



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From 01/04/2021

Period start date To 31/03/2022

Period end date

**Charity name: International Forum for Wellbeing In Pregnancy (IFWIP)**

**Charity registration number: 1185194**

## Objectives and Activities

|  | SORP reference     |  |
|--|--------------------|--|
| Summary of the purposes of the charity as set out in its governing document  | Para 1.17          | To advance the preservation and protection of good health and wellbeing of women during pregnancy by providing evidence-based information and raising awareness; developing and implementing a global pregnancy wellbeing programme and promote research, including without limitation in relation to health and wellbeing during pregnancy and by publishing the useful results of such research.   |
| Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts. | Para 1.17 and 1.19 | <p>We provided comprehensive and most recent evidence-based information on different aspects of health and wellbeing during pregnancy. This web-based information was aimed at improving knowledge and awareness of healthy lifestyle during pregnancy.</p> <p>This included the importance of addressing mental wellbeing during pregnancy and what they could do for staying healthy and well during pregnancy through simple lifestyle modification and stress management strategies.</p> |
| Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit   | Para 1.18          | Trustees adhered to the guidance issued by the Charity Commission on public benefit  |

## Achievements and Performance

|   | SORP reference |   |
|---|----------------|---|
| Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole. | Para 1.20      | <p>The Charity website (<a href="http://www.ifwip.org">www.ifwip.org</a>) continued to provide valuable evidence-based information for good health and wellbeing during pregnancy.</p> <p>We shared useful information through social media platforms, so that they can reach the beneficiaries.</p> <p>We continued to work for setting up a Pregnancy Wellbeing Programme. Unfortunately, due to lack of funding, this could not be rolled out yet.</p> |

## Financial Review

|  |           |  |
|--|-----------|--|
| Review of the charity's financial position at the end of the period              | Para 1.21 | Since the registration of the Charity in September 2019, we could not secure a Grant or carry out fundraising events during this financial period. We depended on public donation only.  |
| Statement explaining the policy for holding reserves stating why they are held   | Para 1.22 | The reserves are held to meet the future expenditures, such as website maintenance.  |
| Amount of reserves held  | Para 1.22 | £857   |
| Reasons for holding zero reserves  | Para 1.22 | Nil  |
| Details of fund materially in deficit  | Para 1.24 | Nil  |
| Explanation of any uncertainties about the charity continuing as a going concern | Para 1.23 | Charity needs to secure a sound financial foundation to be able to carry out all the activities as set out as the purpose in the Governing Document. Trustees are unsure, how the Covid-19 pandemic will impact on the charity's finances. |

## Structure, Governance and Management

|   |           |  |
|---|-----------|--|
| Description of charity's trusts:  |           |  |
| Type of governing document<br>(trust deed, royal charter)   | Para 1.25 | Trust Deed   |
| How is the charity constituted?<br>(e.g unincorporated association, CIO)  | Para 1.25 | CIO  |
| Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees | Para 1.25 | Trustees have been selected for 3 years. Then an election will take place. |

## Reference and Administrative details

|                             |  |
|-----------------------------|--|
| Charity name                | International Forum for Wellbeing In Pregnancy (IFWIP) |
| Other name the charity uses | IFWIP  |
| Registered charity number   | 1185194  |
| Charity's principal address | 22 Rossllyn Crescent HA9 7NZ                           |
|                             |  |

Names of the charity trustees who manage the charity

|    | Trustee name         | Office (if any) | Dates acted if not for whole year | Name of person (or body) entitled to appoint trustee (if any) |
|----|----------------------|-----------------|-----------------------------------|---|
| 1  | Dr Raja Gangopadhyay |                 |                                   |   |
| 2  | Lesley Lopez         |                 |                                   |   |
| 3  | Hala Jawad           |                 |                                   |   |
| 4  |                      |                 |                                   |   |
| 5  |                      |                 |                                   |   |
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| 19 |                      |                 |                                   |   |
| 20 |                      |                 |                                   |   |



## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

|  |                   |  |
|--|-------------------|--|
| <b>Signature(s)</b>                        | Raja Gangopadhyay |  |
| <b>Full name(s)</b>                        | Raja Gangopadhyay |  |
| <b>Position (eg Secretary, Chair, etc)</b> | Chair of Trustees |  |
| <b>Date</b>                                | 26/01/2023        |  |



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name

International Forum for Wellbeing In pregnancy

No (if any)

1185194

## Receipts and payments accounts

|                        |            |    |                               |
|------------------------|------------|----|-------------------------------|
| For the period<br>from | 01/04/2021 | To | Period end date<br>31/03/2022 |
|------------------------|------------|----|-------------------------------|

