



**La Leche League GB**  
mother-to-mother support for breastfeeding

**LA LECHE LEAGUE GREAT BRITAIN LIMITED**  
(A charity and company limited by guarantee  
and not having share capital, registered in England)

**REPORT AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2013**  
Company Number 1566925  
Charity Number 283771

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## **LA LECHE LEAGUE GREAT BRITAIN LIMITED**

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### **CHAIR'S REPORT FOR ANNUAL FINANCIAL STATEMENTS**

At a time when many charities seem to be struggling to find volunteers, we have been delighted that our accredited Leader numbers continue to grow again this year, and more of those Leaders are feeling able to take on extra roles within departments.

Our Council of Directors is almost at full strength, enabling us to fill important roles on the Council of Directors, in particular the role of Finance director.

Our Leaflets Team continues to produce and update our excellent leaflets and we have a dedicated group of Leaders working on our new website. Phase one has now launched and is working well.

Our Help form Team continues to answer an incredible amount of enquiries, our 24/7 Helpline is very well used, and our Shop provides efficient and friendly service.

Social media is continuing to be a growth area. As well as our Shop and Breastfeeding Matters pages, many of our Groups have Facebook pages, which provide an opportunity for women, who might not have found us locally, to be part of LLLGB. These pages provide a great opportunity for mother-to-mother support, sharing LLLGB's philosophy and keeping up-to-date with current news topics. They give women an opportunity to continue to share and find support on a daily basis.

La Leche League is recognised as an organisation that can be contacted with breastfeeding enquiries. As a result our PR director, with help from other Leaders, deals with a high volume of media contacts. We provide accurate, referenced information to journalists, television companies, students and websites.

When La Leche League was established in the USA in 1956 the aim was to provide women with accurate information about breastfeeding, and to support them in mothering their children in a way that felt natural and normal to them. Fifty seven years later the world has changed in many ways but the needs of a newborn baby remain the same: warmth in its mother's arms, security in her presence and food from her breast. Breastfeeding provides all three and LLLGB is happy to continue to support women in mothering through breastfeeding.

I have recently taken on the role of Chair of La Leche League Great Britain and feel privileged to be part of this organisation. La Leche League provides individual support and information to every one of the thousands of mothers who contact us each year, and continues to strive to offer accurate, up-to-date input to current discussions on the protection and promotion of breastfeeding, and its importance to families.

Helen Russ, Incoming Chair of La Leche League Great Britain Limited

**LA LECHE LEAGUE GREAT BRITAIN LIMITED**  
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**REPORT OF THE TRUSTEES**

The Trustees present their report and financial statements for the year ended 31 March 2013.

**PRINCIPAL ACTIVITY**

The principal activity of the company is the provision of breastfeeding help, information and education.

**LEGAL AND ADMINISTRATIVE INFORMATION**

Name of company: LA LECHE LEAGUE GREAT BRITAIN LIMITED

The company is incorporated under the 2006 Companies Act (No. 1566925).

La Leche League Great Britain Limited is a registered charity (No. 283771)

**DIRECTORS**

The following persons have served during the year.

Benaifer Bhandari	
John Frame	(Resigned 20 August 2012)
Anna Burbidge	(Resigned 19 April 2012)
Fiona Simkiss (Jones)	
Ellen Mateer	
Sadie Morrison	
Lois Rowland	
Helen Russ	
Rebecca Jenkins - Handy	
Morgan Gallagher	
Susan Latham	(Resigned 9 January 2013)
Lesley Smythe	(Elected 15 October 2012)
Eden Anderson	(Elected 23 October 2012)
Efrat Burman	(Elected 23 October 2012)
Hannah Bird	(Elected 24 October 2012)
Bev Johnson	(Elected 24 October 2012)
Ruth Anscombe	(Co-opted 4 June 2013)

**SECRETARY**

Helen Butler

**REGISTERED OFFICE**

129a Middleton Boulevard  
Wollaton Park, Nottingham, NG8 1FW

**INDEPENDENT EXAMINER**

Mrs K Seagrave ACA, Net Accountancy Solutions LLP  
Kestrel Lodge, Upper Hexgreave  
Farnsfield, Newark  
Nottinghamshire, NG22 8LS

**BANKERS**

Lloyds TSB Bank plc  
Tudor Square, West Bridgford  
Nottingham NG2 5JD

**LA LECHE LEAGUE GREAT BRITAIN LIMITED**  
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**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2013 (CONTINUED)**

**PURPOSES AND AIMS**

**OUR PURPOSES** as set out in objects of the company's Memorandum and Articles of Association are:

- [i] to promote the physical and psychological health of mothers and children through education in the technique of breastfeeding, and
- [ii] to advance the education of the public and especially those concerned with the care of children, in the health benefits both immediate and long-term of breastfeeding.

**OUR AIMS** are to help mothers to breastfeed through mother-to-mother support, encouragement, information and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and the mother. Our aims fully reflect the purposes the charity was set up to further.

**OUR OBJECTIVES** for the year continue to be the provision of information and support in diverse formats to pregnant and breastfeeding mothers and their families, and the provision of specialist training to health professionals who work with breastfeeding women.

The strategies employed to achieve the charity's objectives are through:

- Training and supporting La Leche League Leaders
- Encouraging and supporting Leaders in forming local groups
- Supporting Leaders in delivering support and information to mothers and others
- Developing breastfeeding courses
- Maintaining a membership of mothers and health professionals and providing them with information and support
- Producing and purchasing publications for Leaders, members, health professionals and the general public
- Raising public awareness of breastfeeding and of La Leche League

In shaping our objectives for the year and planning our activities, the Trustees have considered the charity commission's guidance on public benefit.

