

# BEAM

England & Wales · Charity number 1187918

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2020-02-12

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 106 The Crescent  
Irlam  
Manchester  
M44 6EG

**Phone** 01473760800

**Email** [hello@beam.support](mailto:hello@beam.support)

**Website** [www.beam.support](http://www.beam.support)

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT TO RELIEVE THE NEED OF BIRTH MOTHERS WHOSE CHILDREN DO NOT LIVE PERMANENTLY IN THEIR CARE THROUGH THE PROVISION OF CONFIDENTIAL SUPPORT GROUP MEETINGS, ONE TO ONE MEETINGS, TELEPHONE AND ONLINE SUPPORT AND RAISING AWARENESS OF THE PROBLEMS FACING BIRTH MOTHERS.

**Activities:** Provide support and help to birth mothers whose children do not live permanently in their care

## Classification

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- **How:** Other Charitable Activities
- **What:** Other Charitable Purposes

## Geography

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- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£5,998	£10,212	-	-
2023-12-31	£17,105	£13,151	-	-
2022-12-31	£6,907	£8,110	-	-
2021-12-31	£8,144	£6,086	-	-
2020-12-31	£4,373	£2,393	-	-

## Trustees

Name	Role	Appointed
Anne Marie Shinkins		2025-01-02
Clair Merrall		2025-01-02
Hanna Al-Awamleh		2025-01-02
JULIA FARMER		2021-02-05
Julie Helen Abernethy		2021-09-08

**BEAM**

England & Wales - Charity number 1187918

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# Accounts

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# Trustees' Annual Report for the period

<b>1</b>	Period start date			<b>To</b>	Period end date		
	01	January	2024		31	December	2024

## Section A Reference and administration details

<b>Charity name</b>	BEAM
<b>Other names charity is known by</b>	
<b>Registered charity number (if any)</b>	1187918
<b>Charity's principal address</b>	1 Chapel Cottage
	Upper Street
	Witnesham
	<b>Postcode IP6 9ER</b>

### 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	Cherie Parnell	CEO		
2	Julia Farmer	Treasurer		
3	Julie Abernethy			
4	Catherine Cracknell			
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document <i>(eg. trust deed, constitution)</i>	Constitution
How the charity is constituted <i>(eg. trust, association, company)</i>	Charitable Incorporated Organisation
Trustee selection methods <i>(eg. appointed by, elected by)</i>	Elected by existing trustees

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

**BEAM's charitable purpose** is to relieve the need of birth mothers whose children do not live permanently in their care through the provision of confidential peer to peer support group meetings, one to one meetings, telephone and online support and raising awareness of the problems facing birth mothers.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

**Our Vision** is to provide a safe, confidential place for BEAM birth mothers to be valued, strengthened and to fulfil their potential through peer to peer support.

**Our Mission** is to build a network of women, groups and organisations raising awareness and support for birth mothers apart from their children.

**Our Values** include giving birth mothers opportunities to support one another with a determination not to judge any birth mother who comes to BEAM; the commitment to really listen to each mother and to value their 'voice', particularly as these are women who are often not heard; we seek to shine a light on each mother's resilience and resourcefulness, recognising they have overcome overwhelming obstacles and trauma.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

BEAM has a number of volunteers who help support the mothers with the various activities taking place each year, together with the running of the Wellbeing Course and Carry on BEAMing online.

**Summary of the main achievements of the charity during the year**

BEAM was very active throughout the year. We continued to provide Art Wellbeing groups on alternate Mondays in Ipswich. These are well supported and led by our BEAM mums and an art therapist. We were delighted to welcome Essex Social Services Mothers' Group to join this group.

We also held four online Wellbeing courses (12 weeks) for mums all over the country which serves as an introduction to BEAM and other mothers. These courses are always well received.

Another online service provided by BEAM is Carry On BEAMing. This year we were delighted to have author Helen Jacey lead a creative writing course for BEAM mums. This proved to be so successful that BEAM was able to produce its own fictional book comprising of many chapters, each one being written by a BEAM mum and which drew on their experiences of child loss. We even had our own book launch in London, hosted by Team Lewis at their brand new offices at Battersea Power Station. Many of the mums involved in writing the book were able to travel to London from all over the country to celebrate their wonderful achievement. There were many invited guests which included Dame Penny Mordaunt, Mike Blows, Forensic Child and Family Psychologist and Judith Kesteven, former social worker who is part of the Cambridge Centre for Attachment. It is intended that this book, One Drop Holds the Sun will be available for purchase online.

