



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

LA LECHE LEAGUE GREAT BRITAIN
(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 2014**
Company Number 1566925
Charity Number 283771

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LA LECHE LEAGUE GREAT BRITAIN

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CHAIR'S REPORT FOR ANNUAL FINANCIAL STATEMENTS

This year's main challenge has been a major focus on making La Leche League GB (LLLGB) sustainable financially. LLLGB are blessed with a large and hardworking group of volunteers and are delighted that our accredited Leader numbers have grown again this year, and more of those Leaders are feeling able to take on extra roles within departments. This has enabled LLLGB to safe guard valuable funds and focus on our core mission to offer information and support to mothers throughout Great Britain.

Our Council of Directors is working well as a team, currently restructuring and updating our LLLGB administration and finance systems, to improve efficiency and cut costs, again willing volunteers have made this possible by taking on administrative tasks where needed.

Our Publications team continues to produce and update our excellent leaflets and we have a dedicated group of Leaders working on continued improvements to our website.

Our Help form team continues to answer an incredible amount of enquiries, our 24/7 Helpline is very well used, and our Shop, after a temporary period of closure, is now streamlined and will provide an efficient and friendly service to Leaders, members and the wider public.

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. During the past year social media guidelines for LLLGB groups have been put in place, to ensure that social media groups are used respectfully and are closely monitored to provide accurate information and consistent support to mothers.

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 nine 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.

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

Chair of the La Leche League Great Britain Council of Directors

LA LECHE LEAGUE GREAT BRITAIN

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REPORT OF THE TRUSTEES

The Trustees present their report and financial statements for the year ended 31 March 2014.

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

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

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

DIRECTORS

The following persons have served during the year.

Ruth Anscombe

Benaifer Bhandari

Efrat Burman

Fiona Simkiss (Jones)

Ellen Mateer

Sadie Morrison (resigned February 2014)

Lois Rowland

Helen Russ

Rebecca Jenkins - Handy

Morgan Gallagher (resigned April 2014)

Lesley Smythe

Eden Anderson

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

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

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2014 (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, in addition to working on plans to cut costs/raise money in order to secure our financial future. 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.

LA LECHE LEAGUE GREAT BRITAIN

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2014 (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 260 Leader members at 31 March 2014 (256 Leader-members at 31 March 2013, 262 at 31 March 2012) 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.

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.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2014 (CONTINUED)

RISK MANAGEMENT

Risks facing the organisation were reassessed in 2013 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. Risks associated with the costs of our infrastructure; we have moved to a new database which has enabled much efficiency, particularly in the way we process memberships. We have moved from annual memberships to rolling memberships. At the very end of the financial year we reviewed our staffing needs and our office space requirements with a view to making some significant cost savings in 2014/15.

Risks associated with the economic links between the trading subsidiary (LLL (Books) Ltd.) and LLLGB.

Risks associated with the links to La Leche League International, our parent organisation who are facing similar financial challenges to us. Discussions about possible new agreements and cost-sharing arrangements are on-going. We made great progress with this and we have honoured our financial obligations to LLLI over this past year.

Risks associated with lack of general funds from memberships and donations. Some fundraising has been done, but declining memberships continue to be a problem. We now have a trustee (Efrat Burnham) focused on fundraising with several schemes - including text message donations - planned for 2014.15. Efrat is also looking at raising funds from grants and trusts.

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 the Welsh New Groups Project).

SUPPORT

Mother-to-mother support - LLLGB Local Groups, LLLGB Telephone Helpline, LLLGB Online Helpforms, social media.

