



The Pregnancy and Parents Centre Annual Report 2019 / 2020



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Group room 1, Pleasance

About the PPC

The Pregnancy and Parents Centre is an independent not-for-profit local charity overseen by a group of volunteer trustees. Staff, facilitators, practitioners and volunteers run the Centre day to day. We believe that supportive networks, a sense of community and strong family cohesion are invaluable during the transition from pregnancy to parenthood. Together, they contribute to positive mental health and wellbeing by increasing confidence and reducing isolation, stress and anxiety.

For pregnant women, partners and new families, the PPC is a resource hub and a safe haven in the heart of Edinburgh. We plan to create that same welcoming home in our new premises, and to continue to provide a space for social networks to be built, and to strengthen our communities of families in and around Edinburgh.

Through a timetable of groups, drop in sessions, workshops and courses, the Centre is often open and provides much needed emotional support, information and practical help 7 days each week.

The Pregnancy and Parents Centre welcomes anyone, regardless of their circumstances, background,

sexual orientation, family makeup or beliefs. All those working at the centre provide a welcoming space to share information and discuss parents' views and experiences.

We work with local community midwives and other organisations involved in birth work, including the Lothian Maternity Services Liaison Committee, Edinburgh Napier University (Midwifery), La Leche League and Bumpstart. We also engage with local councillors and MSPs many of whom have taken a keen interest in our work.

The Pregnancy and Parents Centre has been operating in the Tollcross/ Bruntsfield area of the city since 1985 until this year. Due to an enforced move because of redevelopment to our building, we look forward to opening our new centre at 188 Pleasance in early Summer 2020 after two years of planning and searching for a new home.

We look forward to continuing our work on the Southside of Edinburgh for many years to come.

Coordinator's Report



We knew that 2019/20 would be a difficult year, requiring flexibility and dedication from our facilitators, practitioners, staff, volunteers and trustees to ensure continued support for our families. This challenge was made all the more difficult because for much of the year we were still searching for our new home.

Nonetheless, we supported some 300 people each week. This is fewer than in previous years, caused by the uncertainty around our move date and the unknown location of our new home. The support comprised 1450 facilitator/practitioner-led hours, 3000 staff hours and 325 hours donated by our wonderful volunteers - all of whom helped the PPC thrive.

Despite a few false starts and nearly three temporary moves, we ended 2019 with the expectation that we

would be ready to operate from our new, renovated home at 188 Pleasance in early spring 2020. At the time of writing, and having only just started our new financial year, Coronavirus has meant that the opening of the Pleasance was delayed and our groups had to stop meeting in person. However, we successfully launched all of our core groups online, so that we could continue to meet the needs of our community, albeit without the invaluable face-to-face support and friendship, and our delicious teas and biscuits...

We saw some really interesting events during the past year, one of which was Mother's Voices - a joint collaboration with the Maternity Services Liaison Committee and NHS Lothian. This one day event brought together parents who had used local maternity services over the past 12 months with



Baby music

services. Parents were able to share their experiences on a one-to-one basis. These events are usually more successful when they take place in a community environment which is why the MSLC approached the Pregnancy and Parents Centre. We were delighted that health practitioners and trustees were able to meet and talk with 35 parents.



Group room 1, Pleasance

We also ran three very popular Nearly New Sales (our biggest fundraising events) that attracted over 400 people through our doors. I particularly love our sales because they bring back parents, and children who have gone on to school - they pop by for a cuppa and cake - and we meet lots of new parents-to-be about to embark on an amazing journey. How lucky we are to share this road with them.

Other exciting fundraising events included educational talks with Australian obstetrician and gynaecologist, Kirsten Small on her work on fetal heart monitoring and midwife researcher, Jenny Patterson on her work on birth trauma. We sustained our drop-in groups and many small projects through funding from People's Postcode Lottery, Edinburgh and Lothian Trust and Foundation Scotland.