**ENSURING OUR WORK DELIVERS OUR AIMS**

We review our aims, objectives and activities on a regular basis. The main objectives for the year continued to be the provision of information and support in diverse formats to pregnant and breastfeeding mothers and their families, and the provision of specialist training to health professionals who work with breastfeeding women. This review looks at the success of each activity we have undertaken, and the benefits they have brought to each group. We have referred to the guidance given in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives, and in planning future activities. In particular, the Trustees consider how planned activities will contribute to the aims and activities they have set.

The strategies employed to achieve the charity's objectives will be to:

- focus on meeting the needs of breastfeeding mothers and babies for information and support;
- enable families throughout the UK to access our information and services easily (e.g. with a baby in arms and older child(ren) at their knee);
- provide health care professionals with tools to enable them to help mothers/families effectively in their local communities.

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**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2013 (CONTINUED)**

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**GOVERNING DOCUMENT**

La Leche League Great Britain (LLLGB) is an affiliate of La Leche League International (LLLI), a world-wide not-for-profit organisation and internationally recognised authority on breastfeeding. La Leche League GB is registered as a charity with the Charity Commission and is a company limited by guarantee, registered in England, incorporated under the 2006 Companies Act, governed by its Memorandum and Articles of Association, dated 9 June 1981 and amended to allow for current governance arrangements on 23 October 2004 and 22 November 2008. The members of the Company are those women accredited by La Leche League International as competent to offer breastfeeding information to the best of their ability in the advancement of the objectives of La Leche League Great Britain ("La Leche League Leaders") and who have paid their annual Leader fee. Non-Leader members of the Company may only become voting members if appointed to serve on the Council of Directors. There were 256 Leader members at 31 March 2013 (262 Leader-members at 31 March 2012, 259 at 31 March 2011) each of whom agreed to contribute £1 in the event of the charity winding up.

**APPOINTMENT OF TRUSTEES**

As set out in the Articles of Association, the chair of the Trustees is elected by the Council of Directors (the Trustee board). Each year, at the Annual General Meeting (usually held in October) attended by the members of the charitable company, one third (or the nearest number to a third) of Trustees shall retire, but shall be eligible for re-election, subject to restrictions placed on the re-election of Departmental Directors. Departmental Directors are Trustees who have been elected by the membership to take responsibility for designated areas of the company's business and who may not serve more than two three year terms in such a position. All voting members are circulated with invitations prior to the AGM advising them of the retiring Trustees and requesting them to nominate Trustees for election at the AGM. The Trustee board has the power to co-opt other Trustees during the year, subject to such persons then standing for election at the next AGM. When considering co-opting Trustees, the board has regard to the requirement for any specialist skills needed; for example, this year Ruth Anscombe was co-opted as Finance Director, having skills in this field.

**TRUSTEE INDUCTION AND TRAINING**

New Trustees receive an orientation pack (revised and updated as necessary) to brief them on their legal obligations under charity and company law, a copy of the Memorandum and Articles of Association, the charity's policies and procedures, the department structure and decision making processes, the recent financial statements of the charity and the current strategic plan. Opportunities are given to new Trustees to meet key employees and other Trustees. Trustees are encouraged to attend appropriate external training events where these will facilitate the undertaking of their role.

**ORGANISATION**

The Council of Directors, which administers the charity, can have up to 15 members (the majority of whom must be appointed from amongst the Leader-members of the company). The Council meets four times a year and communicates regularly by email.

The Trustees manage the day-to-day operations of the charity. To facilitate effective operations, authority is delegated to staff and volunteers, within terms of delegation approved by the Trustees, for operational matters including finance, volunteer training and support, publications and training activities.

**RISK MANAGEMENT**

Risks facing the organisation were reassessed in 2012 and plans put in place to mitigate them. These risks have been/are being addressed in the following ways:

The Education & Development Department (EDD)—has been gradually winding down its operations whilst ensuring its commitment to existing customers. There are tentative plans to move the department forward with initial thoughts of setting up a new trading subsidiary to deliver training separately. This is, however, only in the early stages and more thought is needed before this is finalised.

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**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2013 (CONTINUED)**

Risks associated with the economic links between the trading subsidiary (LLL (Books) Ltd.) and LLLGB. The development of the website was brought back in house and was being scoped and serviced by volunteers to ensure matters are handled more effectively in line with LLLGB requirements. We launched our new website in spring 2013.

Risks associated with the restructuring of La Leche League International, our parent organisation. Discussions about possible new agreements and cost-sharing arrangements are still on-going. The negotiations have been lengthy and protracted. We are still uncertain about the way forward. We have, however honoured our financial obligations to LLLGB over this past year. Risks associated with lack of general funds from memberships and donations A small amount of fundraising has been done, but declining memberships are a big problem. A fundraising team is urgently needed to address this issue.

**MAIN AREAS OF OPERATION AND HOW THEY DELIVER PUBLIC BENEFIT**

Our main activities and those we try to help are described below; these are undertaken to further our charitable purposes for public benefit. We deliver services to many areas of the UK, and are working to increase our outreach further (see Café La Leche, and the Welsh New Groups Project).

