

L A T N E M

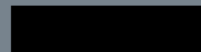


MENTAL HEALTH PEER SUPPORT
FOR MUMS AND BIRTHING PEOPLE

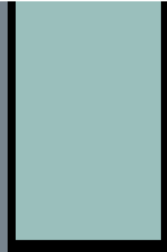
Trustees Annual Report

PERIOD FROM 1ST APRIL 2024 TO 31ST MARCH 2025

Signed by



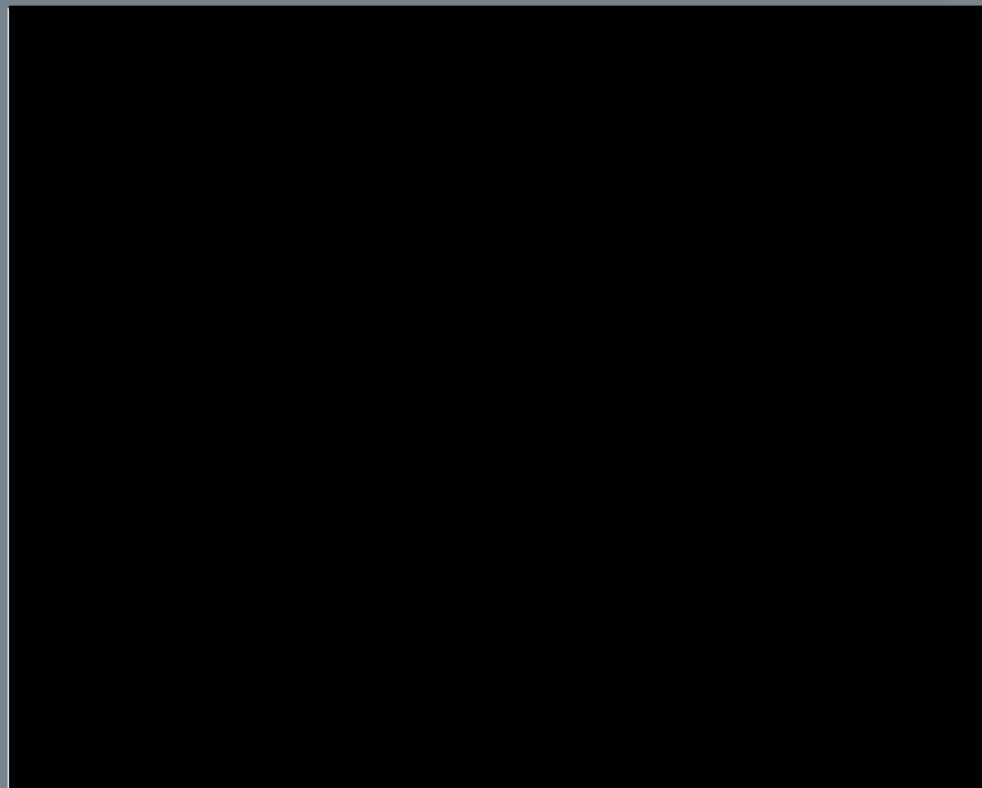
Secretary
13th October 2025



Let's All Talk North East Mums (LATNEM)

Scottish Charity Number: SC051029

Charity Contact Information



Charity Trustees

Following our collaboration with the Accelerate programme to advance LATNEM, the charity underwent a significant governance transition.

In October 2024, the co-founders became LATNEM's first employees, and a new board of trustees was established to guide the charity into its next phase. A total of nine trustees were inducted on 21 October 2024.

As of 31 March 2025, the board comprises seven members:

Our new Chair,
was appointed on 21 October 2024
to lead LATNEM's Board of Trustees.

NEED A CHAT AND A BREW?

We are here for you!

LATNEM



LATNEM's governing document is a SCIO Constitution (two tier).

It sets out our purpose, structure and describes how we operate.

Our trustees must make sure that the charity complies with its governing document.