None of this would have been possible, nor would we have ended this year in the enviable position of re-opening in a warm, welcoming and fully renovated new home, without the dedication, guidance, creativity and boundless enthusiasm of our trustees. These wonderful women give their time on a volunteer basis. These past twelve months have demanded much more

Coordinator's Report

time than we could have imagined and they willingly gave over 1750 hours.

I believe our organisation will go from strength to strength as we settle into our new home in the Pleasance. We intend to reach out and offer support to new families and new groups as well as develop stronger links with local organisations to both work with them and support their need for suitable space to run their activities and groups.

I very much look forward to welcoming you all to the Pleasance in the coming months.

Val Innes
Charity Coordinator

It is so fantastic to be able to meet with other new mums, especially without any particular agenda, and Gail is fantastic in leading the discussion in a gentle and non-judgemental way.

I thought Dads to Be was an excellent course: super informative and super useful. The idea of a dads' course is great.

What we do

We offer a variety of pregnancy support groups for pregnant women and dads including:

Yoga for Pregnancy

A weekly yoga session designed for pregnant women. It includes yoga postures, movement and relaxation and provides information about pregnancy, birth, new motherhood, and local maternity services. The facilitated discussion with tea and biscuits encourages women to gain confidence, share experiences and form supportive networks. A growing body of evidence suggests that pregnancy yoga reduces anxiety and promotes confidence

Dads to Be

We run 6 workshops during the year. Each workshop comprises an evening followed by a full day and covers both practical parenting skills and the emotional impact of becoming a parent. It provides an overview of the local maternity services and how dads can advocate for and best support their partners though pregnancy, birth and beyond. There is always plenty of time for discussion.

Active Birth Workshop

Our Active Birth Workshops run throughout the year and enable

pregnant women and their birth companions to understand the physiology of labour and birth and to try out a range of practical ways to meet the intensity of normal labour and birth. These include positions, movements and breathing techniques, using simple equipment such as birth balls, and chairs. Evidence-based information is woven into the day and discussion is encouraged throughout.

Breastfeeding Support

We offer a three hour, quarterly workshop to help women and their partners prepare for breastfeeding. This covers the benefits of breastfeeding, how to deal with challenges if they arise and where to get support after the baby is born.

Thanks to Daisy and the centre for a really good Active Birth workshop. We left feeling much better informed and confident about managing the birth journey.

What we do

Home Birth Support Group

Our free monthly Home Birth Support Group is a welcoming space where those considering their options around place of birth, including birthing at home can come for information and support. Women who have birthed at home often join the group with their partners and babies to share their story.

Support for Birth

In addition to our library which is freely available, we hire out TENS machines and birth pools. These are hired out to women planning water labour and/or birth at home, and to women having hospital births who wish to be assured of access to one. Over 2019/20 we hired out tens machines and birth pools on 31 occasions.

Yoga with Babies

A long running and very popular group which aims to help parents to find renewed physical and emotional strength in the first months after birth, to ease their baby's transition into the world, and to facilitate the developing parent/baby relationship. As with all our groups, the session includes tea and biscuits during a facilitated, parent-led discussion.

Baby Massage

Our Baby Massage courses (pictured, left) run over a 5 to 6 week period. Baby massage is known to support the parent/baby bond and can help with mothers' anxieties. The facilitator provides an overview of the benefits of baby massage along with specific massage techniques which may help with a number of ailments in young babies.

Music with Jackie

Our music sessions are open to families with different aged babies and children, and at any one time there are usually four different groups running for the various ages and stages. The benefits of music are well documented and parents with young babies often continue to come to these popular sessions until their children are school aged which is why some of our younger visitors refer to the centre as 'Jackie's house'.

Rosa really gained confidence and relaxed, and made friends in this environment. And gathered the start of her musicianship along the way.