**SUPPORT**

**Mother-to-mother support** - LLLGB Local Groups, LLLGB Telephone Helpline, LLLGB Online Helpforms

**Volunteer support** - Leader Accreditation, Leader Support

**INFORMATION**

Publications, website, professional liaison, public relations, and trading subsidiary LLL (Books) Limited.

**EDUCATION and DEVELOPMENT**

Breastfeeding courses, LLLGB Peer Counsellor Programme

**ADMINISTRATION and FINANCE**

Administration, finance, memberships

**MOTHER-TO-MOTHER SUPPORT**

**Local Groups**

Groups run regular breastfeeding information and support meetings for mothers. During 2012-13, 85 groups met regularly throughout England, Scotland and Wales. The number of contacts with mothers through Groups and one-to-one, by local Leaders, in 2012-13 was 14,492, a significant increase on the figure of 11,254 recorded in 2011-12. In addition to support meetings for mothers, many groups organise fundraisers and workshops, plus working locally with health professionals, particularly during National Breastfeeding Awareness Week (NBAW). Whilst attendance at meetings might fluctuate from month to month, Leaders also receive feedback which confirms the value of LLLGB group support and confidence in LLLGB philosophies, 'I had not planned to breastfeed but on day 4 I rang up a lovely lady from La Leche League and cried down the phone, offloading all of my concerns. She was so helpful and non-judgemental, I decided to try and breastfeed my baby; she actually latched on and 13 months later I am still happily breastfeeding.' Whilst this effect cannot be scientifically assessed, it should not be forgotten that the information shared about the rationale of breastfeeding on demand, baby-led weaning and attachment parenting serves to bolster the confidence of many women to trust their own mothering instincts.

**National Helpline**

The number of calls to the LLLGB Helpline was 14,975 in 2012-13, there were 6748 different callers. The total number of call minutes was 67818. The largest number of calls came from mobiles and the top five locations for Helpline calls are London then Manchester, Edinburgh, Birmingham and Bristol. More mothers are also turning to LLLGB group websites and Facebook pages for information.

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**Online Helpforms**

There were 880 Helpforms answered in 2012-13; a slight decrease on than last year's figure of 894, though up on the figure of 871 in 2010-11. The number of other email enquiries received was around 2000, up from 1800 in 2011-12.

**VOLUNTEER SUPPORT**

**Leader Accreditation Department**

The Leader Accreditation Department started the year of this report with one new A/CLA, Laura Birch and two retired A/CLAs who have returned to the department. Unfortunately, despite a vigorous drive to recruit more volunteers to the department, we are still understaffed. As before, we have over a 100 new applications in this year from mothers interested in becoming Leaders but have had to use external support for one or two applications, to avoid too long a wait. The small team continues to support each other extensively via email and at our two meetings a year in London and we still hope for more Leaders to come forward and help out, even on a small scale.

**Welsh New Groups Project**

LLLGB has taken its New Groups Project to Wales, thanks to funding from the Oak Foundation. Three project areas, in Swansea, Monmouth, and North Wales, are providing workshops and one-to-one support to 21 isolated Leader Applicants. The applicants expect to be accredited between autumn 2013 and spring 2014, and they will co-lead at least ten new mother-to-mother LLL groups.

Here is what some of the Leader Applicants had to say about their experience of workshops:

- "I enjoyed meeting the Leaders and the other mothers who are as passionate about mothering through breastfeeding as I am!"
- The workshop refreshed my enthusiasm and confidence.
- I found the group dynamics exercise the most enjoyable/helpful part of the workshop as I learned so much from it.
- The workshop reminded me that my leadership preparation is a learning process.
- The workshop renewed my energy and focus.
- Please can we do more of the same!

We wish to thank the Oak Foundation as well as the Leaders involved in this project, which will make a significant contribution to the provision of mother-to-mother breastfeeding support in Wales.

**Leader Support**

The Leader Department aims to support Leaders in their work as volunteers through one to one contact with the Leader Department Director, District Coordinators (DC) and Support Leaders, through the organisation of workshops and conferences, and through regular contact with LLLGB via email, phone and monthly newsletter. Many Leaders also find support from La Leche League International's online Community Network. LLLGB has a Communication Skills Workshop programme (CS) to develop and enrich the skills used in leadership. LLLGB members are also welcome to attend these workshops. Every Leader receives the Leader Resource File, which is regularly updated, ensuring that all are up to date with policies and procedures.

During the year both regional workshops and a National Workshop were organized. The one day National Workshop (accompanying the AGM) was held in Newport, South Wales, attended by around 120 delegates, including Leaders, Leader Applicants and LLLGB members. There was a main speaker followed by a wide range of smaller sessions tailored to enhance ongoing training and of special interest to Leaders in their voluntary work.

**INFORMATION**

**Publications—Magazines**

The charity's flagship magazine for members, Breastfeeding Matters, continues to provide its readers with inspiring mothers' stories and LLLGB support on a bi-monthly basis. Fewer copies are being published due to a steady decline in membership. Feedback, our in-house magazine provides information about the activities of the charity for Leaders.

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**Booklets & Information Sheets**

During the year the Leaflet Team reprinted 12 breastfeeding titles and undertook minor revisions to a further 13, working in close cooperation with LLLGB Shop to ensure stock levels were maintained. The LLLGB Membership brochure and form were also revised and reprinted. Additionally, both *Hand Expression of Breastmilk* and *Twins and More* (previously called *Tips for Breastfeeding Twins*) received a complete rewrite with full consultation and a fresh layout.

