderers and adventurous walkers raised more than £4000 in support of Amma's work.

### NEW STRATEGIC PLAN

In August 2021, we developed a three-year strategic plan. This plan was born out of consultations with staff, clients, volunteers, and partners about the role they want Amma to play. These consultations confirmed that we're on the right track—but that we can do more to expand our reach, work more efficiently, and maximise our impact on the people we serve.

Our new strategic plan builds on a solid foundation laid over the past three years and confirms our commitment to do more. It focuses on ten key priorities that will shape our work moving forward. The implementation of this plan is well underway.

### NEW OFFICE

In October 2021, Amma secured its first office in Glasgow's city centre. This was necessary to accommodate a growing staff team and an increase in Amma Family activities. It is wonderful to finally have a space to call home.



Scottish Health Awards 2021



The Big Give - Amma Access Fund



Maree Aldam CEO

### SCOTTISH HEALTH AWARDS

In November 2021, we received a Scottish Health Award for ‘Tackling Health Inequalities’. This annual awards ceremony, run by NHS Scotland, recognises individuals, teams, and organisations who deliver high quality health and social care in Scotland.

### CASH FOR KIDS

In December 2021, a donation of £3,255 from Cash for Kids’ Emergency Fund allowed us to purchase supermarket vouchers which we distributed to more than fifty families that we were supporting. Families were able to use the vouchers to purchase essential items that they needed over the festive period.

### THE AMMA ACCESS FUND

We launched the Amma Access Fund on International Women’s Day 2022, as part of our Big Give fundraising campaign. Over two weeks, we raised just shy of £20,000 (including match funding) towards its creation.

The Amma Access Fund is open to Amma clients or volunteers who experience inequalities due to race, immigration status, or low income. It will be used to directly pay course fees for approved training providers or to cover ancillary costs for anyone who wishes to train as an Amma companion. Successful applicants can also have funded the cost of childcare, transportation, interpreting, and learning resources.

### RECRUITMENT OF CEO

In April 2022, Amma welcomed its first-ever CEO, Maree Aldam, to the team. The appointment of a CEO marks an important milestone for Amma, as we set our sights on opportunities for growth.

Maree has nearly 20 years’ experience of working in the third sector in Scotland, having worked with organisations that tackle homelessness, poverty and marginalisation. She says, “The more I get to know the organisation, the more inspired I am by what has been achieved so far and the incredible impact on the lives of women and birthing people.”

### TACKLING DIGITAL POVERTY

Between April 2021 and March 2022, thanks to a donation from Connecting Scotland, we distributed 17 iPads, 18 Chromebooks and 33 MiFi devices to clients experiencing digital poverty. Helping clients connect digitally was vital to reducing isolation, especially during the pandemic.

**When Albright arrived in Glasgow at the height of the pandemic, she was concerned about facing pregnancy and birth alone. She felt a deep sense of isolation, with no friends or family here to talk to or share her experience.**

But a referral to Amma “changed everything”, says Albright, whose birth companions were there to support her through the final stages of pregnancy and during birth. “They made everything easy for me,” Albright explains. “Knowing my birth companion was there helped me to stop having negative thoughts about missing my mum. It made me feel like I had a family member looking after me.”

The support Albright received from her birth companions included birth preparation. “My birth companions helped me understand what to expect during labour and birth and explained what choices I had. It gave me the confidence to tell midwives what I didn’t want,” recounts Albright.

“I was offered an induction, but I said no. I went into labour on my own and gave birth naturally, with no pain medication. I was nervous at the start of labour, but as soon as I saw my birth companion, I felt relief.” She describes her birth experience as “very positive”, in large part due to the support her companion provided.

Following birth, Albright had a postnatal companion who helped her settle into her role as a new parent. “We would go for walks and chat – it was really nice having her around.”

Today, Albright is an active member of the Amma Family peer support programme, which she attends with her beautiful baby girl. She says, “I wasn’t used to being around lots of new people, but now seeing all the mums and babies every week makes me so happy. Now, I don’t feel alone anymore.”