Motherspace

This is a free weekly drop-in group for mums with babies under 6 months. It provides a safe, welcoming space for mothers to share the highs and lows of parenting. We hear laughter and tears but we know that having a cup of tea, a space to be heard, a friendship network of peers and support from a skilled facilitator is vital to increase confidence and reduce isolation and depression for new mums. Motherspace is fully funded.

Baby First Aid

Our Baby First Aid sessions are popular and we welcome both known and new parents to these sessions. The two-and-a-half-hour course runs at intervals throughout the year. It offers basic first aid designed to help parents to feel confident that they have knowledge and skills to deal with

emergencies. The demand is high for these courses.

Breastfeeding Support Group

We offer a free drop in group (through La Leche League) to help support women with new babies, older babies and young children during their breastfeeding journeys. These are facilitated by skilled breastfeeding volunteers. Towards the end of this financial year, La Leche League found temporary space in another venue as our search for a new home continued. We look forward to welcoming La Leche League back to the PPC when we are able to run drop in groups again (as restrictions are lifted).

International Parents Drop-in Group

Our weekly drop in group welcomes parents or parents-to-be who come from an international background or are new to Edinburgh. It supports families to make new friends, navigate parenting and birth in a new country within a different health care system and signposts families to further support and information. Our International Parents group paused in February 2020 whilst we sought new funding to support this group. We aim to resume the sessions when we are settled in our new home.

What we do

Campaigning

The PPC continued to be contacted by women who were unable to access the breastfeeding support they needed since the closure of the community, specialist breastfeeding clinics in Lothian. Thus trustees and facilitators continued, with others, to campaign for increased specialist breastfeeding support, which women have identified that they need. In addition to meetings, liaising with breastfeeding support groups and health professionals, two trustees and a facilitator met with others at the Scottish Parliament to discuss women's breastfeeding support needs with Lothian Health, in July and November. The meetings were

convened by MSP, Alison Johnstone and followed an earlier meeting in Parliament convened by MSP Miles Briggs. With the unexpected arrival of COVID-19, further meetings were temporarily suspended. The PPC has continued to provide support and information to women and families during pregnancy and after birth and regularly signposts women to further sources of breastfeeding advice, support and information. We continue to press for increased help for those women who want to breastfeed but struggle to do so due to lack of skilled, timely support.



Preparing for Baby Massage

Complementary Therapy at the PPC

We work with a number of independent practitioners, all of whom share our ethos. Our practitioners contribute vital support to the families using our centre and are often involved in other areas of our work as volunteers, supporters, educators and advocates. All our practitioners offer a sliding scale of fees so that no one is prevented from accessing support. During the year we have had the pleasure of working with:

Keith Farvis | Craniosacral Therapy

Craniosacral Therapy is a very gentle form of body based therapy which is ideally suited for the pregnant woman and the newborn baby. It works directly with the body's own innate ability to resolve areas of holding and compression and restrengthen exhausted tissues.

Lyssa Clayton | Homeopathy Clinic

Homeopathy is a holistic and alternative way to support our health and well-being when pregnant or in early parenthood. The practice always seeks safe and non-toxic, holistic solutions.

Stephanie Turner | Psychotherapy / Arts Therapy

Therapy can help support parents to understand their feelings and build

resilience and ways of coping with what may sometimes feel difficult.

Fiona Reilly | Reflexology and Active Listening

Reflexology is a safe, relaxing and non-invasive therapy, it gently treats the whole body through compression massage of the feet or hands, encouraging overall balance and harmony.

Active listening support sessions provide an opportunity to connect and explore emotions and an array of issues within a safe and accepting environment.



Craniosacral Therapy

Planning for the future

After what seemed like an interminable search, the reality of a move to the Pleasance finally seemed possible. Thanks to the vision of Akiko Kobayashi, our architect, we were able to see the opportunities that a new, larger, more accessible venue would give us. Especially one that we could design and structure in a way that best suited our needs.