Two brand new LLLGB booklets were published this year. *Birth & Breastfeeding*, a 16-page booklet, includes information on how labour and birth interventions can affect breastfeeding, with suggestions of ways to overcome problems. *Positioning & Attachment*, a 20-page full colour booklet, published in March 2013 features specially commissioned photographs to illustrate key principles underlying comfortable and effective positioning and attachment.

The team receive feedback from a committed Leader leaflet review group and members of the LLLGB Panel of Professional Advisors when developing texts. All our leaflets are shared with other LLL entities around the world. Some adapt the text and/or translate to meet local needs whilst others, such as LLL New Zealand, buy our printed leaflets to supply to their own Leaders and mothers.

**Website**

Our new and attractive website was launched in the spring. It now provides mothers' forums and the facility to search for a local LLL group by postcode, and is regularly updated with breastfeeding news and information.

**Professional Liaison**

La Leche League values working with other organisations that offer support to women in the areas of childbirth and breastfeeding, such as Best Beginnings, i-Lactation, ISIS, AIMS, Birthrights, Baby Friendly Initiative, Baby Milk Action and the Baby Cafe. We are represented at Baby Feeding Law Group meetings and offer input to some NICE reports. We are represented on the Baby Friendly Initiative group and were pleased to take part in a panel discussion at this year's Doula UK's conference, talking about the value of working together to support women and breastfeeding.

La Leche League has produced statements supporting the UNICEF report *Monitoring Disease and Saving Resources* and the Save the Children Fund's campaign to bring attention to the importance of breastfeeding.

We were delighted to learn that one of our LLL Leader's had been awarded the Association of Breastfeeding Mother's *Pam's Prize* for her support of breastfeeding mothers. Four more of our Leaders were nominated for this annual award.

**Public Relations and Media**

The launch of our new website and the popularity of Facebook pages has enable LLL to respond to press reports more widely, and quickly, and to share interesting news items and research about breastfeeding. These are well received and widely shared and help us maintain our reputation of accurate and measured responses. The facility on the website for PR and Media enquiries has been well used. La Leche League responds to regular enquiries from researchers, students, members of the public, journalists for magazine and newspapers, and television and radio producers. We also aim to address inaccurate comments about breastfeeding and LLL in the press and advertising.

**Our contributions in this area include:**

- Providing information for articles for Mother & Baby, Daily Mail, Australian Women's Weekly, and websites and blogs, including a Guest Blog on Mumsnet. The main areas of information asked for are relating to general breastfeeding support, sharing milk, and nursing older children. Questions from mothers are increasingly about breastfeeding and the law.
- Offering support to a new Breastfeeding Welcome Room at a shopping centre, with the hope that this might encourage women who feel nervous about going out with a new baby.
- Speaking on Radio Four's *Costing the Earth*, Radio West Midlands, and Five Live's *The Bump Club* and being asked for input by *Woman's Hour*.
- Responding to requests from a variety of television companies, including Chanel Four and the BBC.

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**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2013 (CONTINUED)**

- Responding to inaccurate information about LLL and breastfeeding, including a complaint to the *Daily Express* about an article by Judy Finnigan which made remarks about LLL, an article raising the inappropriate way breastfeeding supporters are often described in the media, and writing to the Trading Standards Authority about advertising which implied a need for cosmetic surgery after breastfeeding.
- Sending thanks to Chloe Fisher and Sally Inch for their work at the Oxford Breastfeeding Clinic.
- Sending congratulations to the Duke and Duchess of Cambridge on the news of their baby, and offering information about the support LLL can offer.
- Writing to Jo Swinson, MP, about the need for provision for breastfeeding mothers in the new Maternity, Paternity and Parental Leave proposals.
- Supplying press releases on current issues and for National Breastfeeding Week. Responding to numerous media enquiries during NBW
- Giving an interview to Finnish journalist for NBW which was a top story in the Finnish gbtimes. Talking to a journalist about the need for breastfeeding support.
- Providing posters for a maternity ward scene in a TV series, Hebburn.

**Trading Subsidiary – LLL Books Ltd (trading name La Leche League GB SHOP)**

2012-13 was a better year for our Shop, with a net profit of £3873, enabling us to Gift Aid £2000 to LLLGB. Gross profit for the year was £45,839 a small rise of £1800 on the previous year, mainly achieved by cutting staffing costs along with the dedication and commitment of our Shop Administration Manager. It is increasingly difficult to compete on price in the highly competitive online book sellers' market. However, LLLGB published booklets and information sheets remain popular and in the autumn we took on a part-time admin assistant for a few hours a week to ensure prompt fulfillment of orders. We attended the LLLGB National Workshop, UNICEF Baby Friendly Conference and the MAIN Conference to market our products and represent LLLGB.

**Education and Development**

The Education & Development Department (EDD)—has been gradually winding down its operations whilst ensuring its commitment to existing customers. The financial impact of NHS funding restrictions has brought this downturn in the Peer Counsellor Programme. There are tentative plans to move the department forward in a form that meets the new funding criteria of the NHS. This includes looking at the viability of setting up a Peer Support Programme as a new trading subsidiary of LLLGB. Closing down the format of the Peer Counsellor Programme was a difficult decision to make, but the Council of Directors felt that it was better to wind down existing commitment before looking at new ways forward. We are in the early stages of investigating current requirements with NHS and Council funding and client needs. We anticipate that the drop in breastfeeding rates in the UK since the new funding structure was brought in, will mean that demand for peer support services will rise.