Our Aims and Objectives

LATNEM aim to promote and protect the mental health of women, birthing people and their families by providing a free, comprehensive peer support service, which is a safe, judgement free space to seek support with their mental health when they need it.

LATNEM's objectives are:

To provide a free, easily accessible forum for support with no need for referral, no waiting list or complex booking.

To provide appropriate emotional and practical support, information and advice to women and birthing people who are suffering with mental ill health.

To provide a service that is culturally appropriate ensuring that people from Black, Asian and Minority Ethnic, and LGBTQ+ communities are supported with their mental health.

To enable the families of people with mental health problems to support them, by providing support and free resources such as books for children which explain mental health and what their parent may be going through, and books for the families of those living with maternal mental ill health about how to support them and look after themselves too.

Activities

Throughout the year, LATNEM provided a diverse range of support services and activities for our service users.

These included Group Peer Support, One-to-One Support, Walk and Talks, Crafternoons, Mindfulness Classes, Creative Journaling, Group Psychology, Social Events, Play Dates, and a Resource Library of self-help books.

Key highlights from the year's programme include:

Mama's Singing Circle: A new 'Mama's Singing Circle' with _____ from 'This Spirit Sings' offered a unique form of self-care. It allowed participants to connect and support one another through the shared experience of song, bringing hearts, minds, and voices together.

Playdates: We arranged exclusive-use of 'PlaytownPlaydown', providing a safe and non-judgemental environment for our service users to enjoy playtime with their children in the company of other LATNEM members and volunteers.

Mindful Crafternoons: Participants enjoyed a variety of therapeutic and creative activities, including making festive wreaths and stuffed pumpkins, which they hand-sewed and decorated themselves.

Current Projects

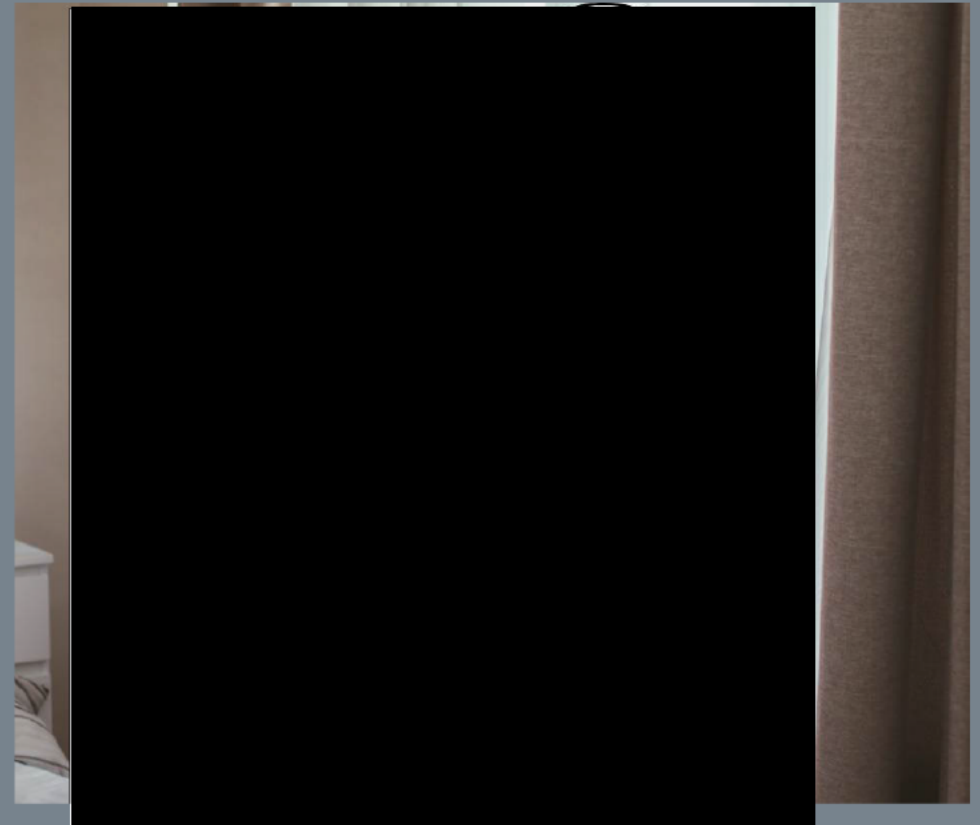
The Practical Help Project

"How can I speak about suicide in front of my children?"
This is a direct quote from one of our service users.