The Pleasance is split into two buildings: 188, which is largely complete, and ready to welcome visitors. And 192, which presents a different challenge. On three separate levels, it is currently a labyrinth of stairs, rooms, stud walls and half-built kitchens. However, in terms of square-footage it is a brilliant offering: a space that can be used for events, workshops, classes, consulting rooms, parties and more. The unique location – a stone's throw from the Pleasance Fringe venue, also provides an interesting opportunity to open up our rooms to hire out during the lucrative summer festival months.

A change of location comes with its own challenges, not least because the opportunities can only be fully embraced once both buildings – 188 and 192 Pleasance – are refurbished and open.

After an incredibly successful fundraising drive, and thanks to the generosity (of spirit, as well as financial/donations) of our community, we were able to raise the money necessary and refurbish 188 within a matter of months. In March 2020 we started planning a launch event for April, to thank all of those who had donated cash, time and love to finding and establishing our new home at the Pleasance. But Mother Nature, working in her mysterious ways, had other ideas and those plans were put on hold.

Plans for 2020 are subject to change – we have all heard too often about the 'unprecedented' nature of our times – but our intention is to fully embed into our new location. We want to establish friendships and relationships with local organisations, raise awareness of who we are and what we do with the new community around us, and we welcome working more closely with Edinburgh City Council.

We intend 2020 to be full of fundraising drives, securing the future of our core groups such as Motherspace, and Dads to Be, and bringing in much-needed new equipment for our ante- and post-natal classes.

Annie Prentis has joined our Trustee group, bringing expertise and amazing energy to our grant and fundraising efforts. How she squeezes it all in we will never know.

We also intend to find funds to build ourselves a new website. Our current site is, unfortunately, no longer fit for purpose, and it is befitting that at a time of renewal, change and opportunity for the PPC, that we have a website that can better support our marketing, communications and other community work.

Establishing ourselves in a new location will be a challenge – we were nicely settled in Lower Gilmore

Place, with a loyal community who acted as strong advocates for our work. However, our new location is accessible enough to still engage those communities, but also offers enough of an opportunity for families to the East of the city that – perhaps – had previously been just outwith our reach.

The future is bright – we will surmount the challenges of a national lockdown and global pandemic. We are stronger and more resilient than we know. The power of connection, people, love and friendship is an insurmountable force, and it will pull us through together.



188 Pleasance exterior

Our Team

Our Voluntary Trustees

Daisy Dinwoodie
Francesca Dymond
Nadine Edwards
Nessa McHugh
Sheryl Vickery

Office Team

Kasia Banaszewska-Diaz
Sara Ferreria-Jeffries
Val Innes

Finance Administrator
Administrative Assistant
Coordinator

Facilitators and Practitioners

Shirley Billes
Lyssa Clayton
Kerry Cooper
Sarah Denniston
Daisy Dinwoodie

Nadine Edwards
Keith Farvis
Esther Fernandez-Arias
Liz Foster
Rhiana Laws
Jackie Macdonald
Carrie McIntosh
Tammy McLellan
Elaine Miller
Karla Napier
Silvia Perea
Fiona Reilly

Baby Massage
Homeopathy
Yoga for Pregnancy
Preparation for Breastfeeding
Yoga for Pregnancy/Active Birth
Workshop/Home Birth Support Group
Yoga for Pregnancy
Craniosacral Therapist
New Arrivals
First Aid/Motherspace
Yoga for Pregnancy
Music for babies and toddlers
Dads to Be
Baby Massage
Laugh Don't Leak
Preparation for Breastfeeding
New Arrivals
Active Listening/Reflexology

The atmosphere and songs were unlike any other class. My children were transfixed.

Facilitators and Practitioners/contd.

Michelle Roots
Gail Stark
Andrea St Clair
Andrea Taylor
Stephanie Turner

Massage Therapist
Motherspace/Dads to Be
Yoga with Babies
Yoga for Pregnancy
Counselling Therapist

*I really enjoyed how
cosy the room was,
and all the equipment
that was available.
As well as the selection
of teas and cookies!*



Thank You

The work of our charity is only sustainable because of the huge generosity of our supporters, volunteers and families; those who give their time and skills freely to support our community.

