



# Trustees' Annual Report for the period

1	Period start date			To	Period end date		
	01	January	2024		31	December	2024

## Section A Reference and administration details

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

### 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			
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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 (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	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)** *Julia Farmer*

**Full name(s)** Julia Farmer

**Position (eg Secretary, Chair, etc)** Treasurer

**Date** 10.10.25



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  
01/01/2024

To

Period end date  
31/12/2024

### 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	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
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	<b>Details</b>			
	Bank account	2,436	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<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	Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<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	10.10.25	