LATNEM provide childcare via a registered nanny service to allow service users to attend appointments for their mental health without their children present, so that they can be honest about their mental health and fully engage in therapy without distractions - enabling them to get better, sooner.

We are delighted to work with Thank Evans Childcare Agency Ltd to provide nanny's to our service users in Aberdeen City and Aberdeenshire, and work with a number of childminders across wider Scotland to ensure this project benefits as many service users as possible.

This year **LATNEM** provided **339** hours of childcare via this project!



Current Projects

The Access for All Project

Too often, we see the mental health of our service users decline while they wait to access NHS mental health services and so we provide support via our “Access for All” Project.

This project removes the financial barrier for our service users to access private perinatal mental health treatments.

During this period, LATNEM have provided:

- ❑ **85 hours** of specialist perinatal counselling to service users whose mental health was deteriorating while they waited for access to NHS mental health services.
- ❑ **29 hours** of private Psychology for mums in mental health crisis
- ❑ **3.5 hours** of Postnatal Doula Care for a mum with Postnatal Depression
- ❑ Group Mindfulness sessions for **38** service users
- ❑ Group Psychology sessions with a perinatal psychologist for **49** service users
- ❑ Relax and Stretch session for **12** service users

These service users would still be waiting for this specialist support if **LATNEM** hadn't made the payments on their behalf to provide the professional mental health support they needed.

Current Projects

Maternal Journal

During this period, **LATNEM** provided **8** Maternal Journal sessions, the project saw a total of **94** attendees.

Creative journaling is a powerful practice that significantly enhances mental well-being, acting as both a preventative and therapeutic tool. It goes beyond traditional diary-keeping by incorporating a wide range of expressive elements, such as sketching, painting, collaging, and poetic writing.

This blend of visual and textual expression provides a unique outlet for emotions, thoughts, and experiences that may be difficult to articulate otherwise.

By regularly engaging in this process, individuals can proactively manage stress, anxiety, and overwhelming emotions, thereby building resilience and fostering a deeper sense of self-awareness.

This project uses creative journaling to boost wellbeing in pregnancy, birth and parenthood.



Our Volunteers

Following a successful recruitment campaign, we were delighted to welcome new team members this period! LATNEM is run completely by volunteers and now has a wonderful team of 22 who give us their very valuable time, lived experience and skills.

“

The LATNEM volunteer team is so special – never before have I met a group of such wonderful humans. They are all committed to helping the mums and each brings her own story, kindness and compassion to the role. It's a privilege to work with them.

VOLUNTEER MANAGER

”