This year we would like to say a special thanks to three people who were instrumental in overseeing our move of premises. Firstly, Jenny Lee, who managed our search for a new home; the long search ending when she identified a vacant property at 188 Pleasance. Jenny stepped back from her role as project manager due to a family move. Her tenacity in creating an opening for the PPC to explore the Pleasance opportunity did not go unnoticed and we are very grateful.

Thereafter both Akiko Koyabashi (right) and Toni Dickson guided us through the tendering, drawing up plans and renovations at 188 Pleasance. The property required major input and without these two women steering us through the many planning decisions, building works, consents and decorating processes required, we would not have the welcoming, fresh, new centre we are now ready to operate from at the time of writing.

In addition, we had a great deal of help and support during the search for our home from Alastair and Charlotte at Knight Frank and Andrew Chalmers at Davidson Chalmers Stewart. Both firms offered us pro-bono work to support our move. The benefit of having guidance from property consultants and lawyers of this calibre cannot be overstated.



Finally, our landlord at Lower Gilmore Place, Glencairn Developments Ltd, has been extremely generous over the past year, offering us a rent free stay in our current centre whilst we raised funds to support the building and renovation work at Pleasance. This allowed us to avoid an interim move which would have taken funds from our reserves that we had built up to

pay for our move. Their patience and kindness is most welcome.

To Jenny, Akiko, Toni, Alastair, Charlotte, Andrew and Daryl Teague – our most sincere thank you.

Year upon year Michael Reynolds and Lianne Swadel have ensured that our organisation is financially stable and that it is meeting our statutory requirements through the provision of monthly management accounts, year end accounts and an annual independent audit.


Big thanks to the volunteers of the Polwarth Nearly New Sale who chose the PPC as their supported charity during their sale in November 2019. We received a donation of over £900 from this local organisation as well as having the opportunity to talk to families who attended.

And to our volunteers, thank you. We would not be able to function without your help in the run up to and at each Nearly New Sale (too many to mention) and your skills in particular areas: Keith (IT), Katherine (grant funding), Sandy (library), Daniella (real nappy shop), Anne-Marie (move coordination) and Gina Dupre (grant funding and move preparation).

Finally, to everyone who contributed to our Crowdfunder launched November 2019 which closed with a phenomenal £29,000 raised. It was an emotional time for us, as we saw donations arriving from some of the many families we had supported, some of whose children were now having their own families.

It reminded us of how the Pregnancy and Parents Centre has been both supporting families and being supported by them since 1985.

Thank you, all. So much.



Another mum approached me in the park. She missed not having contact with other mums. It was great that I was able to tell her about Motherspace.

Comings and Goings

Our group of voluntary trustees has been fluid during the year with Joanna Doheny, Sheryl Vickery, Rebecca Davis and Francesca Dymond stepping forward and joining our board. Ros Claase, Sarah Denniston and Gina Dupre stepped down before the end of 2019, and Joanna and Rebecca stepped down towards the end of the financial year. We would like to extend heartfelt thanks to them for their invaluable support for the Centre, especially over the time of the move and when they went above and beyond the normal duties of a trustee to make sure the Centre found and was able to move into a new home. We were delighted to welcome Annie Prentis to her first Trustee meeting in March and hope very much that Annie will become a full board member in the coming months.

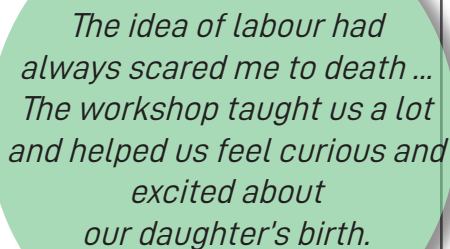
We were also very sorry to lose Anisa Barrett – a calm presence and support in our small office team but welcomed the similarly minded Sara Ferreira-Jefferies. Our cleaner, Sarah Cornelius moved on too, and our centre is now maintained by Anya Orkisz.

