

# 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  
BEAM

No (if any)  
1187918

## Receipts and payments accounts

CC16a

For the period  
from

Period start date  
01/01/2023

To

Period end date  
31/12/2023

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
Donations	16,325		-	16,325	-
Grant	-	500	-	500	-
Fundraising	280	-	-	280	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	16,605	500	-	17,105	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	16,605	500	-	17,105	-
<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>	11,301	1,850	-	13,151	-
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	11,301	1,850	-	13,151	-
<b>Net of receipts/(payments)</b>	5,304	- 1,350	-	3,954	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	1,346	1,350	-	2,696	-
<b>Cash funds this year end</b>	6,650	-	-	6,650	-

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