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 2013-14, 82 groups met regularly throughout England, Scotland and Wales. The number of contacts with mothers through Groups and one-to-one, by local Leaders, in 2013-14 was 12,399, a decrease on the figure of 14,492 recorded in 2012-13 but higher than 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, 'My parenting world revolves around LLL. It's what we look forward to - seeing everyone, making friends, enjoying mummy company, seeing the young play together, having such excellent wisdom and support on breastfeeding and other parenting aspects. From just two hours a week so many women have support all week that runs across the Facebook group and events that come as a result of LLL. My son is nine months old now - I first went to LLL when he was 11 days old and I was really struggling with breastfeeding. Paula Hinson was incredible - offering the kindness and advice I so desperately needed (and still draw upon!). I'm so glad that LLL exists - it is these grassroots efforts that change the world for the better. Thank you so much to all the Leaders who generously give up their time to create and nurture this wonderful community'

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2014 (CONTINUED)

National Helpline

The number of calls to the LLLGB Helpline was 14,034 in 2013-14, there were 6498 different callers. The total number of call minutes was 61062. The largest number of calls came from mobiles and the top four locations for Helpline calls are London then Edinburgh, Manchester and Bristol. More mothers are also turning to LLLGB group websites and Facebook pages for information.

Online Helpforms

There were 643 Helpforms answered in 2013-14, down from last year's figure of 880. This may be because we have better links to the LLLI website on the helpform page and we suggest that mums refer to that before submitting their helpform.

VOLUNTEER SUPPORT

Leader Accreditation Department

With the essential changes being made to LLLGB in order for us to survive have come necessary changes to the LAD too - including an increase in the application fee to include the accreditation fee and increased cost of postage and packing of resources. We have also streamlined all the administration to make the transfer of all information quicker, cheaper and greener. This has resulted in a drop in applications received, but we had anticipated this and predict an increase once Leaders become accustomed to the new fee and method of application. LADGB's presence internationally continues to be important and there is still a steadily increasing interest in our wonderful Leader Applicant Handbook, particularly in countries with a lot of isolated applicants. We have been taking joy in the number of translations which have taken place.

Welsh New Groups Project

LLLGB has taken its New Groups Project to Wales, thanks to funding from the Oak Foundation. Three new Leaders opened groups in 2013/14 (one new group in North Wales and one group being co-led by two Leaders in South Wales) and the project continues to support 16 isolated Leader applicants across three areas - Swansea, Monmouth, and North Wales. The applicants expect to be accredited in 2014/15, and they will co-lead at least ten new mother-to-mother LLL groups.

Here are some quotes from some of the women the project has touched:

- The support I had throughout my application and setting up my LLL group has been invaluable
- The information sheets and books that the project provided for our group are fantastic, so professional
- I attended the first meeting of LLL Llandudno. It was such a supportive atmosphere. The Leader was really helpful and it was really nice to see so many Health Visitors popping in to wish the group well.

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. 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 organised. The one day National Workshop (accompanying the AGM) was held in Coventry, attended by around 90 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.

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INFORMATION

Publications—Magazines

The charity's magazine for members, *Breastfeeding Matters*, continues to provide its readers with inspiring mothers' stories and LLLGB support on a bi-monthly basis.

Feedback, our in-house magazine provides information about the activities of the charity for Leaders.

Leaflets Team: Booklets & Information Sheets

During 2013-14 nine titles were reprinted, seven with minor revisions, as stocks ran out. The popular A4 *Rhythms and Routines* received a complete refresh, with review consultation. The team also worked on a new A4 information sheet *Expressing Your Milk* which went to print in March 2014. This is the missing link in our comprehensive range of titles covering separation and returning to work and brings our home-grown total to 39 different A4 sheets, 8 A3 folded sheets and 4 stapled booklets. An agreement was also made with LLL New Zealand, enabling them to print LLLGB information sheets under licence.

We bade farewell to Karen Butler who retired as Assistant Coordinator of the Leaflets Team and as an LLL Leader for health reasons. Since 2006 Karen has been a key driving force behind the work done by the team, in particular for her ability to collate and analyse research references and her ruthless attention to the smallest detail.

Thanks go to all members of the Leader leaflet review group and members of the LLLGB Panel of Professional Advisors for their contribution to our work on leaflets.