We were delighted to welcome Andrea Taylor back to the PPC during the year; Andrea returned to facilitate Yoga for Pregnancy around the same time that

Rhiana Laws took a sabbatical from Yoga for Pregnancy for six months to focus on her other work and family commitments.

Liz Foster stepped back from facilitating Motherspace so skillfully after a number of years, focusing on offering Baby First Aid through the PPC. Gail Stark, one of our Dads to Be facilitators, is now supporting new mums through our Motherspace drop in group.

In November we appointed Akiko Koyabashi to coordinate our bid to Edinburgh City Council for lease on 188-192 Pleasance, and after successfully winning this closed bid, Akiko, along with Toni Dickson, project managed our renovation and move to our new centre (completed September 2020).



The idea of labour had always scared me to death ... The workshop taught us a lot and helped us feel curious and excited about our daughter's birth.

Our Values, Aims and Objectives

Aims

To enable parents-to-be/parents to have access to education, information, practical resources and support during this important time in families' lives.

To work proactively to provide equal access to parents or families experiencing social exclusion or inequality.

To enable and encourage parents-to-be/parents to develop supportive networks which sustain and strengthen family and community relationships.

To involve parents/parents-to-be in the running of the Centre.

Objectives

Developing programmes of classes, drop-in sessions, support groups and workshops which meet parents-to-be and parents' needs.

Providing resources and practical help such as a library, demonstrations about real nappies/slings, equipment hire e.g. birthing pools, maternity and baby clothes Nearly New Sales.

Working to increase access to our services by running outreach sessions for a range of different communities.

Supporting individual parents through one to one work and counselling

Providing opportunities for parents to develop friendship networks and feel part of a community of support through Drop-in sessions, group support, helping with fundraising events and volunteering in the Centre.

Our Values

People make the best choices for themselves and their families when they have balanced and comprehensive information, non-judgemental support and confidence in themselves.

Normal birth and breastfeeding should be supported where possible.

Parents' different circumstances and choices around birth and parenting should be respected.

Supportive networks and a sense of community is invaluable during the transition from pregnancy to parenthood and contributes to positive mental health and wellbeing.

Financial Update

The financial year 2019-2020 has been a successful year overall for the PPC. A lease was secured for new premises in November 2019, with an anticipated move date of April 2020. While a loss of £5,525 was made, this will draw down on the unrestricted reserves we built up over prior years designated for this purpose.

The new premises offer an opportunity to further develop the space to extend the range and size of classes and services provided to the community in future years. A successful fundraising campaign in December 2019 raised over £29,000 to further support the moving and long term renovation costs.

Core group income remains the main income source for the centre at over 60%, with Gift Aid and Grant Funding making up almost 25%. While income from core group activities has fallen by almost £16,000 we believe this may be the effect of uncertainty caused by our extended search for a new centre.

The income from regular Nearly New Sales and room hire bookings was 14% of the overall income this year, down from 33% in the previous year.

This is expected to return to previous levels once the move to the new premises is complete. The new premises have storage space to allow donated goods to be kept onsite between sales without restricting activity, and will allow more people to attend.

We successfully applied for two grants; Edinburgh and Lothian Trust and Foundation Scotland. These funds, along with carried forward monies from Postcode Community Trust (received 2018/19 financial year) sustained Motherspace and New Arrivals / International Parents Group as well as supporting some small projects.



Yoga for Pregnancy

Expenditure was lower than the previous financial year by 12%, although the final position resulted in a loss of £5,525. While the reduction in group income has resulted in a reduction of some of the direct expenditure, a number of fixed costs remain. Staff costs remain the largest item of expenditure at 76% of total expenditure, although this is lower than last year by £10,784 as a result of staff turnover savings. Financial controls implemented in the centre have seen the general administrative expenditure decrease to less than 10% of the overall costs.