**RELATED PARTIES**

**La Leche League International and La Leche League Europe**

Discussions are still on-going concerning the structural changes within the international organisation. In March our Admin Director Ellen Mateer attended the European Council Meeting.

**External Organisations**

La Leche League is an active member of the Breastfeeding Manifesto. We also contribute to the Baby Feeding Law Group, NICE, and Stakeholder meetings with the Department of Health. We are working with the Baby Café on the new Baby Café Locals. LLLGB was represented at the UNICEF conference and on the LLL European Council which met in Darmstadt in January. Regular contact is also maintained with the National Childbirth Trust, Best Beginnings, Baby Café, Baby Milk Action, the Royal College of Midwives and the World Alliance for Breastfeeding Action, Association of Breastfeeding Mothers and other likeminded groups.

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**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2013 (CONTINUED)**

At 31 March 2013 there were 855 subscribing family members and 47 health professional members on the database. These are down on 894 and 55 respectively for 2011-12. HP membership is far short of the traditional level of around 100 a few years ago, no doubt still exacerbated by cuts in the NHS as well as by the cessation of the of *Breastfeeding Abstracts* by LLLI.

**ADMINISTRATION and FINANCE**

The proportion of members Gift Aiding is 59%, slightly down on the previous year's 62%. The Gift Aid claim for 2012-13 is £3,504 (claimed at 25% of donations), compared to £3,598 for 2011-12. The accounts show total incoming resources for the year of £158,030, which is down on the 2012 figure of 178,291. This is largely due to the wind down of the Peer Counsellor Programme. Some of the charity's main sources of income are:

Donations £7,434  
Subscriptions £40,174  
Peer Counsellor Programme £34,949 (2012: 80,538)  
Grant from The Oak Foundation £14,246  
Publications £7,106

Costs have been met principally through subscriptions, rent and donations from the charity's trading subsidiary, income from courses and the Peer Counsellor Programme, grant income and donations.

The non-restricted grant from the Oak Foundation to further our work on developing new groups in Wales has been further utilised. We are once again grateful for the support of the various local funders and for grants to groups such as Café La Leche as well as donations from Mothers' Milk Books, H De Beau, S Cardus and Ken Blanchard Company. We are very grateful for those people who felt able to make a contribution to our work.

During the year La Leche League groups had a turnover of £30,551. This is reflected in the accounts. The Balance Sheet shows general funds of £112,336 of which £35,222 is in cash held by groups. La Leche League Great Britain will aim to maintain reserves in order to provide continuity of service provision. Unrestricted funds will be held in reserve for amounts of up to six months annual running costs to provide for any unexpected shortfall in funding. The level of reserves is considered adequate. The balance of restricted funds represents the unspent portion of the amount received from funders which is specifically earmarked for the completion of fund projects. During the year there was net outgoing of unrestricted funds of £9,170 (2012: £35,543), which will be taken from reserves. Sally Harris left her job as co administrator, and Sally Holden was appointed in her place. LLLGB thanks Sally Harris for all her work. Sally Holden has settled into her job well and has quickly learnt the ropes and we are pleased to have her in the Admin Team. Our new procedures and policies for dealing with credit cards, concerning payments and personal details, meet the new industry standards.

Electronic communications became more important, from June we started emailing memo, and later in the year emailed out the directory and email list and the AGM papers [those who need paper copies still get them]. We have made significant savings in printing, postage and staff time by doing this

As a result of the savings in copying paper (including more expensive coloured paper for quarterly returns) and in envelopes, our stationery bill fell by 56%, from £1121 in 2011/12 to £487 in 2012/13. Our photocopying contract is a standard charge plus a free allowance of copies, which we have never historically exceeded, however the life of the photocopier has been extended.

Risk Assessments and Insurance were reviewed and fire extinguishers and burglar alarm serviced.

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**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2013 (CONTINUED)**

**TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS**

Company law requires the Trustees to prepare financial statements that give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year. In doing so the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**INDEPENDENT EXAMINER**

Ms S Cottee FCCA of Net Accountancy Solutions LLP will be in office as independent examiner for the ensuing year.

**SMALL COMPANY PROVISIONS**

This report has been prepared in accordance with the special provisions relating to small companies under Part 15 of the Companies Act 2006.

**ON BEHALF OF THE BOARD**

HELEN RUSS

**LA LECHE LEAGUE GREAT BRITAIN LIMITED**  
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**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF LA LECHE LEAGUE GREAT BRITAIN LIMITED**

I report on the accounts of the Charitable Company for the year ended March 31, 2013, which are set out on pages 12 to 20.

**RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER**

The Charity's Trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. Even though the charity's gross income did not exceed £250,000 its governing document requires an independent examination and I am qualified to undertake the examination by being a qualified member of the ICAEW.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility:

- to examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by
- the Charity Commission under section 145 (5) (b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

**Basis of independent examiner's report**

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements
  - (a) to keep accounting records in accordance with section 386 of the Companies Act 2006; and
  - (b) to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mrs K Seagrave ACA  
Net Accountancy Solutions LLP  
Kestrel Lodge, Upper Hexgreave  
Farnsfield, Newark  
Nottinghamshire  
NG22 8LS  
Date \_\_\_\_\_

**LA LECHE LEAGUE GREAT BRITAIN**  
**(A Company limited by guarantee and not having share capital)**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**(INCLUDING INCOME AND EXPENDITURE ACCOUNT)**  
**FOR THE YEAR ENDED 31 MARCH 2013**

<b>INCOMING RESOURCES</b>		Unrestricted	Restricted	<b>31.03.13</b>	31.03.12
	Notes	£	£	<b>Total</b>	
				£	£
Incoming resources from generated funds:					
Voluntary income		47,608	23,276	<b>70,884</b>	57,909
Activities for generating funds		15,002	-	<b>15,002</b>	9,997
Investment income		9,398	-	<b>9,398</b>	6,026
Incoming resources from charitable activities		<u>62,746</u>	<u>-</u>	<b><u>62,746</u></b>	<u>104,359</u>
<b>Total Incoming Resources</b>	<b>1/2</b>	<b><u>134,754</u></b>	<b><u>23,276</u></b>	<b><u>158,030</u></b>	<b><u>178,291</u></b>
 <b>RESOURCES EXPENDED</b>					
Cost of generating funds:					
Cost of generating voluntary income	<b>3</b>	-	-	-	105
Fundraising trading: cost of goods sold & other goods	<b>3</b>	35,160	-	<b>35,160</b>	39,181
Charitable activities	<b>3</b>	98,646	11,175	<b>109,821</b>	156,092
Governance costs	<b>3</b>	<u>10,135</u>	<u>-</u>	<b><u>10,135</u></b>	<u>11,262</u>
<b>Total Resources Expended</b>	<b>3</b>	<b><u>143,941</u></b>	<b><u>11,175</u></b>	<b><u>155,116</u></b>	<b><u>206,640</u></b>
 <b>NET INCOMING RESOURCES FOR THE YEAR</b> net					
(expenditure)/income for the year		(9,187)	12,101	<b>2,914</b>	( 28,349)
Transfer between funds					-
Fund balances at 1 April,2012	<b>11</b>	<u>112,336</u>	<u>27,582</u>	<b><u>139,918</u></b>	<u>168,267</u>
Fund balances at 31 March,2013	<b>11</b>	<b><u>103,149</u></b>	<b><u>39,683</u></b>	<b><u>142,832</u></b>	<b><u>139,918</u></b>

The statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 13 to 18 form part of these accounts

**LA LECHE LEAGUE GREAT BRITAIN**  
(A Company limited by guarantee and not having share capital)  
**COMPANY NUMBER 1566925**

**BALANCE SHEET AS AT 31 MARCH 2013**

		<b>2013</b>	<b>2012</b>
	<b>Notes</b>	<b>£</b>	<b>£</b>
<b>FIXED ASSETS</b>			
Tangible	<b>5</b>	<b>575</b>	1,151
Investment in subsidiary	<b>4</b>	<b>10,000</b>	10,000
		<b>10,575</b>	11,151
<b>CURRENT ASSETS</b>			
Stock		<b>3,432</b>	3,843
Sundry debtors and prepayments	<b>6</b>	<b>24,898</b>	8,358
Balance at Charities Official Investment Fund		<b>87,216</b>	96,424
Cash in bank		<b>65,817</b>	113,974
		<b>181,363</b>	222,599
<b>CURRENT LIABILITIES-CREDITORS:</b>			
Amounts falling due within one year	<b>7</b>	<b>49,106</b>	93,832
<b>NET CURRENT ASSETS</b>		<b>132,257</b>	128,767
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<b>142,832</b>	139,918
<b>REPRESENTED BY:</b>			
<b>RESERVES:</b>			
<b>Unrestricted funds</b>			
Designated fund	<b>8</b>		-
General funds	<b>8</b>	<b>103,149</b>	112,336
		<b>103,149</b>	112,336
<b>Restricted funds</b>	<b>8</b>	<b>39,683</b>	27,582
	<b>11</b>	<b>142,832</b>	139,918

The Trustees are satisfied that the charitable company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the accounts for the year by virtue of section 477 and that no member or members have requested an audit pursuant to section 476 of the Act.

The Trustees acknowledge their responsibilities for:

- (i) ensuring that the charitable company keeps proper accounting records which comply with section 386 of the Act, and
- (ii) preparing accounts which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its surplus or deficiency for the financial year in accordance with the requirements of sections 394 and 395, and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006 and with the Financial Reporting Standard for Smaller Entities (effective April 2008). These financial statements were approved by the board of Trustees on \_\_\_\_\_ and signed on its behalf by:

\_\_\_\_\_  
- TRUSTEE

\_\_\_\_\_  
- TRUSTEE

The notes on pages 13 to 18 form part of these accounts

**LA LECHE LEAGUE GREAT BRITAIN**  
(A Company limited by guarantee and not having share capital)  
**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2013 (CONTINUED)**

## **1. ACCOUNTING POLICIES**

The financial statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice, Accounting and Reporting by Charities (SORP 2005) issued in March 2005, applicable UK Accounting Standards and the Companies Act 2006.

### **DONATIONS AND GRANTS**

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable, except as follows:

- When donors specify that donations and grants given to the charity must be used in future accounting periods, the income is deferred until those periods.
- When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.
- When donors specify that donations and grants, including capital grants, are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds receivable.

### **RESOURCES EXPENDED**

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered.

Certain expenditure is directly attributable to specific activities and has been included in those cost categories. Certain other costs, which are attributable to more than one activity, are apportioned across cost categories on the basis of an estimate of the proportion of time spent on those activities.