Website

Anna Burbidge our PR and Media Director regularly writes articles for the website about the latest research and developments pertinent to breastfeeding and in response to items in the news about breastfeeding. We have a popular and active Facebook page.

Professional Liaison

La Leche League GB 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*, *Lactation Consultants of GB*, *ABM*, *NCT*, *Baby Milk Action* and *the Baby Cafe*. We are represented at *Baby Feeding Law Group* meetings and the *Baby Friendly Initiative* group. We support National Breastfeeding Week, World Breastfeeding Week and the *World Alliance for Breastfeeding Action*.

We were delighted to learn that, for the second year running, one of our LLL Leaders had been awarded the Association of Breastfeeding Mother's *Pam's Prize* for her support of breastfeeding mothers. This was presented at the ABM's conference.

We are often included in discussions on various initiatives connected to breastfeeding. LLLGB has submitted official responses to the *World Health Organisation's* Every Newborn: an action plan, and *NICE's* Consultation on co-sleeping and the risk of Sudden Infant Death Syndrome.

We are looking at information from the *All Parliamentary report on Child Obesity*, and the *European Commission Expert Group* on food intended for infants and young children. Following on from the media interest in financial incentives for breastfeeding we are in contact with Professor Mary Renfrew and Dr Cathy Relton to keep updated on the study.

We are often contacted by researchers, university lecturers, students, trainee health visitors, student midwives and nurses who ask for information about LLL or breastfeeding. We also have enquiries about breastfeeding talks and helping at baby shows, and we supplied information for an article being written for *Nursing in Practise*.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2014 (CONTINUED)

Public Relations and Media

Since the launch of our new website we have uploaded regular articles responding to research and news items. Several of our articles have been referenced by others. We have also provided articles for other websites. La Leche League GB is recognised as a source of accurate, balanced and sensible information.

We also aim to address inaccurate comments about breastfeeding and LLL in the press and advertising and often hear from members of the public who want to draw our attention to inaccurate reporting about breastfeeding. For instance, we contacted *Sports Relief* about a misleading report on their fund-raising programme and *Heat* magazine about an advert for cosmetic surgery.

LLLGB has continued to increase its use of social media to interact with others. Our Facebook pages are extremely popular and articles posted on Facebook are widely shared, and promote visits to the website. Our Twitter Team continues to gain followers.

We receive requests for information from radio stations, television channels, production companies, newspapers, magazines and journalists. Topical news stories generate a lot of enquiries but the majority of enquiries have been about breastfeeding in public spaces, breastfeeding and the law, full-term breastfeeding and breastfeeding and alcohol.

Our contributions in this area include:

- Leaders representing LLLGB on Channel Four News, local News and on the television programme *Loose Women*.
- Leaders representing LLLGB on various radio stations and providing a statement on the support we give to non-sighted mothers.
- Writing an article for Green Parenting and contributing to several articles for newspapers, including the Daily Express, Daily Telegraph and The Sun, and for magazines, including Mother & Baby.
- Taking part in a live web chat on a mother's forum.
- Providing comments for a new children's book about breastfeeding.
- *Sweet Sleep*, a new book produced for La Leche League International has given LLL the opportunity to share accurate information about breastfeeding and bed-sharing.

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

The LLLGB Shop had a disappointing year, with a drop in gross income leading to an overall loss at year end. This has resulted in plans being put in place to restructure our way of operating for 2014–15 to reduce overheads. We had a successful presence at the LCGB Conference in April 2013 and in the autumn attended The Baby Café Conference, the Normal Birth Conference, Unicef Baby Friendly Conference and of course LLLGB's own Conference.