## In the year ahead, we are committed to:

### **SUPPORTING YOUNG PEOPLE**

As part of our strategic commitment to expand our reach in Glasgow, we have identified young parents as a priority for 2022. Last year, our consultations with the NHS and third sector organisations helped us identify the support we can offer, including specialised antenatal, birth and postnatal support. As part of this commitment, we will recruit a staff member with expertise and experience of providing perinatal support to young people.

### **EXPANDING OUR STAFF TEAM**

To meet increasing demand and expand our reach, we will grow our team in the year ahead. New roles will include an Office Manager, who will support the expansion of our services and impact; three new Perinatal Team Leader roles, who will provide direct support to clients and oversee the work of our volunteers; and an additional Peer Support Coordinator to enable further development of the Amma Family programme. We will also review the need for other roles and placements throughout the year.

### **MAKING AMMA A GREAT PLACE TO WORK**

As we grow in size and impact, we are committed to making Amma a supportive and welcoming place for our dedicated and passionate staff team. In 2022 we will develop existing staff roles, develop supportive staff policies, and review staff salaries, so that we continue to retain and attract the best people. We will also seek to increase diversity in our staff and volunteer team, including supporting those with lived experience to work and volunteer for Amma.

### **EXPANSION OF OFFICE SPACE**

To accommodate our growing team, we will expand into new office space in 2022. This will allow us to create a warm and welcoming environment for growing numbers of Amma Family and antenatal class participants and enable us to offer one-to-one client support in a safe and private space. We will also create a fun and age-appropriate baby and toddler room, so our clients can comfortably focus on their own needs.

### **STRENGTHENING OUR ORGANISATION**

As we grow and increase our impact each year, we are also committed to strengthening and maturing as an organisation and ensuring sustainability for our clients. In the year ahead, we will develop our fundraising strategy, develop our policies and procedures, and define our vision, mission, and values. In 2022 we will also recruit a new Chair and several new trustees, who will help us to lead Amma into the future.



We are incredibly fortunate to have a skilled, hard-working, and dedicated Board of Trustees, staff team, and group of volunteers who are committed to helping us achieve our mission.

We are also hugely grateful to our volunteer birth and postnatal companions who make our work possible. Their kindness, dedication, and passion never ceases to amaze us.

From March 2021-April 2022, these individuals included:

#### BOARD OF TRUSTEES

- Comfort Anjorin
- Geraldine Butcher
- Jennifer Gracie (*resigned February 2022*)
- Shogufta Haq
- Layla-Roxanne Hill (*resigned May 2021*)
- Jamie Kinloch, Interim Chair (*from April 2022*)
- Pauline McCulloch
- Belinda McElhinney
- Vongayi Mufara
- Boatemma Ofori-Frimpong (*resigned August 2021*)
- Hannah Pearson
- Ross Purdie, Treasurer
- Pam Radage, Chair (*resigned April 2022*)
- Sanjana Rae (*resigned April 2021*)
- Sarah Scarlett
- Emma Simpson

#### VOLUNTEERS

- Victoria Akinyemi
- Rahimeh Aliannejadi
- Zeynab Aliannejadi
- Rachel Allan
- Anna Beesley
- Becca Bowler
- Beti Brown
- Geraldine Butcher
- Evelyn Quesada Cabrera
- Helen Charman
- Liberty Cheesman
- Alvina Chibhamu
- Angela Chinedu-Eze
- Jessica Cox
- Gemma Dool
- Abi Duff
- Angelina Edwin
- Maureen Gallagher
- Elodie Gauthier
- Jennifer Gracie
- Fiona Halliday
- Shogufta Haq
- Kate Hartley-Oliver
- Sam Morgan Hutchings
- Olivia Jones
- Vitjituaije Karumendu
- Annette Kelly
- Mary Kennedy
- Audrey Kerr
- Ruth Lamb
- Lucy Lowe
- Kate Mackay
- Hayat Mahmud
- Nadia Majid
- Erica Malakia
- Mairi McLachlan
- Lorna McLean
- Kim Moore
- Vongayi Mufara
- Shabana Mustafa
- Amna Nawaz
- Katherine Nicol
- Breanna Olojan
- Prisca Omodiaogbe
- Albright Omoregie
- Joanna Peace
- Amanda Purdie
- Morag Riddet
- Rosie Roberts
- Pat Roberston
- Mussarraha Shaheen
- Helen Sheriff
- Rebecca Sik
- Leigh Storey
- Yvonne Suoh
- Rohese Devereux-Taylor
- Candice Torley
- Amy Tucker
- Hannah Wanjiru
- Antonia Wardrope
- Emma Williamson