Charitable activities include expenditure associated with the provision of information, advice and support, and include both the direct costs and support costs relating to these activities.

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

### **CONSOLIDATION**

The Company is exempt from the requirements to prepare group accounts under 398 of the Companies Act 2006 as the group qualifies as a small size group and thus group accounts have not been prepared.

### **FIXED ASSETS**

Fixed assets are included in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of fixed assets over their estimated useful life of four years on a straight line basis. Assets costing under £50 are not normally capitalised.

**LA LECHE LEAGUE GREAT BRITAIN**  
(A Company limited by guarantee and not having a share capital)  
**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2013 (CONTINUED)**

**FUND ACCOUNTING**

Funds held by the charity are either:

- Unrestricted general funds – these are funds which can be used in accordance with the charitable objectives at the discretion of the Trustees.
- Restricted funds – these are 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.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**BRANCHES**

The operating results and net assets of branches of La Leche League Great Britain have been included in the Statement of Financial Activities and Balance Sheet.

**2. INCOMING RESOURCES**

	Unrestricted Funds	Restricted Funds	Total 31.03.13	Total 31.03.12
	£	£	£	£
<b>INCOMING RESOURCES</b>				
<b>Voluntary income</b>				
Grants receivable				
Department of Health	-	-		1,778
Oak Foundation	-	14,246	14,246	-
Others	-	9,030	9,030	15,748
Subscriptions	40,174	-	40,174	32,276
Donations	7,434	-	7,434	8,107
	<u>47,608</u>	<u>23,276</u>	<u>70,884</u>	<u>57,909</u>
<b>Investment income</b>				
Interest receivable	811	-	811	784
Rent receivable	8,587	-	8,587	5,242
	<u>9,398</u>	<u>-</u>	<u>9,398</u>	<u>6,026</u>
<b>Incoming resources from charitable activities</b>				
Publications	7,106	-	7,106	4,255
Peer Counsellor Programmes	34,949	-	34,949	80,538
Conference	1,400	-	1,400	8,902
Others	19,291	-	19,291	10,664
	<u>62,746</u>	<u>-</u>	<u>62,746</u>	<u>104,359</u>

**LA LECHE LEAGUE GREAT BRITAIN**

(A Company limited by guarantee and not having a share capital)

**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2013 (CONTINUED)**

**3. ANALYSIS OF TOTAL RESOURCES EXPENDED**

	<b>Costs of Generating Funds</b>	<b>Fundraising Trading</b>	<b>Information advice and support</b>	<b>Governance</b>	<b>2013 Total</b>	<b>2012 Total</b>
<b>Costs directly allocated to activities</b>	£	£	£	£	£	£
Salaries	-	-	36,686	-	<b>36,686</b>	40,062
Direct costs and materials	-	7,910	33,716	-	<b>41,626</b>	53,915
Publications and leaflets	-	26,838	70	-	<b>26,908</b>	32,117
Travel and accommodation	-	-	6,158	2,447	<b>8,605</b>	7,398
Communications	-	-	11,146	-	<b>11,146</b>	11,485
Training and conferences	-	-	940	450	<b>1,390</b>	8,557
Depreciation	-	-	-	576	<b>576</b>	576
Premises costs	-	-	14,793	-	<b>14,793</b>	25,588
Other costs	-	412	6,312	6,662	<b>13,386</b>	21,224
	<u>-</u>	<u>35,160</u>	<u>109,821</u>	<u>10,135</u>	<u>155,116</u>	<u>206,640</u>

**TOTAL RESOURCES EXPENDED INCLUDE THE FOLLOWING:**

	2013 £	2012 £
Depreciation	<b>576</b>	576
Management Committee remuneration	-	-
Auditors' remuneration – audit services	-	-
Management Committee expenses reimbursed: - Travel and incidental expenses of Trustees	<b>2,447</b>	<u>1,696</u>

In accordance with the Charity's Articles of Association, professional fees were paid to management committee members as follows:

	£	£
L. Smythe	<b>5,029</b>	-
B. Bhandari	<b>130</b>	-
L. Rowland	-	<b>399</b>
F. Simkiss	<b>400</b>	<b>1,447</b>

**Staff costs**

	£	£
Salaries and wages	<b>35,215</b>	38,384
Social Security costs	<b>1,471</b>	<u>1,678</u>
	<b>36,686</b>	<u>40,062</u>

The average number of employees during the year was 4 (2012: 4). No employee earned in excess of £60,000 (2012: £60,000)

**LA LECHE LEAGUE GREAT BRITAIN**  
(A Company limited by guarantee and not having share capital)  
**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2013 (CONTINUED)**

ANALYSIS OF GOVERNANCE COSTS:	2013	2012
	£	£
Independent Examination fees	<b>1,020</b>	1,812
Legal and professional fees	<b>1,481</b>	6,417
Costs of Trustee travel and subsistence	<b>2,447</b>	1,696
Annual report	-	80
LLLGB International conference and meetings	<b>790</b>	589
Bad debts	<b>3,544</b>	-
Other costs	<b>853</b>	668
	<u><b>10,135</b></u>	<u>11,262</u>

**4. INVESTMENT IN SUBSIDIARY**

	2013	2012
	£	£
10,000 £1 Ordinary Shares in LLL (Books) Ltd	<u><b>10,000</b></u>	<u>10,000</u>