Other social events for our mums included a local firework display in November and our annual Christmas party. We were invited once again to decorate a Christmas tree at the Annual Christmas Tree Festival at St Mary le Tower Church in Ipswich and collected gift parcels from the River Church in Ipswich for each of the local BEAM mums. We were also invited to the Team Lewis annual summer party in London.

We met with mums to provide additional support where needed, which included attending Turning Point with a BEAM mum and supporting her to go to rehab; supporting a BEAM mum who was pregnant and needed assistance at social services meetings; supporting a BEAM mum who was undergoing a Parenting Assessment by Social Services; and writing numerous letters of reference and support for mothers seeking work or attending court.

This year was also a busy year for providing training to other organisations. We provided assistance, advice and support to The Haven Project in Liverpool in setting up a BEAM style group; we delivered a training event for Adopt NorthEast to assist practitioners working with birth mothers; we liaised with practitioners around the country and built good relationships and connections for the birth mothers; we spoke at Framlingham Baptist Church, where one of our BEAM mums worships, about the work of BEAM; and we attended online professionals meetings with PACT. We also ran a Safeguarding Training Session for new volunteers and ambassadors at BEAM and arranged for Bal Howard to deliver training to our mums on Dealing with Trauma.

We were also delighted that our CEO and one of our BEAM mums was interviewed by the BBC, both on the regional television station and an online BBC national news story to talk about the book and about BEAM. It was great publicity and a wonderful end to the year.

## Section E Financial review

Brief statement of the charity's policy on reserves

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Details of any funds materially in deficit

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Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

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## Section F Other optional information

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## Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	<i>Julia Farmer</i>	
Full name(s)	Julia Farmer	
Position (eg Secretary, Chair, etc)	Treasurer	
Date	10.10.25	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name <b>BEAM</b>	No (if any) 1187918
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**CC16a**

## Receipts and payments accounts

For the period from	Period start date 01/01/2024	To	Period end date 31/12/2024
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	4,398	-	-	4,398	16,325
Fundraising	620	-	-	620	280
Grant - SheDunnit (book)	-	980	-	980	500
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>5,018</b>	<b>980</b>	<b>-</b>	<b>5,998</b>	<b>17,105</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>5,018</b>	<b>980</b>	<b>-</b>	<b>5,998</b>	<b>17,105</b>
<b>A3 Payments</b>					
Therapeutic activities	4,308	175	-	4,483	4,998
Supervision	165	-	-	165	495
Insurance	157	-	-	157	224
Subscriptions	1,590	-	-	1,590	494
Hotel & Travel	2,354	697	-	3,051	2,264
Telephone	117	-	-	117	356
IT	25	-	-	25	492
Postage	92	-	-	92	161
Admin costs	182	-	-	182	3,132
Sundries	242	108	-	350	497
Fundraising expenses	-	-	-	-	39
<b>Sub total</b>	<b>9,232</b>	<b>980</b>	<b>-</b>	<b>10,212</b>	<b>13,152</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>9,232</b>	<b>980</b>	<b>-</b>	<b>10,212</b>	<b>13,152</b>
<b>Net of receipts/(payments)</b>	<b>- 4,214</b>	<b>-</b>	<b>-</b>	<b>- 4,214</b>	<b>3,953</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>- 4,214</b>	<b>-</b>	<b>-</b>	<b>- 4,214</b>	<b>3,953</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Brought forward fund	6,650	-	-
	Surplus for the year	- 4,214	-	-
		-	-	-
	<b>Total cash funds</b>	<b>2,436</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
	Bank account	2,436	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
	Admin laptop	Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>	<b>When due (optional)</b>
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	<i>Julia Farmer</i>	Julia Farmer	10.10.25	

**BEAM**

England & Wales - Charity number 1187918

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# Accounts

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# Annual BEAM Report

Tuesday 15th October 2024

## Activities throughout the year

BEAM has been very active throughout the year.