#### **OUR TEAM**

- Maree Aldam
- Jenny Block
- Christelle Boten
- Beti Brown
- Rohese Devereux-Taylor
- Tariqua Gorrissen
- Kate McKay
- Kim Moore
- Satinder Panesar
- Karen Phillips
- Kim Phuong Goff
- Amanda Purdie
- Abigail Stein
- Helen Sheriff
- Sarah Zadik

#### **OUR SUPPORTERS**

Our work is enabled by the generosity of our supporters. We would like to recognise the following funders for the contributions they made to Amma in 2021-22.

#### **MAJOR DONORS AND GRANT MAKERS**

- Albert Hunt Trust
- Big Give Women and Girls Fund
- Cattanach
- Cattanach First 1000 Days
- Comic Relief
- Connecting Scotland
- Corra
- Comic Relief Shift the Power
- Endrick Trust
- Foundation Scotland
- Henry Smith Charity
- Impact Funding Partners Volunteering Support
- Inspiring Scotland
- Leathersellers Charity
- Localgiving Magic Little Grants
- National Lottery Community Fund
- Persimmon Homes Community Champions
- Rayne Foundation
- Robertson Trust
- Scottish Government Communities Mental Health and Wellbeing Fund
- Scotmid
- Scottish Government PIMH fund
- Spifox
- St Nicholas Care Fund
- Virgin Media O2 Together Fund
- Woodward Charitable Fund

#### **IN-KIND SUPPORTERS**

- Cuddle Dry
- Digital Murph
- DOVA Play
- Event Cycle
- Sanna Mac
- Totter + Tumble
- The Wee Cherubs

#### **DONORS**

We are incredibly grateful to the generous donations we have received from both individuals and businesses. Your contributions help us create even greater impact for the people we support.

FINANCIAL STATEMENT  
FOR THE YEAR ENDING 31 MARCH 2022

For the year ended 31 March 2022, Amma generated over £340,000 of income — more than double the amount raised in 2021. 86% of Amma’s income came from grants, 9% from individuals and the rest from sponsorships and corporate sources. This funding breakdown is consistent with the previous year. Nearly £143,000 of our income was classed as unrestricted funds.

Reflecting the growth of the organisation, Amma’s expenses increased from £136,000 in 2021 to £301,000. With nine employees at the year end, the total staff costs for the year were £172,000, up from £77,000 the previous year. Operational costs and overheads totalled £57,000. Attending births and meeting client needs cost £35,000, while training, developing, and supporting our volunteers and staff totalled £23,000. Running our peer support groups and activities cost £14,000.

Shortly after the year end, Amma appointed its first ever Chief Executive Officer to lead the organisation in the next phase of its development. We are targeting significant revenue growth for the year ended March 2023, which will support the infrastructure needed to meet the demand for our services.

FINANCIAL STATEMENT – STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDING 31 MARCH 2022

	Unrestricted £	Restricted £	Total 2022 £	Total 2021 £
<b>Income and endowments from:</b>				
Donations and legacies	45,709	500	46,209	22,815
Charitable activities	97,185	197,062	294,247	123,633
<b>Total income</b>	<b>142,894</b>	<b>197,562</b>	<b>340,456</b>	<b>146,448</b>
<b>Expenditure on:</b>				
Raising funds	1,610	-	1,610	1,291
Charitable activities	134,877	164,793	299,670	134,226
<b>Total expenditure</b>	<b>136,487</b>	<b>164,793</b>	<b>301,280</b>	<b>135,517</b>
<b>Net income/(expenditure)</b>	<b>6,407</b>	<b>32,769</b>	<b>39,176</b>	<b>10,931</b>
Transfer between funds	-	-	-	-
<b>Net movement in funds</b>	<b>6,407</b>	<b>32,769</b>	<b>39,176</b>	<b>10,931</b>
<b>Funds reconciliation</b>				
Total funds brought forward	69,461	2,708	72,169	61,238
<b>Total funds carried forward</b>	<b>75,868</b>	<b>35,477</b>	<b>111,345</b>	<b>72,169</b>