Education and Development

The Education & Development Department (EDD)– There are tentative plans to move the department forward in a form that meets the new funding criteria and needs of the NHS. We are in the early stages of investigating current requirements within the NHS and are building links with UNICEF Baby Friendly, the National Infant Feeding Network (NIFN) and other breastfeeding support organisations. 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. We continue to offer an annual licence to Peer Counsellor Programme administrators for the continued use of the curriculum and the facility to purchase the required LLLGB resources, as and when required for the continued training of peer counsellors.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2014 (CONTINUED)

RELATED PARTIES

La Leche League International and La Leche League Europe/LLLI

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 in Frankfurt; and along with Fiona Simkiss and Benaifer Bhandari represented LLLGB at the LLLI European Management Symposium where they had some fruitful discussions regarding the cost sharing relationship between LLLGB and our parent LLLI. Fiona Simkiss and Efrat Burman joined the LLLI Global Leaders Committee (GLC) formed to discuss issues that affect Leaders worldwide such as our cost sharing arrangements, our insurance and the LLLI website. The GLC will meet quarterly by conference call.

External Organisations

La Leche League contributes to the Baby Feeding Law Group, NICE, and Stakeholder meetings with the Department of Health. LLLGB was represented at the UNICEF conference and on the LLL European Council which met in Frankfurt in March. 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.

At 31 March 2014 there were 762 subscribing family members and 43 health professional members members on the database. These are down on 855 and 47 respectively for 2012-13. 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 Gift Aid claim for 2013-14 is £3,398 (claimed at 25% of donations), compared to £3,504 for 2012-13. The accounts show total incoming resources for the year of £140,878, which is down on the 2013 figure of 158,030. This is largely due to the continued wind down of the Peer Counsellor Programme, which is now nearly complete, with just a few License Lite clients remaining. Membership subscriptions have also reduced, although general donations increased in response to a plea for such donations. Some of the charity's main sources of income are:

Donations £15,570 (2013: 7,434)

Subscriptions £32,355 (2013: £40,174)

Peer Counsellor Programme £13,119 (2013: 34,949)

Grant from The Oak Foundation £7,391 (2013: £14,246)

Publications £8,788 (2013: £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 individuals. 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 £38,358 (2013: 30,551). This is reflected in the accounts. The Balance Sheet includes £29,941 cash held by groups.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH, 2014 (CONTINUED)

ADMINISTRATION and FINANCE (CONTINUED)

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 £21,563 (2013: £9,170, which will be taken from reserves).

As it was expected that expenditure would exceed income in the financial year, the Council of Directors began a process of review to identify inefficiencies and potential cost savings. This review had been conducted and an action plan developed at the end of the year, although implementing the plan had only just been started. The directors will continue to implement the changes they have identified as needed to in the next financial year.

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, 2014 (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

Mrs K Seagrave ACA 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
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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF LA LECHE LEAGUE GREAT BRITAIN

I report on the accounts of the Charitable Company for the year ended March 31, 2014, which are set out on pages 12 to 19.

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 2014

INCOMING RESOURCES		Unrestricted	Restricted	31.03.14	31.03.13
	Notes	£	£	Total	£
				£	
Incoming resources from generated funds:					
Voluntary income		59,120	25,126	84,246	70,884
Activities for generating funds		8,750	-	8,750	15,002
Investment income		8,087	-	8,087	9,398
Incoming resources from charitable activities		<u>39,795</u>	<u>-</u>	<u>39,795</u>	<u>62,746</u>
Total Incoming Resources	1/2	<u>115,752</u>	<u>25,126</u>	<u>140,878</u>	<u>158,030</u>
 RESOURCES EXPENDED					
Cost of generating funds:					
Cost of generating voluntary income	3	-	-	-	-
Fundraising trading: cost of goods sold & other goods	3	30,370	-	30,370	35,160
Charitable activities	3	99,697	23,511	123,208	109,821
Governance costs	3	<u>7,248</u>	<u>-</u>	<u>7,248</u>	<u>10,135</u>
Total Resources Expended	3	<u>137,315</u>	<u>23,511</u>	<u>160,826</u>	<u>155,116</u>
 NET INCOMING RESOURCES FOR THE YEAR net					
(expenditure)/income for the year		(21,563)	1,615	(19,948)	2,914
 Transfer between funds					-
 Fund balances at 1 April,2013	11	<u>103,149</u>	<u>39,683</u>	<u>142,832</u>	<u>139,918</u>
Fund balances at 31 March,2014	11	<u>81,586</u>	<u>41,298</u>	<u>122,884</u>	<u>142,832</u>