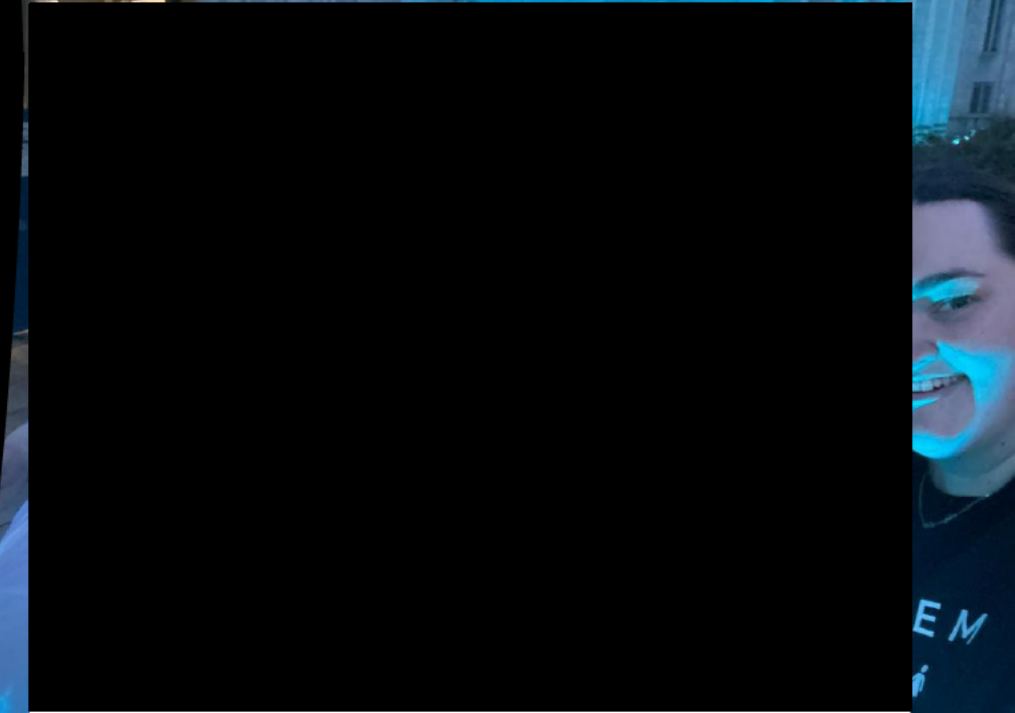
Shining a Light on Maternal Mental Health

We were incredibly proud to see Marischal College lit up in LATNEM's signature teal for World Maternal Mental Health Day in May.

This wonderful initiative was led by LATNEM's Co-founder and Volunteer Manager [redacted] who worked with Aberdeen City Council to make this happen.

Seeing such an iconic local landmark illuminated in our colours was a powerful moment for our community.

It was a visual symbol of support that felt truly special, sending a clear message that the mental health of mums and birthing people is seen and valued by the wider world.



Inspiring Aberdeenshire Awards

LATNEM's Co-founder and Operations Manager _____ was celebrated as a finalist for the 'Heart of Aberdeenshire Caring Award' at the prestigious Inspiring Aberdeenshire Awards in September.

_____ nomination, which came directly from members of the public, reflects the profound impact of her dedication.

This recognition was further highlighted by two separate motions lodged in the Scottish Parliament, congratulating all the finalists for their outstanding contributions to the community.

The awards ceremony, hosted by Judy Whyte, Provost of Aberdeenshire, took place at Meldrum House Hotel, marking a proud moment for _____ and the entire LATNEM community.

A Royal Invitation

LATNEM Co-founder and Operations Manager [redacted] was honoured to receive a special invitation to the Together at Christmas Carol Service at St Machar Cathedral.

Hosted by the Lieutenancies of Aberdeen City, Aberdeenshire, Banffshire and Kincardineshire, the community service was organised in partnership with The Royal Foundation, and mirrored the event held at Westminster Abbey.

The service's theme was empathy, celebrating those who support others through life's challenging times. This focus resonated deeply with the core of LATNEM's work, which provides a supportive community for our members.

The letter from Her Royal Highness The Princess of Wales highlighted the importance of offering a receptive ear or a gentle word, a sentiment that perfectly captures the support our dedicated volunteers offer at every LATNEM meeting.

[redacted]

Feedback from **LATNEM** Service Users

I really don't know where I would be if it had not been for the support from **LATNEM** in the form of the meetings, psychology signposting and friendships. They have made a significant positive impact on mine and my family's lives.

I genuinely don't know how I would have coped in my first pregnancy without **LATNEM**. When NHS services failed me they stepped in.

LATNEM quite literally saved my life and the volunteers supported me at the most vulnerable and awful period of my life. I still attend meetings to maintain my mental wellbeing and regularly recommend the service to other mums.

You do not feel judged and you also know that you are not alone in this, there are other mums out there dealing with the same situations as you. Just feeling heard and listened too helps so much.

