

**4M MENTOR MOTHERS NETWORK COMMUNITY INTEREST COMPANY**

**Company limited by guarantee with no share capital**

**Company Registration Number:  
12097907**

**AMENDED**

**Unaudited statutory accounts for the year ended 31 July 2022**

**Period of accounts**

**Start Date: 1 August 2021**

**End Date: 31 July 2022**



**4M Mentor Mothers Network CIC**  
**Contents of the Financial Statements**  
**For the year ended 31 July 2022**

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**4M Mentor Mothers Network CIC**  
**Company Information**  
For the year ended 31 July 2022

**Co-Directors**                      Ms Angelina Namiba  
   Ms Rebecca Mbewe  
   Ms Longret Kwardem

**Secretary**                              Dr Nigel Padfield

**Company Number**                      12097907

**Registered Office**                      c/o STOPAIDS  
   Mainyard Studios Office B  
   90 Wallis Road  
   Hackney Wick  
   London E9 5LN

**Bankers**                                  The Co-operative Bank PLC  
   PO Box 101  
   1 Balloon Street  
   Manchester M60 4EP

**4M Mentor Mothers Network CIC**  
**Directors' Report**  
**For the year ended 31 July 2022**

The Directors present their report and statutory accounts for the year ended 31 July 2022. These accounts replace the original accounts and are now the statutory accounts. They are prepared as they were at the date of the original accounts.

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**Statement of Directors' responsibilities**

The Directors are responsible for preparing the Directors' report and the financial statements in accordance with applicable law and regulations.

Company law requires the Directors to prepare financial statements for each financial year. Under that law the Directors have elected to prepare the financial statements in accordance with the United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting standards and applicable law). Under company law the Directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing the financial statements the Directors are required to:

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

The Directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

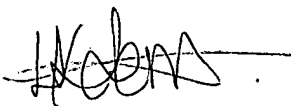
**Principal Activity**

4M Mentor Mothers Network CIC is a not for profit organization whose principal activity is to provide support and mentoring to women, including but not limited to support relating to pregnancy, parenting, mental health, sexual and reproductive health and HIV and related issues.

**Small Company Rules**

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

Signed on behalf of the Board



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Ms Longret Kwardem

Date: 25 April 2023

**4M Mentor Mothers Network CIC**  
**Income and Expenditure Account**  
**For the Year Ended 31 July 2022**

	<b>Notes</b>	<b>2022</b> <b>£</b>	<b>2021</b> <b>£</b>
<b>Turnover</b>			
Grant Income	1	53,704	55,745
Donations		5,094	400
Other Income		11,948	2,190
		<hr/>	<hr/>
<b>Total</b>		<b>70,746</b>	<b>58,335</b>
 Provision of grant funded services		 53,704	 (55,745)
		<hr/>	<hr/>
<b>Gross Surplus</b>		<b>17,042</b>	<b>2,590</b>
Administrative Expenses		(13,106)	(2,094)
		<hr/>	<hr/>
<b>Operating Surplus/(Deficit)</b>		<b>3,936</b>	<b>496</b>
Bank Interest		154	88
		<hr/>	<hr/>
<b>Surplus/(Deficit) for the financial year</b>		<b>4,090</b>	<b>584</b>
Tax		(777)	(111)
		<hr/>	<hr/>
<b>Surplus/(Deficit) after tax</b>		<b>3,313</b>	<b>473</b>
		<hr/>	<hr/>

**4M Mentor Mothers Network CIC**  
**Balance Sheet**  
For the Year Ended 31 July 2022

	<b>Notes</b>	<b>2022</b> £	<b>2021</b> £
<b>Current assets</b>			
Debtors		-	-
Cash at bank and in hand		<b>37,778</b>	<b>36,028</b>
<b>Total current assets</b>		<b>37,778</b>	<b>36,028</b>
Creditors: amounts falling due within one year	<b>3</b>	<b>(28,655)</b>	<b>(30,218)</b>
<b>Net current assets/(liabilities)</b>		<b>9,123</b>	<b>5,810</b>
<b>Members' funds</b>			
Reserves		<b>5,810</b>	<b>5,337</b>
Income and expenditure account		<b>3,313</b>	<b>473</b>
<b>Total members' funds:</b>		<b>9,123</b>	<b>5,810</b>

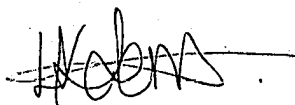
**Balance sheet statements**

For the year ending July 31<sup>st</sup> 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies

**Directors' responsibilities**

- ☐ The members have not required the company to obtain an audit of the accounts for the year in question in accordance with Section 476 of the Companies Act 2006
- ☐ The Directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts
- ☐ These accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime

Signed on behalf of the Board



Ms Longret Kwardem, Co-Director

Date: 25 April 2023

4M Mentor Mothers Network CIC  
Notes to the Financial Statements  
For the Year Ended 31 July 2022

**1. Accounting Policies**

**Basis of preparation.** The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for smaller entities (FRS 102) section 1A. The financial statements are presented in sterling which is the functional currency of the company and rounded to the nearest £.