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

The notes on pages 14 to 19 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 2014

		2014	2013
	Notes	£	£
FIXED ASSETS			
Tangible	5	-	575
Investment in subsidiary	4	<u>10,000</u>	<u>10,000</u>
		10,000	10,575
CURRENT ASSETS			
Stock		432	3,432
Sundry debtors and prepayments	6	18,601	24,898
Balance at Charities Official Investment Fund		77,573	87,216
Cash in bank		<u>47,821</u>	<u>65,817</u>
		144,427	181,363
CURRENT LIABILITIES-CREDITORS:			
Amounts falling due within one year	7	<u>31,543</u>	<u>49,106</u>
NET CURRENT ASSETS		<u>112,884</u>	<u>132,257</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>122,884</u>	<u>142,832</u>
REPRESENTED BY:			
RESERVES:			
Unrestricted funds			
Designated fund	8	-	-
General funds	8	<u>81,586</u>	<u>103,149</u>
		81,586	103,149
Restricted funds	8	<u>41,298</u>	<u>39,683</u>
	11	<u>122,884</u>	<u>142,832</u>

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 14 to 19 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 2014 (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 2014 (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 31.03.14	Total 31.03.13
	£	£	£	£
INCOMING RESOURCES				
Voluntary income				
Grants receivable				
Department of Health	-	-	-	-
Oak Foundation	-	6,542	6,542	14,246
Others	-	18,584	18,584	9,030
Subscriptions	32,843	-	32,843	40,174
Donations	26,277	-	26,277	7,434
	<u>59,120</u>	<u>25,126</u>	<u>84,246</u>	<u>70,884</u>
Investment income				
Interest receivable	365	-	365	811
Rent receivable	5,914	-	5,914	8,587
Commission receivable	1,808	-	1,808	-
	<u>8,087</u>	<u>-</u>	<u>8,087</u>	<u>9,398</u>
Incoming resources from charitable activities				
Publications	2,138	-	2,138	7,106
Peer Counsellor Programmes	15,212	-	15,212	34,949
Conference	6,169	-	6,169	1,400
Others	16,276	-	16,276	19,291
	<u>39,795</u>	<u>-</u>	<u>39,795</u>	<u>62,746</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 2014 (CONTINUED)

3. ANALYSIS OF TOTAL RESOURCES EXPENDED

	Costs of Generating Funds	Fundraising Trading	Information advice and support	Governance	2014 Total	2013 Total
Costs directly allocated to activities	£	£	£	£	£	£
Salaries	-	-	35,125	-	35,125	36,686
Direct costs and materials	-	9,183	47,533	-	56,716	41,626
Publications and leaflets	-	21,187	317	-	21,504	26,908
Travel and accommodation	-	-	2,117	3,532	5,649	8,605
Communications	-	-	8,764	-	8,764	11,146
Training and conferences	-	-	6,672	1,629	8,301	1,390
Depreciation	-	-	-	576	576	576
Premises costs	-	-	12,275	-	12,275	14,793
Other costs	-	-	10,405	1,511	11,916	13,386
	<u>-</u>	<u>30,370</u>	<u>123,208</u>	<u>7,248</u>	<u>160,826</u>	<u>155,116</u>

TOTAL RESOURCES EXPENDED INCLUDE THE FOLLOWING:

	2014 £	2013 £
Depreciation	576	576
Management Committee remuneration	-	-
Auditors' remuneration – audit services	-	-
Management Committee expenses reimbursed: - Travel and incidental expenses of Trustees	<u>3,532</u>	<u>2,447</u>

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

	£	£
L. Smythe	1,619	5,029
B. Bhandari	-	130
F. Simkiss	600	400

Staff costs

	£	£
Salaries and wages	33,830	35,215
Social Security costs	<u>1,295</u>	<u>1,471</u>
	<u>35,125</u>	<u>36,686</u>