It's nice to not feel alone, and to see myself in others... both my struggles but also my strengths. **LATNEM** has probably helped me avoid hospitalisation and has been more beneficial for me than any GP visit/prescription. The fact you can access **LATNEM** without diagnosis and without a waiting list has been life saving for me and likely others too. By having the safe space to be a mum with mental health has helped me and by extension my family immeasurably.

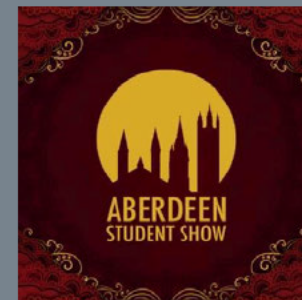
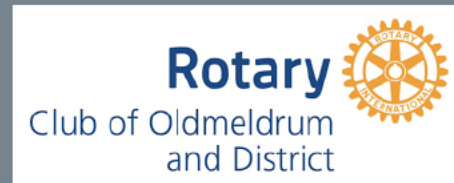
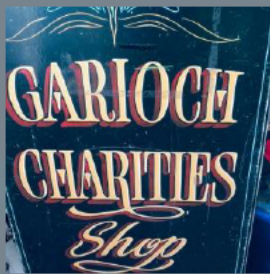
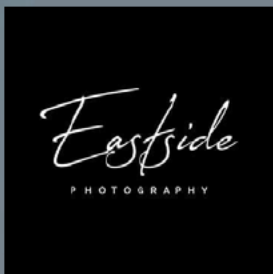
I'm the mum I wanted to be thanks to **LATNEM**.

LATNEM has been the main support I have received in my post natal mental health journey. If it wasn't for the volunteers, meetings and being part of the group I wouldn't have known that what I'm experiencing isn't just me and have been able to seek the right help

I don't know where my mental health would be without **LATNEM**. They have changed my views on living with poor mental health and have shown me that you can get better. Their love, compassion and understanding has made such a difference to our community. So many mums just look relieved when they realise there is a safe space for them to admit they are not ok. I just wish this service had existed when I had my first child.

FINANCE

At **LATNEM**, we couldn't do what we do without the generous grants and donations from our funders and donors. As with most charities, we also need to do fundraising so we can continue to meet the needs of our service users. We have been grateful to receive funding during this period from the amazing organisations below:



Fundraising Highlights

- ❑ Our very first cash collection tin found its home at Tarves Spar!
- ❑ _____ ran the Brighton Marathon and raised a phenomenal £2,321!
- ❑ LATNEM's "Mile for Mummy" appeal had our littlest supporters toddling a mile on Mothers Day, raising £3,106!

The Power of Collaboration

This year, we were thrilled to partner with the amazing [REDACTED], a clinical psychologist and author known as **The Psychology Mum**.

[REDACTED] generously designed the exclusive **"Psychology Mum 2025 calendar"** to raise vital funds for **LATNEM**.

This unique collaboration not only brought a beautiful and inspiring product to our supporters, but also helped to shine a light on our crucial work.

The funds raised through this initiative will directly support our projects dedicated to helping mums and birthing people with their mental health.

By combining [REDACTED] incredible talent and reach with our mission, we were able to significantly increase our impact and provide more essential services to those in need.

£2,407 raised!