### Section A Receipts and payments

|   | Unrestricted<br>funds<br>to the nearest<br>£ | Restricted funds<br>to the nearest £ | Endowment<br>funds<br>to the nearest £ | Total funds<br>to the nearest £ |
|---|--|--------------------------------------|--|---------------------------------|
| <b>A1 Receipts</b>  |  |                                      |  |                                 |
| Previous balance  | -  | -                                    | -                                      | -                               |
| Donations   | 857  | -                                    | -                                      | 857                             |
| Receipt of outstanding dues                               | -  | -                                    | -                                      | -                               |
|   | -  | -                                    | -                                      | -                               |
|   | -  | -                                    | -                                      | -                               |
|   | -  | -                                    | -                                      | -                               |
| <b>Sub total (Gross income for AR)</b>                    | 857  | -                                    | -                                      | 857                             |
| <b>A2 Asset and investment sales,<br/>(see table).</b>    |  |                                      |  |                                 |
|   | -  | -                                    | -                                      | -                               |
|   | -  | -                                    | -                                      | -                               |
| <b>Sub total</b>  | -  | -                                    | -                                      | -                               |
| <b>Total receipts</b>                                     | 857  | -                                    | -                                      | 857                             |
| <b>A3 Payments</b>  |  |                                      |  |                                 |
| IT Expenditures   | 200  | -                                    | -                                      | 200                             |
|   | -  | -                                    | -                                      | -                               |
|   | -  | -                                    | -                                      | -                               |
|   | -  | -                                    | -                                      | -                               |
|   | -  | -                                    | -                                      | -                               |
|   | -  | -                                    | -                                      | -                               |
| <b>Sub total</b>  | 200  | -                                    | -                                      | 200                             |
| <b>A4 Asset and investment<br/>purchases, (see table)</b> |  |                                      |  |                                 |
|   | -  | -                                    | -                                      | -                               |
|   | -  | -                                    | -                                      | -                               |
| <b>Sub total</b>  | -  | -                                    | -                                      | -                               |
| <b>Total payments</b>                                     | 200  | -                                    | -                                      | 200                             |
| <b>Net of receipts/(payments)</b>                         | 657  | -                                    | -                                      | 657                             |
| <b>A5 Transfers between funds</b>                         | -  | -                                    | -                                      | -                               |
| <b>A6 Cash funds last year end</b>                        | -  | -                                    | -                                      | -                               |
| <b>Cash funds this year end</b>                           | 657  | -                                    | -                                      | 657                             |



## Section B Statement of assets and liabilities at the end of the period

| Categories  | Details  | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ |
|---|--|------------------------------------|----------------------------------|
| <b>B1 Cash funds</b>                                |  | -                                  | -                                |
|   |  | -                                  | -                                |
|   |  | -                                  | -                                |
|   | <b>Total cash funds</b>                                | <b>657</b>                         | <b>-</b>                         |
|   | (agree balances with receipts and payments account(s)) | OK                                 | OK                               |
|   |  | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ |
| <b>B2 Other monetary assets</b>                     |  | -                                  | -                                |
|   |  | -                                  | -                                |
|   |  | -                                  | -                                |
|   |  | -                                  | -                                |
|   |  | -                                  | -                                |
|   |  | -                                  | -                                |
|   |  | -                                  | -                                |
| <b>B3 Investment assets</b>                         |  |                                    |                                  |
|   |  |                                    | -                                |
|   |  |                                    | -                                |
|   |  |                                    | -                                |
|   |  |                                    | -                                |
|   |  |                                    | -                                |
| <b>B4 Assets retained for the charity's own use</b> |  |                                    |                                  |
|   |  |                                    | -                                |
|   |  |                                    | -                                |
|   |  |                                    | -                                |
|   |  |                                    | -                                |
|   |  |                                    | -                                |
|   |  |                                    | -                                |
|   |  |                                    | -                                |
|   |  |                                    | -                                |
|   |  |                                    | -                                |
| <b>B5 Liabilities</b>                               |  |                                    |                                  |
|   |  |                                    | -                                |
|   |  |                                    | -                                |
|   |  |                                    | -                                |
|   |  |                                    | -                                |
|   |  |                                    | -                                |

  

|   |                   |                   |
|---|-------------------|-------------------|
| Signed by one or two trustees on behalf of all the trustees | Signature         | Print Name        |
|   | Raja Gangopadhyay | Raja Gangopadhyay |

# CC16a

Last year  
to the nearest £

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**Endowment  
funds  
to nearest £**

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OK

**Endowment  
funds  
to nearest £**

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**Current value  
(optional)**

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**Current value  
(optional)**

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**When due  
(optional)**

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**Date of approval**

|            |
|------------|
| 26/01/2023 |
|            |