We have:

Continued the art wellbeing groups on alternate Mondays in Ipswich

Welcomed Essex Social Services mother group to join our Monday morning groups

Arranged Bal Howard to come and deliver training on Dealing with Trauma (2 sessions)

Run a Safeguarding Training Session for new volunteers and Ambassadors

Took the BEAM mums to a firework display in November

Created a tree for the Annual Christmas tree festival at St Mary Le Tower

Provided a Christmas party for all BEAM mums

Met with BEAM mums to provide additional support where needed

Collected gift parcels from the River Church, Ipswich for each of the mums

Attended Turning Point with a BEAM mum and supported her to go to rehab.

Began a writing course for Carry on BEAMing with author [Helen Jacey](#)

Run 4 online wellbeing groups (12 week course)

Been interviewed by the BBC both on the regional television station and also an online BBC national news story

Provided assistance, advice and support to The Haven Project, Liverpool in setting up a BEAM style group.

Delivered a training event for Adopt NorthEast to assist practitioners working with birth mothers

Supported a BEAM mum who was pregnant and needed assistance at social services meetings

Attended online professionals meeting with PACT

On occasions attended Social Services Meetings

Spoke at Framlingham Baptist Church about the work of BEAM.

Supported a BEAM mum who was undergoing a Parenting Assessment by Social Services

Attended the Team Lewis annual London Summer Party

Wrote numerous letters of reference and support for mothers seeking work or attending court

Liaised with practitioners around the country and built good relationships and connections for the birth mothers

Helped compile a book with the writings of the BEAM mothers which will be published in December



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name <b>BEAM</b>	No (if any) 1187918
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CC16a

## Receipts and payments accounts

For the period from	Period start date 01/01/2023	To	Period end date 31/12/2023
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	16,325		-	16,325	-
Grant	-	500	-	500	-
Fundraising	280	-	-	280	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>16,605</b>	<b>500</b>	<b>-</b>	<b>17,105</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>16,605</b>	<b>500</b>	<b>-</b>	<b>17,105</b>	<b>-</b>
<b>A3 Payments</b>					
Therapeutic activities	4,816	182	-	4,998	-
Supervision	495	-	-	495	-
Insurance	224	-	-	224	-
Subscriptions	494	-	-	494	-
Hotel & Travel	2,264	-	-	2,264	-
Telephone	356	-	-	356	-
IT	492	-	-	492	-
Postage	161	-	-	161	-
Admin costs	1,782	1,350	-	3,132	-
Sundries	179	318	-	497	-
Fundraising expenses	39	-	-	39	-
<b>Sub total</b>	<b>11,301</b>	<b>1,850</b>	<b>-</b>	<b>13,151</b>	<b>-</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>11,301</b>	<b>1,850</b>	<b>-</b>	<b>13,151</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>5,304</b>	<b>- 1,350</b>	<b>-</b>	<b>3,954</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>1,346</b>	<b>1,350</b>	<b>-</b>	<b>2,696</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>6,650</b>	<b>-</b>	<b>-</b>	<b>6,650</b>	<b>-</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Brought forward fund	1,346	1,350	-
	Surplus for the year	5,304	-	-
		-	-	-
	<b>Total cash funds</b>	<b>6,650</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
	Bank account	6,650	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
	Admin laptop	449	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>	<b>When due (optional)</b>
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	<i>Julia Farmer</i>	Julia Farmer	16/10/2024	

**BEAM**

England & Wales - Charity number 1187918

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# Accounts

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## **BEAM Annual Report Sept 2023**

BEAM's charitable purpose is to relieve the need of birth mothers whose children do not live permanently in their care through the provision of confidential peer to peer support group meetings, one to one meetings, telephone and online support and raising awareness of the problems facing birth mothers.

Our Vision is to provide a safe, confidential place for BEAM birth mothers to be valued, strengthened and to fulfil their potential through peer to peer support.

Our Mission is to build a network of women, groups and organisations raising awareness and support for birth mothers apart from their children.

Our Values include giving birth mothers opportunities to support one another with a determination not to judge any birth mother who comes to BEAM; the commitment to really listen to each mother and to value their 'voice', particularly as these are women who are often not heard; We seek to shine a light on each mother's resilience and resourcefulness, recognising they have overcome overwhelming obstacles and trauma.

Beam ran 2 money courses throughout the year with the aid of Christians against poverty. These were incredibly useful for mothers struggling with debt and living on low incomes. For The second group we invited women from the community to also attend.