It is important to highlight that the premises costs for this year are significantly lower than they are expected to be in future years. The lease cost for Lower Gilmore Place has been waived by our landlords through to our leaving date. We also negotiated a rent free period on the new premises to allow renovation and refurbishment work to be carried prior to our move date.

On an annual basis, we review our Reserves Policy to ensure we are ready for the challenges ahead and have reserves adequate to our needs. Presently our Reserves Policy is to maintain three months operating

costs. Our unrestricted reserve balance is £55,745, presently our Reserves Policy is to maintain three months operating costs, and a further allocation from the remaining balance will be designated towards further renovation and refurbishment work required on our new building.



I loved how Andrea brought expertise and experience into her practice - I always felt very safe with her. I also enjoyed the chance to talk as a group afterwards in a supportive space.

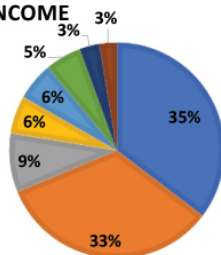
Financial Update

INCOME

Baby music	16 137	35%
Yoga for Pregnancy	15 243	33%
Yoga with Babies	4 021	9%
Active Birth Workshop	2 619	6%
First Aid	2 598	6%
Baby Massage	2 484	5%
Dads-to-be	1 363	3%
Other classes *	1 193	3%

TOTAL **45 657**

INCOME



- Baby music
- Yoga for Pregnancy
- Yoga with Babies
- Active Birth Workshop
- First Aid
- Baby Massage
- Dads-to-be
- Other classes *

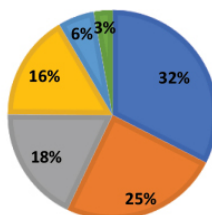
* Incl. Motherspace, Breastfeeding, New Arrivals and Drop-In Groups

OTHER INCOME

Gift Aid	9 663	33%
Grants & Donations	7 312	25%
Nearly New Sales	5 351	18%
Hire	4 876	16%
Pool & TENS hire	1 660	6%
Other *	865	3%

TOTAL **29 727**

OTHER INCOME



- Gift Aid
- Grants & Donations
- Nearly New Sales
- Hire
- Pool & TENS hire
- Other *

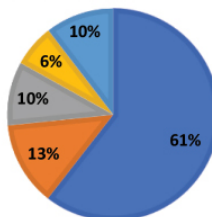
* Incl. Sales, Donations and Events & Talks

TOTAL INCOME

Core Activities	45 657	61%
Gift aid	9 663	13%
Grant funding	7 312	10%
Room hire	4 876	6%
Other*	7 875	10%

TOTAL **75 383**

TOTAL INCOME



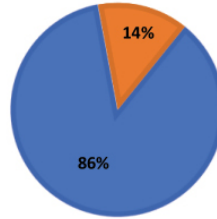
- Core Activities
- Gift aid
- Grant funding
- Room hire
- Other*

* Incl. Pool & TENS, Odd income

EXPENDITURE

Staff Costs	61 010	86%
Other Costs	9 776	14%

TOTAL **70 786**

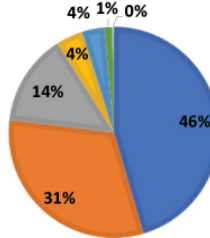
EXPENDITURE

- Staff Costs
- Other Costs

OTHER COSTS

	Amount £	%
Occupancy costs	4 446	45%
Other direct	3 072	31%
Food & drink	1 379	14%
Legal, prof & insurance	399	4%
Telephone	336	3%
Miscellaneous exps	120	1%
Post, print & station.	24	0%

TOTAL **9 776**

OTHER COSTS

- Occupancy costs
- Other direct
- Food & drink
- Legal, prof & insurance
- Telephone
- Miscellaneous exps