**Turnover.** Turnover comprises the total income recognised from grants and donations and also includes revenue earned from the provision of services to other organisations.

**Grant income.** Grants are credited as income in the year in which the activity takes place. Where donor-imposed restrictions apply to the timing of the related expenditure as a pre-condition for its use, the grant is treated as deferred income until those restrictions are met.

**Value Added Tax.** The company is not registered for Value Added Tax, and the cost of irrecoverable VAT is therefore included within the relevant expenditure headings.

**Taxation.** A current tax liability is recognized for the tax payable on the current and past periods.

**2. Employees**

There were no employees (2021: none). The 3 Co-Directors were paid on a self-employed basis for project delivery activities. The total amount of their remuneration was £33,052 (2021: £35,895).

**3. Creditors: Amounts falling due within 1 year**

	2022 £	2021 £
Deferred grant income	26,948	30,107
Taxation	777	111
Other creditors	930	-
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<b>Total</b>	<b>28,655</b>	<b>30,218</b>

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# CIC 34

## Community Interest Company Report

	<b>For official use</b> (Please leave blank)	
<i>Please complete in typescript, or in bold black capitals.</i>	<b>Company Name in full</b>	4M Mentor Mothers Network CIC

<b>Company Number</b>	12097907
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<b>Year Ending</b>	31 July 2022
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	<i>(The date format is required in full)</i>
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Please ensure the company name is consistent with the company name entered on the accounts.

This template illustrates what the Regulator of Community Interest Companies considers to be best practice for completing a simplified community interest company report. All such reports must be delivered in accordance with section 34 of the Companies (Audit, Investigations and Community Enterprise) Act 2004 and contain the information required by Part 7 of the Community Interest Company Regulations 2005. For further guidance see chapter 8 of the Regulator's guidance notes and the alternate example provided for a more complex company with more detailed notes.

**(N.B. A Filing Fee of £15 is payable on this document. Please enclose a cheque or postal order payable to Companies House)**

### **PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT**

In the space provided below, please insert a general account of the company's activities in the financial year to which the report relates, including a description of how they have benefited the community.



A total of 6 projects funded by the National Lottery (3 months), Estee Lauder (1 year) Sexual Health Reproductive Health and HIV Innovation Fund Bearded and Flushed project led by NAZ charity ( 6 months) ViiV Healthcare (6 months ) AHPN (6 months) and London Fast track Cities(6 months ) reached a total of 594 people, 6303 views of co-produced digital products and the following:

National lottery funded project extension produced a FemiFesto which was collectively shaped by Mentor Mothers as part of a project to reimagine the future post covid. It serves as a guide for organisations and decision makers who have power to change policy and practice that can improve the quality of life of women living with HIV. These were produced through virtual peer sessions to reflect, analyse and share ideas, photos and writing. Creative spaces enabled women's voices and facilitated participation.

AHPN funds facilitated personal/professional development for Mentor Mothers (MMs) through 1-1 support from the project team and paid training and involvement with 4M activities. They enabled the adaptation of the 4M Mentor Mother manual for virtual delivery by MMs to build their personal/professional capacity. There was collaboration with MMs for a feasibility research on providing MM service as part of the MDT team Group supervisions and moderation of 4MNet WhatsApp platform for Mentor Mothers

Estee Lauder funds provided a safe space, encouragement and enhanced mental wellbeing for MMs via virtual creative writing & mindfulness sessions, peer support through 1-1, group supervisions & moderation of the 4MNet WhatsApp platform. Provision of data bundles enabled MMs to attend group supervision. Resources were developed in collaboration with other partners. It enabled fundraising, volunteer management, steering group support and project management .

Fast track funded project delivered in partnership with NAM aidsmap enabled the development and delivery of virtual training for black African/British women living with HIV and other experts to discuss and address internalized stigma and empower women to live well with HIV. The stigma empowerment training developed skills and a supportive network, improved understanding of what HIV is, U=U, health & wellbeing, internalised/self-stigma, building self-acceptance, self-esteem, and power. An additional empowerment taster training was delivered at the annual Children and HIV Association Family conference in May 2022 for parents/carers and young people living with HIV to discuss and feel empowered to address HIV stigma. Digital resources were developed and shared freely via social and other media outlets.

ViiV Healthcare funded "knowledge is power" monthly webinars covering different aspects related to treatment for women living with HIV. Invited speakers were clinicians and activists/advocates living with HIV, who co-presented on webinars, supported by MMs. Webinars were recorded and freely

available for awareness among women living with HIV and healthcare professionals.