BEAM continued to run the art well-being meetings. We had previously been running them once a month but increased these to alternate Mondays due to increased funding.

BEAM was able to hire a birthmother from the charity to work as our administrative coordinator. She worked for the charity for just under a year, but then gave birth to a child. She decided to step back from employment with the charity to focus on caring for her small child.

Cherie attended the Orchard conference in Birmingham representing the charity. She was interviewed and able to raise awareness of what BEAM does.

BEAM continued to provide online well-being groups for birthmothers around the UK. This year we were able to expand to run three separate evening groups as a result of increased training and volunteers

We were invited to attend a conference with ATD 4th world in London. Birth mothers from BEAM took part in research by Essex University and Amnesty International. This report was put forward to the United Nations.

We held our annual Christmas party, which was well attended and greatly appreciated by the mothers as Christmas is a very painful time for them.

The local theatre provided tickets to the pantomime, which was greatly enjoyed by all!

As a result of the cost of living crisis BEAM applied for a local authority grant and were successful. We assisted mothers with heating their homes and buying household necessities.

Beam ran an online fundraiser in February. It was both advantageous in raising funds

but also in increasing awareness of what we do.

In the spring, the BBC ran an online article and a local tv news report on the charity. This had a huge impact on the number of enquiries to the charity. This has resulted in continuous referrals to BEAM on a weekly basis.

Cherie represented the charity at the University of Suffolk lecture in March. She spoke to students about the work of BEAM giving an insight into the support needed for mothers apart from their children.

Cherie and Shuna were interviewed by the Scottish law society in respect of the work of BEAM.

Cherie also took part in a conference on law, social work, and poverty in London.

Beam mothers were delighted by our BEAM photo shoot. They were provided with beautiful photographs of themselves taken by photographer.

A cookery event took place at Letton Hall in Norfolk. The women learned to cook a cost-effective meal together and enjoy the beauty of the Hall and parkland. They were able to take away recipe cards to replicate the meal at home.

Some of the team met with a consultant psychiatrist who is interested in the work being done by BEAM.

BEAM started an additional 'Carry on BEAMING' group. This is for women who have completed the well-being group. An additional group was started because the other group was becoming too large.

Kintsugi Hope held a mental health conference in Chelmsford. Some of the team and birthmothers attended this which was extremely beneficial.

The annual holiday for mothers who have completed the well-being group was a great success.



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name <b>BEAM</b>	No (if any) 1187918
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**CC16a**

## Receipts and payments accounts

For the period from	Period start date 01/01/2022	To	Period end date 31/12/2022
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	5,557	-	-	5,557	-
Grant	-	1,350	-	1,350	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>5,557</b>	<b>1,350</b>	<b>-</b>	<b>6,907</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>5,557</b>	<b>1,350</b>	<b>-</b>	<b>6,907</b>	<b>-</b>
<b>A3 Payments</b>					
Therapeutic activities	2,158	-	-	2,158	-
Supervision	495	-	-	495	-
Insurance	256	-	-	256	-
Subscriptions	399	-	-	399	-
Hotel & Travel	1,548	-	-	1,548	-
Telephone	539	-	-	539	-
IT	29	-	-	29	-
Postage	69	-	-	69	-
Admin	1,603	-	-	1,603	-
Sundries	1,014	-	-	1,014	-
<b>Sub total</b>	<b>8,110</b>	<b>-</b>	<b>-</b>	<b>8,110</b>	<b>-</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>8,110</b>	<b>-</b>	<b>-</b>	<b>8,110</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>- 2,553</b>	<b>1,350</b>	<b>-</b>	<b>- 1,203</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>3,899</b>	<b>-</b>	<b>-</b>	<b>3,899</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>1,346</b>	<b>1,350</b>	<b>-</b>	<b>2,696</b>	<b>-</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Brought forward fund	3,899	-	-
	Deficit for the year	- 2,553	1,350	-
		-		-
	<b>Total cash funds</b>	<b>1,346</b>	<b>1,350</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
	Bank account	1,550	1,350	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>	<b>When due (optional)</b>
		204	-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	<i>Julia Farmer</i>	Julia Farmer	19.10.23	

**BEAM**

England & Wales - Charity number 1187918

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# Accounts

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## **ANNUAL REPORT FOR BEAM 30/09/2022**

BEAM's charitable purpose is to relieve the need of birth mothers whose children do not live permanently in their care through the provision of confidential peer to peer support group meetings, one to one meetings, telephone and online support and raising awareness of the problems facing birth mothers.