	Total 2022 £	Total 2021 £
<b>Fixed assets</b>	1,104	-
<b>Current assets:</b>		
Debtors	30,041	-
Cash at bank and in hand	100,190	80,532
<b>Total current assets</b>	<b>130,231</b>	<b>80,532</b>
<b>Liabilities:</b>		
Creditors falling due within one year	(19,990)	(8,363)
Current assets	110,241	72,169
<b>Net assets</b>	<b>111,345</b>	<b>72,169</b>
<b>The funds of the charity:</b>		
Restricted income funds	35,477	2,708
Unrestricted funds	75,868	69,461
<b>Total charity funds</b>	<b>111,345</b>	<b>72,169</b>

NOTES TO THE ACCOUNTS  
FOR THE YEAR ENDING 31 MARCH 2022

2021 Analysis of Fund Movements	Fund b/fwd	Income £	Expenditure £	Transfers £	Fund c/fwd £
<b>Unrestricted funds</b>					
General funds	40,236	57,668	(28,443)	-	69,461
<b>Total unrestricted funds</b>	<b>40,236</b>	<b>57,668</b>	<b>(28,443)</b>	<b>-</b>	<b>69,461</b>
<b>Restricted funds</b>					
Corra Comic Relief	7,984	4,000	(11,984)	-	-
Commonweal Fund	-	3,700	(3,700)	-	-
Foundation Scotland	-	4,530	(4,530)	-	-
Inspiring Scotland	-	2,000	(2,000)	-	-
Lottery Awards for All	4,731	10,000	(12,023)	-	2,708
Lush Grant	1,538	-	(1,538)	-	-
Robertson Trust	6,749	-	(6,749)	-	-
Scottish Government	-	64,550	(64,550)	-	-
<b>Total restricted funds</b>	<b>21,002</b>	<b>88,780</b>	<b>(107,074)</b>	<b>-</b>	<b>2,708</b>
<b>Total funds</b>	<b>61,238</b>	<b>146,448</b>	<b>(135,517)</b>	<b>-</b>	<b>72,169</b>

2022 Analysis of Fund Movements	Fund b/fwd	Income	Expenditure	Transfers	Fund c/fwd
		£	£	£	£
<b>Unrestricted funds</b>					
Fixed assets	-	-	(276)	1,380	1,104
Total designated funds	-	-	(276)	1,380	1,104
General funds	69,461	142,894	(136,211)	-	74,764
<b>Total unrestricted funds</b>	<b>69,461</b>	<b>142,894</b>	<b>(136,487)</b>	<b>-</b>	<b>75,868</b>
<b>Restricted funds</b>					
Corra Comic Relief	-	7,500	(3,973)	-	3,527
Commonweal Fund	-	15,000	(15,000)	-	-
Foundation Scotland	-	10,000	(480)	-	9,520
Inspiring Scotland	-	4,000	(4,000)	-	-
Lottery Awards for All	2,708	-	(2,708)	-	-
Lottery Improving Lives	-	53,562	(53,562)	-	-
Peoples Postcode	-	500	(500)	-	-
Rayne Foundation	-	20,000	-	-	20,000
Scottish Government	-	80,000	(79,998)	-	2
Spifox	-	1,000	(1,000)	-	-
St Nicholas Care Fund	-	5,000	(2,572)	-	2,428
Virgin Media	-	1,000	(1,000)	-	-
<b>Total restricted funds</b>	<b>2,708</b>	<b>197,562</b>	<b>(164,793)</b>	<b>-</b>	<b>35,477</b>
<b>Total funds</b>	<b>72,169</b>	<b>340,456</b>	<b>(301,280)</b>	<b>-</b>	<b>111,345</b>



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Registered office and operational address:

Suite 433-434, Baltic Chambers,  
50 Wellington St, Glasgow, G2 6HJ

[info@ammabirthcompanions.org](mailto:info@ammabirthcompanions.org)

[ammabirthcompanions.org](http://ammabirthcompanions.org)

Amma Birth Companions is a charity registered in  
Scotland (SC049280)

Designed by Skein Agency in Glasgow