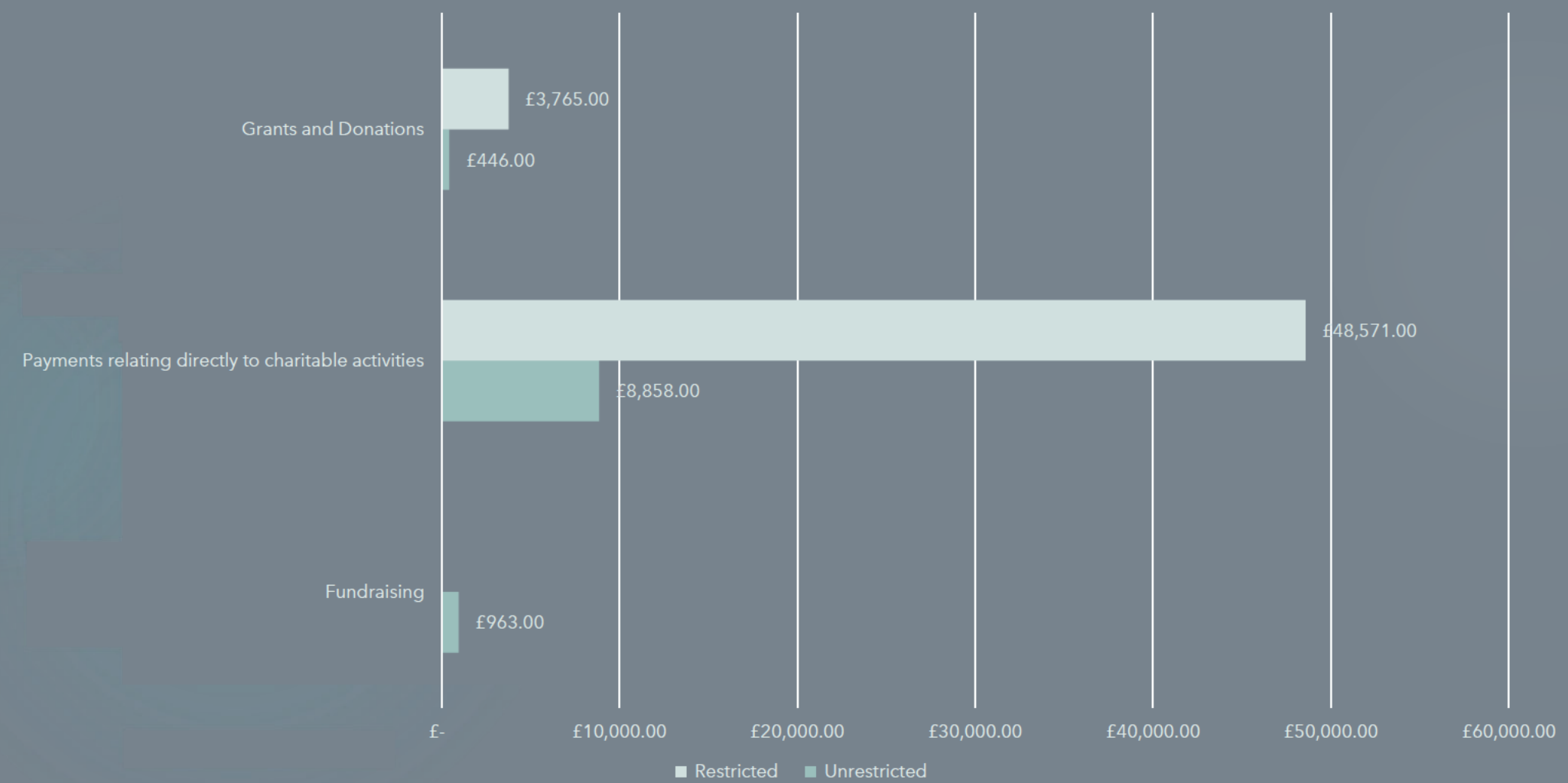
Analysis of Income

Income 1st April 2024 - 31st March 2025



Analysis of Expenses

Expenses 1st April 2024 - 31st March 2025



Funds at 31st March 2025



■ Restricted ■ Unrestricted

L A T N E M



A CHAT AND A BREW

We're here for you!



APPENDIX 3



Report to the
trustees/members of

Registered charity
number
On the accounts of the
charity for the period

Set out on pages

Respective
responsibilities of
trustees and examiner

Basis of independent
examiner's statement

Independent examiner's
statement

Signed**

Name

Relevant professional
qualification(s) or body
(if any)

Address

Independent examiner's report on the accounts

v2

Charity name

Let's All Talk North East Mums

SC 051029

Period start date

Day

Month

Year

01

04

2024

to

Period end date

Day

Month

Year

31

03

2025

(remember to include the page
numbers of additional sheets)

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

My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. 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 seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.