Our Vision is to provide a safe, confidential place for BEAM birth mothers to be valued, strengthened and to fulfil their potential through peer to peer support.

Our Mission is to build a network of women, groups and organisations raising awareness and support for birth mothers apart from their children.

Our Values include giving birth mothers opportunities to support one another with a determination not to judge any birth mother who comes to BEAM; the commitment to really listen to each mother and to value their 'voice', particularly as these are women who are often not heard; We seek to shine a light on each mother's resilience and resourcefulness, recognising they have overcome overwhelming obstacles and trauma.

What BEAM achieved Feb 2020 - December 2021:

The local theatre gave us tickets to see the local pantomime in February, however, it was cancelled due to covid. They instead gave us a link which we could watch from our homes. Some of the birth mums did watch it and enjoyed it.

In March we partnered with Safe Families and led a Well-being group for 12 weeks with one of their managers, Holly. We then went on to run another 3 month well-being group for some mothers referred to us from Norfolk Social Services.

There were many meetings throughout the year with the University of Suffolk seeking to establish a learning forum between student social workers and birth mothers. One of the BEAM mums went and spoke at a meeting with student social workers. The feedback was extremely positive.

In April we ran a webinar on Mothers and Child Protection. Cherie, a former barrister, Brenda Head, a solicitor and former partner of a law firm and Amy Bevan, a former CAFCASS officer ran the seminar. Over 20 participants attended.

A local community group asked Cherie to take part in a Christian Leadership event. This provided a real opportunity to promote the work of BEAM and increase awareness of what we offer.

We strengthened our links with Haven, a charity based in Liverpool. Their Director, Paula Fairbrother, was a former social worker who set up an advocacy service for parents going through court proceedings. Cherie and Paula regularly meet online and share resources and contacts to promote their charities.

Coffee BEAM, an online group for birth mothers continued to run throughout this period. This is led by mothers of BEAM and has provided an outlet for their creativity and interests to be shared. Each mum receives an opportunity to get involved by sharing and leading if they wish to.

In September we took 7 mothers on a holiday to East Sussex. This required significant preparation and assessment prior to departure. The trip was an immense success. The local private school, Ipswich School, lent us their minibus. We stayed at the holiday home of a former high court judge. The grounds were extensive and gave the women a sense of freedom and space that many had never experienced before. A day out at Burling Gap/Seven Sisters and then on to Eastbourne was a true highlight. We had wonderful weather and enjoyed a picnic on the beach. On another day, we all went for a lovely country walk led by Shuna. We also ensured the women had free time to just enjoy the beautiful surroundings. We had a music night with a fire pit and saw the women really come alive with joy and a strong sense of belonging.

In October, BEAM welcomed ATD 4<sup>th</sup> World an international charity to come and share about their work of empowerment and fight against poverty. Cherie had previously visited London to see their work. Diane Skelton, the project coordinator attended with 3 others from the charity. They shared about their experience of poverty and child protection and how they have sought to rebuild their lives. We had a great turn out of birth mothers from BEAM. The day was both informative and inspirational.

In November we took 3 of our ambassadors (birth mothers with lived experience who represent BEAM) to London to meet with Yuval from the University of London. They were able to share their journeys with him and he helped us to think about the stages of change and how to model that within BEAM. We continued networking with Yuval and assisted him in his research paper on peer to peer support within organisations supporting families. We then went for afternoon tea at the Waldorf (tickets which had been gifted to us by the Waldorf Hotel). It was a memorable occasion which was incredibly special for all who came.

Christmas is a very hard time for the mothers. We have annually held a Christmas party. This year some of the mums took over the planning and arranged a really lovely Christmas party which included a buffet and a gift for each of them. One of the mother's daughters did a dance routine as entertainment. The mums surprised Cherie and Shuna with a handmade box for to say thanks for their support over the year.

We continued throughout the period to offer BEAM art wellbeing sessions on a monthly basis. This is run by a local artist, Marie who has been trained in art therapy.

The period outlined above was very busy which resulted in new birth mothers joining both locally and through our online platforms. We developed some new connections and built on the successes of the year prior. As trustees we are wishing to give more opportunities and authority for the birth mothers to lead and direct the way ahead.