Finally the Sexual Health Reproductive Health and HIV Innovation fund bearded and flushed project led by NAZ charity. In partnership with other organisations, 4MNet engaged in a project to stimulate and educate audiences about the impact of HIV on the Menopause using creative means working with women living with HIV to produce a collection of inspirational write ups, recordings and a performance for other women going through the menopause and living with HIV as well as health care professionals .

Throughout the year there was flexible peer support through access to 1-1 supervision opportunities for 35 trained Mentor Mothers to address individual and role related issues; provision of psychosocial support to women living with HIV going through pregnancy and beyond by trained Mentor Mothers; and personal and professional development for women living with HIV, through incentivised involvement with project administration, practical mentoring, references for new jobs etc

Some Steering group members and Mentor Mothers wrote a chapter about Perinatal Peer Mentoring, Sexual and Reproductive Health and Rights, and HIV in a published book ("Complex Social Issues and the Perinatal Woman" by Laura Abbot, Department of Allied Health and Midwifery University of Hertfordshire Hatfield, UK) looking at the psychological, emotional and spiritual needs of perinatal woman and comparative learning in complex perinatal social issues. Online copy available on Springer and SpringerLink

4M Net collaborated with multiple organisations in HIV and other multidisciplinary issues affecting women.

At the British HIV Association Spring Conference there was a poster presentation by a Mentor Mother describing the challenges women faced during COVID-19. The poster won the BHIVA Martin Fisher award for best presentation in the field of community-based work.

Other activities included advocacy via Mentor Mothers' conference attendance /representation of 4M and involvement in multiple speaking and other engagements; successful onboarding of a volunteer bookkeeper for the organisation; regular website and other social media updates and exchanges to provide information/support, networking opportunities and boost the organisation's profile; HIV prevention awareness through the creative hand-production and distribution of U=U t-shirts by a MM for the general public, health care professionals and people living with HIV to facilitate conversations and awareness around U=U and donate/fundraise for 4M Net sustainability; and ongoing fundraising through the peoples fundraising portal(U=U) t-shirt making and other funding applications.

**PART 2 – CONSULTATION WITH STAKEHOLDERS** – Please indicate who the company's stakeholders are; how the stakeholders have been consulted and what action, if any, has the company taken in response to feedback from its consultations? If there has been no consultation, this should be made clear.

4MNet is an entirely peer-run organisation of women living with HIV. Directors are Black women from migrant and refugee backgrounds. Our approach seeks to ensure that our voices and priorities are heard in all discussions about issues affecting women living with HIV pre-, during and beyond the pregnancy journey. The company's stakeholders are Mentor Mothers with whom the Directors have been working since 2016.

4MNet has 35 trained Mentor Mothers volunteers.

4MNet gets organisational and funding input regularly from Mentor Mothers thorough various platforms - virtual group and 1-1 supervision, webinars, surveys and the 4MNet WhatsApp group.

Inclusivity, equality and diversity is integral to our work and ensures that no self-identifying woman living with HIV is excluded from 4M activities because of inaccessibility. We work collaboratively with MMs to develop person-centred ways of receiving/providing peer support. We provide MMs with peer support, mentoring, supervision, knowledge through webinars and training workshops for personal and professional development.

Digital and face-to-face group peer supervision, creative writing and meditation sessions have provided opportunities for individual and community reflection and sharing. 4MNet has a website and wide-reaching twitter/Instagram accounts. Our main peer communication channel is a WhatsApp chat group which facilitates information sharing/mutual support. We provide accessible virtual peer support with national reach that challenges stigma, promotes self-esteem, relieves isolation, enhances wellbeing, promotes advocacy and develops skills.

*(If applicable, please just state "A social audit report covering these points is attached").*

**PART 3 – DIRECTORS’ REMUNERATION** – if you have provided full details in your accounts you need not reproduce it here. Please clearly identify the information within the accounts and confirm that, “There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director’s loss of office, which require to be disclosed” (See example with full notes). If no remuneration was received you must state that “no remuneration was received” below.

The aggregate amount of emoluments paid to Directors in respect of qualifying services was £33,052. There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for directors’ loss of office, which require to be disclosed.

**PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION** – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that “no transfer of assets other than for full consideration has been made” below.


No transfer of assets other than for full consideration has been made.

*(Please continue on separate continuation sheet if necessary.)*

**PART 5 – SIGNATORY (Please note this must be a live signature)**

(24 April 2023)

The original report must be signed by a director or secretary of the company					
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Signed		Date	24th April 2023
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<p>Please note that it is a legal requirement for the date format to be provided in full throughout the CIC34 report.</p> <p>Applications will be rejected if this information is incorrect.</p> <p>Office held (delete as appropriate)  <del>Director</del>/Secretary</p>	
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<p>You do not have to give any contact information in the box opposite but if you do, it will help the Registrar of Companies to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.</p>	nigelpadfield@icloud.com
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Tel
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DX Number	DX Exchange
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