In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*]

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

have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Date:

23/9/25

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

**OSCR will accept digital or typed signatures.

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of
any items that the
examiner wishes to
disclose

Let's All Talk North East Mums (LATNEM)

SC051029



Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	April	2024		31	March	2025

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations	6,870				6,870	9,041
Legacies					-	
Grants	9,703	62,410			72,113	28,182
Receipts from fundraising activities	3,274				3,274	1,012
Gross trading receipts					-	
Income from investments other than land and buildings	22				22	20
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Other	57				57	
A1 Sub total	19,925	62,410	-	-	82,336	38,256
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	19,925	62,410	-	-	82,336	38,256
A3 Payments						
Expenses for fundraising activities	963				963	300
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	8,858	48,571			57,429	28,577
Grants and donations	446	3,765			4,211	2,605
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	57
A3 Sub total	10,267	52,336	-	-	62,603	31,539
A4 Payments relating to asset and investment movements						
Purchases of fixed assets	733				733	
Purchase of investments					-	
A4 Sub total	733	-	-	-	733	-
Total payments	11,000	52,336	-	-	63,336	31,539
Net receipts / (payments)	8,925	10,075	-	-	19,000	6,717
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	8,925	10,075	-	-	19,000	6,717

Section B Statement of balances

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
B1 Cash funds	Cash and bank balances at start of year	16,182	10,499			26,681	19,964
	Surplus / (deficit) shown on receipts and payments account	8,925	10,075			19,000	6,717
						-	
						-	
	Cash and bank balances at end of year	25,107	20,574	-	-	45,680	26,681
	(Agree balances with receipts and payments account(s))	-	-	-	-	-	0

	Details	Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
B2 Investments				
		Total	-	-

	Details	Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
B3 Other assets	Branded Gazebo for events	Unrestricted	733		
		Total	733	-	-

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities				
		Total	-	-

	Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
B5 Contingent liabilities				
		Total	-	-

Signed by one or two trustees
on behalf of all the trustees

Signature*

Print Name

Date of
approval

			22 April 2025
			22 April 2025

Section C Notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

LATNEM use monies receipted to run peer support group meetings, mindfulness and crafting events, group psychology, childcare, counselling, self-care and crisis packs to mothers and birthing people with mental ill health. Restrictions on the use of funds is in line with terms and conditions of any grants awarded and as authorised by the finance committee.

C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
Perinatal Counselling	Crossreach	5	945
Suicide bereavement support	Survivors of Bereavement by Suicide	1	1
Crisis Grant	Service Users	35	2,425
Food Bank Membership	Service Users	8	840
		Total	4,211

C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	X
--	---

Authority under which paid

C3b Trustee remuneration - details

	£

C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	
---	--

C4b Trustee expenses - details

	Number of trustees	£
Mileage relating directly to charitable activities	5	1,432
Reimbursement of purchases relating directly to charitable activities	3	88

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

C6 Other information

C2 Grants include money paid to Crossreach Perinatal Counselling Services who work on a donations based payment scheme utilised by LATNEM service users. LATNEM pay the donations on behalf of the service users receiving counselling to overcome financial barriers to accessing the service.

27 x £75 crisis grant was given to service users in financial crisis for food shopping in the form of a supermarket voucher. These crisis grants were paid directly from a restricted fund for these purposes

8 x £50 crisis grant was given to service users in financial crisis for gas and electricity in the form of a pre-pay meter voucher. These crisis grants were paid directly from a restricted fund for these purposes.

8 x £105 annual memberships to a foodbank were provided to service users in financial crisis experiencing food poverty. These crisis grants were paid directly from a restricted fund for these purposes.

A grant of £1 was made to Survivors of Bereavement by Suicide when purchasing a card from them for the family of a local mum who died by suicide.

C4b Reimbursement of purchases includes sweets for an event table, childcare for trustee training and a wellbeing allowance paid to a trustee for their hours volunteering as a peer supporter.