The average number of employees during the year was 4 (2013: 4). No employee earned in excess of £60,000 (2013: £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 2014 (CONTINUED)

ANALYSIS OF GOVERNANCE COSTS:	2014	2013
	£	£
Independent Examination fees	1,020	1,020
Legal and professional fees	120	1,481
Costs of Trustee travel and subsistence	3,532	2,447
Annual report	-	-
LLLGB International conference and meetings	1,629	790
Bad debts	-	3,544
Other costs	947	853
	<u>7,248</u>	<u>10,135</u>

4. INVESTMENT IN SUBSIDIARY

	2014	2013
	£	£
10,000 £1 Ordinary Shares in LLL (Books) Ltd	<u>10,000</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 2014 the aggregate capital and reserves of LLL (Books) Ltd. were as follows:

	£
Aggregate capital	10,000
Reserves	<u>10,694</u>
	<u>20,694</u>

The net assets of LLL (Books) Ltd at 31 March 2014 comprise:

Tangible fixed assets	613
Stock	17,027
Debtors	3,634
Cash at Bank	<u>37,013</u>
	<u>58,287</u>

Less Creditors (including amounts due to group undertakings as below)

Amounts owed to the group	4,107
Other creditors	<u>33,486</u>
	<u>37,593</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 2014 (CONTINUED)

During the year LLL (Books) Ltd sold books to La Leche League Great Britain and its groups to the value of £16,221 (2013: £24,278).

The company charged LLL (Books) Ltd rent of £5,914 (2013: £5,222) during the year.

LLL (Books) Ltd made a (loss)/profit of (£14,809), after taxation (2013: £1,873) in the year ended 31 March 2014.

5. FIXED ASSETS

COST	Office equipment £
Balance at 1 April, 2013	9,522
Additions	-
Disposals	-
	<u> </u>
Balance at 31 March, 2014	<u>9,522</u>
 DEPRECIATION	
Balance at 1 April, 2013	8,947
Provision in year	575
Disposals	-
	<u> </u>
Balance at 31 March, 2014	<u>9,522</u>
 NET BOOK VALUE	
At 1 April, 2013	<u>575</u>
At 31 March, 2014	<u>-</u>

6. DEBTORS

	2014 £	2013 £
Amounts due for Peer Counsellor Programme	620	2,597
Sundry debtors	17,981	22,301
	<u> </u>	<u> </u>
	<u>18,601</u>	<u>24,898</u>

7. CREDITORS

	2014 £	2013 £
Amounts falling due within one year:		
Peer Counsellor Programme Income in advance	1,875	11,875
Other income in advance	16,123	22,869
Trade creditors	12,038	11,245
Other creditors and accruals	1,507	3,117
	<u> </u>	<u> </u>
	<u>31,543</u>	<u>49,106</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 2014 CONTINUED)

8. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Fixed	Net	2014	2013
	Assets	current	Total	Total
	£	Assets	£	£
		£		
Unrestricted				
Designated fund	-	-	-	-
General funds	10,000	71,586	81,586	103,149
Restricted	-	41,298	41,298	39,683
Total	10,000	112,884	122,884	142,832

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

	Balance at	Incoming	Resources	Transfers	Balance at
	01.04.13	resources	used		31.03.14
	£	£	£	£	£
RESTRICTED FUNDS:					
'Awards for All' and other grants to groups	39,626	18,584	17,820	-	40,390
Leader training (DHS64 Grant)	(1,664)	-		-	(1,664)
Oak Foundation	1,721	6,542	5,691	-	2,572
Total restricted funds	39,683	25,126	23,511	-	41,298
UNRESTRICTED FUNDS:					
General funds	103,149	115,752	137,315	-	81,586
Total unrestricted funds	103,149	115,752	137,315	-	81,586
TOTAL FUNDS	142,832	140,878	160,826	-	122,884