## Receipts and payments accounts

<b>For the period from</b>	Period start date 1/1/2021	<b>To</b>	Period end date 12/31/2021
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
<b>A1 Receipts</b>				
Donations	8,144	-	-	8,144
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b> (Gross income for AR)	8,144	-	-	8,144
<b>A2 Asset and investment sales, (see table).</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total receipts</b>	8,144	-	-	8,144
<b>A3 Payments</b>				
Travel expenses	793	-	-	793
Phone	164	-	-	164
Supervision fees	720	-	-	720
Subscriptions including online	471	-	-	471
Insurance	190	-	-	190
Art Therapy	398	-	-	398
ICT	116	-	-	116
Other	2,654	-	-	2,654
Residential weekend	235	-	-	235
Refreshments etc	344	-	-	344
<b>Sub total</b>	6,086	-	-	6,086
<b>A4 Asset and investment purchases, (see table)</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total payments</b>	6,086	-	-	6,086
<b>Net of receipts/(payments)</b>	2,059	-	-	2,059
<b>A5 Transfers between funds</b>	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-
<b>Cash funds this year end</b>	2,059	-	-	2,059

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B1 Cash funds</b>		2,059	-
		-	-
		-	-
	<b>Total cash funds</b>	<b>2,059</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B2 Other monetary assets</b>		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
<b>B3 Investment assets</b>			-
			-
			-
			-
			-

	Details	Fund to which asset belongs	Cost (optional)
<b>B4 Assets retained for the charity's own use</b>			-
			-
			-
			-
			-
			-
			-
			-
			-

	Details	Fund to which liability relates	Amount due (optional)
<b>B5 Liabilities</b>			-
			-
			-
			-
			-

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

Signature	Print Name





**Endowment funds**  
to nearest £

-
-
-
-

OK

**Endowment funds**  
to nearest £

-
-
-
-
-
-

**Current value (optional)**

-
-
-
-
-

**Current value (optional)**

-
-
-
-
-
-
-
-
-

**When due (optional)**


Date of approval


**BEAM**

England & Wales - Charity number 1187918

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# Accounts

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## **ANNUAL REPORT FOR BEAM 30/09/2021**

BEAM's charitable purpose is to relieve the need of birth mothers whose children do not live permanently in their care through the provision of confidential support group meetings, one to one meetings, telephone and online support and raising awareness of the problems facing birth mothers.

Our Vision is to provide a safe, confidential place for BEAM birth mothers to be valued, supported and to fulfil their potential.

Our Mission is to build a network of women, groups and organisations raising awareness and support for birth mothers apart from their children.

Our Values include a determination not to judge any birth mother who comes to BEAM; the commitment to really listen to each mother and to value their 'voice', particularly as these are women who are often not heard; We seek to shine a light on each mother's resilience and resourcefulness, recognising they have overcome overwhelming obstacles and trauma.

What BEAM achieved Feb 2020 – December 2020:

This was a really challenging period for BEAM. It had started off well with Cherie being invited to speak about BEAM to over 500 women at The Orchard conference in Birmingham in March. Our aim was to raise greater awareness and build stronger networks with other charities and organisations supporting vulnerable women. The conference was a great opportunity and good connections were made.

Our plans for 2020 were for greater expansion. We had been liaising with others in the UK interested in setting up a peer to peer support group for birth mothers. We were also continuing to hold weekly face to face meetings, however, the pandemic hit. This halted both meetings and progression of expansion.

During the restrictions of lockdown we telephoned the mothers individually but this was not particularly satisfactory. We also tried to arrange some virtual meetings but there were significant technical issues as none of the mothers had ever used Zoom. Some also had limited data allowance meaning they could not stay in the meeting until the end. We tried to keep this going but it was not easy. The lifting of lockdown measures meant we could begin to meet with up to 10 people as we were providing a support service. We met up in the town or the park as The Quakers Meeting House had continued to remain closed.

Heather, Shuna and Cherie arranged a meeting to plan a way forward as the autumn was drawing near and we could see a further lockdown might be imminent. Heather and Shuna had been running the Kintsugi Hope wellbeing programme at Burlington Baptist Church. They suggested we run the course for the BEAM mothers online. Heather agreed to go through the material and see what would be of use and how it could be adapted to suit these mothers in particular.