The Company owns 100% of the ordinary share capital of LLL (Books) Ltd., a company incorporated in England. LLL (Books) Ltd. is a trading company selling books on breastfeeding, child care and family life to La Leche League Leaders, members and the general public. Profits not needed for development are donated to the charity. At 31 March 2013 the aggregate capital and reserves of LLL (Books) Ltd. were as follows:

Aggregate capital		£
Reserves		<b>10,000</b>
		<u><b>25,503</b></u>
		<u><b>35,503</b></u>
The net assets of LLL (Books) Ltd at 31 March 2013 comprise:		
Tangible fixed assets		<b>1,042</b>
Stock		<b>20,875</b>
Debtors		<b>9,661</b>
Cash at Bank		<u><b>20,893</b></u>
		<u><b>51,429</b></u>
Less Creditors (including amounts due to group undertakings as below)		<b>16,968</b>
LLL International	-	
LLLGB	<u><b>4,743</b></u>	
		<u><b>35,503</b></u>

**LA LECHE LEAGUE GREAT BRITAIN**  
(A Company limited by guarantee and not having share capital)  
**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2013 (CONTINUED)**

During the year LLL (Books) Ltd sold books to La Leche League Great Britain and its groups to the value of £24,278 (2012: £32,325).

The company charged LLL (Books) Ltd rent of £5,222 (2012: £4,804) during the year.

LLL (Books) Ltd made a profit of £1,873, after taxation (2012: £1,822 loss) in the year ended 31 March 2013.

**5. FIXED ASSETS**

<b>COST</b>	<b>Office equipment £</b>
Balance at 1 April, 2012	<b>9,522</b>
Additions	-
Disposals	-
Balance at 31 March, 2013	<b><u>9,522</u></b>
<b>DEPRECIATION</b>	
Balance at 1 April, 2012	<b>8,371</b>
Provision in year	<b>576</b>
Disposals	-
Balance at 31 March, 2013	<b><u>8,947</u></b>
<b>NET BOOK VALUE</b>	
At 1 April, 2012	<b><u>1,151</u></b>
At 31 March, 2013	<b><u>575</u></b>

**6. DEBTORS**

	<b>2013 £</b>	<b>2012 £</b>
Amounts due for Peer Counsellor Programme	<b>2,597</b>	3,094
Sundry debtors	<b>22,301</b>	5,264
	<b><u>24,898</u></b>	<b><u>8,358</u></b>

**7. CREDITORS**

	<b>2013 £</b>	<b>2012 £</b>
Amounts falling due within one year:		
Peer Counsellor Programme Income in advance	<b>11,875</b>	39,001
Other income in advance	<b>22,869</b>	38,975
Trade creditors	<b>11,245</b>	12,340
Other creditors and accruals	<b>3,117</b>	3,516
	<b><u>49,106</u></b>	<b><u>93,832</u></b>

**LA LECHE LEAGUE GREAT BRITAIN**

(A Company limited by guarantee and not having share capital)

**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2013 (CONTINUED)**

**8. ANALYSIS OF NET ASSETS BETWEEN FUNDS**

	<b>Fixed Assets £</b>	<b>Net current Assets £</b>	<b>2013 Total £</b>	<b>2012 Total £</b>
<b>Unrestricted</b>				
Designated fund	-	-	-	-
General funds	10,575	92,574	<b>103,149</b>	112,336
<b>Restricted</b>	-	<u>39,683</u>	<b><u>39,683</u></b>	<u>27,582</u>
<b>Total</b>	<b><u>10,575</u></b>	<b><u>132,257</u></b>	<b><u>142,832</u></b>	<b><u>139,918</u></b>

**9. RESERVE CAPITAL**

The Company is limited by guarantee with no authorised share capital.

The amounts guaranteed in the nature of reserve capital are £262. These amounts are only capable of being called up for the purposes of winding up the Company.

**10. RESTRICTED FUNDS**

Restricted funds relate to the following programmes:

- Department of Health funding for "Community Breastfeeding Classes"
- 'Awards for All' and other grants for group activities
- Department of Health funding for Leader training
- Oak Foundation Fund provides general support focusing on low income families in Wales.

**11. MOVEMENTS IN FUNDS**

	<b>Balance at 01.04.12 £</b>	<b>Incoming resources £</b>	<b>Resources used £</b>	<b>Transfers £</b>	<b>Balance at 31.03.13 £</b>
<b>RESTRICTED FUNDS:</b>					
'Awards for All' and other grants to groups	31,865	9,030	1,269	-	<b>39,626</b>
Leader training (DHS64 Grant)	(1,562)	-	102	-	<b>(1,664)</b>
Oak Foundation	<u>(2,721)</u>	<u>14,246</u>	<u>9,804</u>	-	<u><b>1,721</b></u>
Total restricted funds	<b><u>27,582</u></b>	<b><u>23,276</u></b>	<b><u>11,175</u></b>	-	<b><u>39,683</u></b>
<b>UNRESTRICTED FUNDS:</b>					
General funds	<u>112,336</u>	<u>134,754</u>	<u>143,941</u>	-	<b><u>103,149</u></b>
Total unrestricted funds	<b><u>112,336</u></b>	<b><u>134,754</u></b>	<b><u>143,941</u></b>	-	<b><u>103,149</u></b>
<b>TOTAL FUNDS</b>	<b><u>139,918</u></b>	<b><u>158,030</u></b>	<b><u>155,116</u></b>	-	<b><u>142,832</u></b>