C4B Mileage includes trustees mileage for facilitating peer support meetings across Grampian, journeys including Inverurie - Elgin, Inverurie - Aberdeen on a regular basis to meet service demand.

Our current balance is our current account, reserve account and petty cash.

B3 Other Assets: Some of our volunteers have either bank cards or petty cash to allow them to buy either food supplies for our weekly meetings or a larger resource item online. On occasion these cards/petty cash have been used for personal purchases in error and then re-paid to our bank account by the volunteer. These are offset throughout the year, if it straddles the year end then whatever the volunteer is due to repay, sits in "other assets" until repaid.

Let's All Talk North East Mums (L/ SC051029)

Additional analysis (1)

Analysis of receipts and payments

1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
Big Beastie Competitions	500		500	
SPAR Tarves Collection Tin	31		31	
Easy Fundraising Ltd	260		260	45
Justgiving	5,615		5,615	4,969
Mark Skene	5		5	
Kevin Eastside Photography	180		180	
Veronica Lague	250		250	
Zoe Renicks	30		30	
Amazon Smile				172
Wild Dookers				1,531
Kemfest Cinema Night				160
The Springfield Bar, Elgin				1,117
Yogabellies				433
Castlehill Housing Association				615
Total	6,870	-	6,870	9,041

2 Grants

	unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
Aberdeen Student Show	3,187		3,187	3,126
NFU Mutual Agency Giving Fund	6,509		6,509	
Berry Burn Community Fund		3,103	3,103	
Scottish Government - Inspiring Scotland PIMH Small Grants		3,997	3,997	7,994
Garioch Charities Shop Small Grants		650	650	
Acorn Centre Small Grants		500	500	
Bank of Scotland Foundation		10,000	10,000	
The Corra Foundation Boost Small Grants		2,820	2,820	2,880
Perinatal and Infant Mental Health Third Sector Fund		19,812	19,812	
Moray Communities Mental Health & Wellbeing Fund		9,750	9,750	
Moray CAN Fund		290	290	
Aberdeenshire Council Rural Communities Poverty Alleviation Fund		6,295	6,295	
Oldmeldrum and District Rotary Community Fund	7	193	200	
Womens Fund for Scotland		5,000	5,000	
Aberdeenshire Voluntary Action Communities Mental Health & Wellbeing Fund			-	7,867
Maternal Mental Health Alliance			-	293
Aberdeen City Health and Social Care Partnership: Health Improvement Fund			-	2,022
Natwest Group PLC			-	4,000
			-	
			-	
			-	
Total	9,703	62,410	72,113	28,182

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
			-	
			-	
			-	
			-	
			-	
			-	
			-	
Total	-	-	-	-

4 Payments relating directly to charitable activities

	Unrestricted funds	Restricted funds	Total current period
	to nearest £	to nearest £	to nearest £
Care Packs	452	3,491	3,944
Childcare	965	1,781	2,747
Equipment for volunteers	283	1,787	2,071
Formula and Nappies (Rural inequalities fund specific to cost of living crisis)		2,628	2,628
Insurance		717	717
Office Rental		2,130	2,130
Paper and Printing		80	80
Peer Support Activities (Peer support meetings, creative journaling, crafting, group mindfulness and group psychology)	1,228	7,065	8,293
Phone Bills		340	340
Postage and Packaging	109	757	866
Professional Fees (HR/IT)	708		708
Promotional materials/events	563	112	675
Resource Library	348	214	563
Service User Travel Expenses	907	2,617	3,525
Operations Manager and Volunteer Manager Fees		14,625	14,625
Travel Expenses for Operations Manager and Volunteer Manager		975	975
Talking Therapies (Access for All Project)	2,128		2,128
Terracycle		290	290
Volunteer Training	90	4,958	5,048
Volunteer Refreshments	229		229
Volunteer Travel Expenses	1	3,168	3,169
Volunteer Uniform	175	679	854
Volunteer Recognition Gifts	608		608
Website	62		62
Zoom License		156	156
Total	8,858	48,571	57,429