After further discussion, Cherie agreed it was important to contact Kintsugi Hope (KH). This conversation resulted in KH allowing us to use their material but enquired whether we would like to become partners with them. This meant we would train under their guidance and receive other materials and support. We could donate whatever we could afford as opposed to paying a fee. The trustees agreed and on that basis we then piloted the adapted course with the women in Ipswich.

We invited 2 women working with vulnerable women to join the course as participants. They were both involved in supporting birth mothers in Bolton and Liverpool respectively. They were interested in whether the course might be something that could benefit their mothers.

The wellbeing course was a great success. It was at this juncture that we realised there was real scope to run the course online for mothers in different parts of the country. Paula, from Haven, having participated with the pilot, asked if we would run it for some of the mums in Liverpool. This was done and was immensely successful. The course was then run for a group of women in Grimsby through a national charity, Safe Families. We also ran the course for a number of women referred to us by Norfolk Social Services. We had a number of new volunteers come on board to learn how to run the course in future.

Prior to the second lockdown we did have some 'socially distanced' meetings held at Burlington Baptist Church as the Quakers remained closed. We had an aromatherapy session there with one of our volunteers leading this. We also did some kickboxing and self defence sessions at a local gym where one of our mums was training. The mothers really enjoyed this. Cake and Revolution gave us some gift bags with lovely hand cream and little gifts with handwritten cards for each mother. The mothers were really touched by these gift bags.

In October, Rachel, a mum from the Ipswich group approached Cherie to ask if she and Donna (another mum) could do an online Coffee BEAM morning every week. This would provide an informal chat for mothers to grow in friendship and support. Rachel and Donna agreed they would decide the topic each week and run the group. Cherie, or another volunteer from BEAM, would simply attend and provide support and encouragement if needed.

The Coffee BEAM mornings have provided birth mothers a place to just chat about themselves and topics they are interested in. It has also meant that once mothers have finished the 12 week well-being course we have a place to signpost them with other women who have finished the course.

At Christmas we prepared a parcel for each of the mothers in Suffolk and delivered it to them. We were given a donation from Cake and Revolution to provide some lovely treats for the women.

It has been an extraordinary year in so many ways, but through it all we have continued to be inspired by the mothers we are here to serve. We continue to thank God for the many people who have supported us plus other generous donors. Without their kindness and financial support BEAM would have struggled to continue. We owe a great debt to Kintsugi Hope for the grace to allow us to use some of their material and develop a wellbeing course along the lines of their own. They could have easily refused our request but their generosity has been truly amazing and evidences the genuineness of their mission. Finally, we are especially

grateful to our volunteers and trustees helping to lead and serve in the most difficult of times but showing unfailing steadfastness to provide support and love to the birth mothers at BEAM.



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
**Beam** No (if any)  
**1187918**

CC16a

## Receipts and payments accounts

For the period from 12.02.20 To 31.12.20

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	4,373.00	-	-	4,373	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>4,373</b>	<b>-</b>	<b>-</b>	<b>4,373</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>4,373</b>	<b>-</b>	<b>-</b>	<b>4,373</b>	<b>-</b>
<b>A3 Payments</b>					
Travel expenses	386	-	-	386	-
Room Hire	36	-	-	36	-
Supervision fees	520	-	-	520	-
Domain costs	379	-	-	379	-
Insurance	187	-	-	187	-
Art Therapy	100	-	-	100	-
ICT	129	-	-	129	-
Other	656	-	-	656	-
	-	-	-	-	-
<b>Sub total</b>	<b>2,393</b>	<b>-</b>	<b>-</b>	<b>2,393</b>	<b>-</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>2,393</b>	<b>-</b>	<b>-</b>	<b>2,393</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>1,980</b>	<b>-</b>	<b>-</b>	<b>1,980</b>	<b>-</b>
A5 Transfers between funds		-	-	-	-
A6 Cash funds last year end		-	-	-	-
<b>Cash funds this year end</b>	<b>1,980</b>	<b>-</b>	<b>-</b>	<b>1,980</b>	<b>-</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		1,980	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>1,980</b>	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

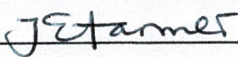
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Julia Farmer	30.9.21