

# BEGIN WELL

England & Wales · Charity number 1190047

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2020-06-22

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

## Contact

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**Address** West Hill House  
West Hill  
Wraxall  
Bristol  
BS48 1PH

**Phone** 7886287339

**Email** [info@beginwell.org.uk](mailto:info@beginwell.org.uk)

**Website** [www.beginwell.org.uk](http://www.beginwell.org.uk)

## Activities

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**Objects:** 1. TO PRESERVE AND PROTECT THE MENTAL AND PHYSICAL HEALTH OF PREGNANT WOMEN IN, PARTICULAR BUT NOT EXCLUSIVELY THROUGH THE PROVISION EDUCATION, INFORMATION, PHYSICAL, EMOTIONAL AND SPIRITUAL SUPPORT DURING PREGNANCY2. TO PRESERVE AND PROTECT THE MENTAL AND PHYSICAL HEALTH OF PARENTS AND THEIR CHILDREN DURING THE POST-NATAL PERIOD AND EARLY YEARS OF CHILD DEVELOPMENT, IN PARTICULAR BUT NOT EXCLUSIVELY THROUGH THE PROVISION EDUCATION, INFORMATION, PHYSICAL, EMOTIONAL AND SPIRITUAL SUPPORT

**Activities:** We deliver antenatal classes to expectant parents.

## Classification

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- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Religious Activities, Other Charitable Purposes
- **Who:** Children/young People, Other Defined Groups, The General Public/mankind

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-02	£24,866	£20,435	-	-
2024-04-02	£5,957	£4,599	-	-
2023-04-02	£4,210	£5,375	-	-
2022-04-02	£3,346	£780	-	-
2021-04-02	£592	£210	-	-

## Trustees

Name	Role	Appointed
<b>Dr Louise Hughes</b>	Chair	2020-06-22
Karen Egitto		2020-06-22
Katie Meredith		2024-04-16
Rachel Stone		2025-09-08

**BEGIN WELL**

England & Wales - Charity number 1190047

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# Accounts

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# begin well

The Starting Blocks for Family Life

*Begin Well Annual Report*

*2024-25*

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# Charity Information, Structure, Governance & Management

## **Registered Office**

West Hill House  
West Hill  
WRAXALL  
BS48 1PH

**Email** [info@beginwell.org.uk](mailto:info@beginwell.org.uk)

**Website** [www.beginwell.org.uk](http://www.beginwell.org.uk)

## **Trustees**

Louise Hughes BSc(Hons) MBBS MRCOG  
Karen Egitto BSc (Hons) SCPHN MSc  
Elizabeth Thomas BA(Hons) PGCE (until end January 2025)  
Katie Meredith BSc (Hons) (From 16 April 2024)

## **Volunteer Co-ordinator**

Naomi Shaw (part time)

## **Charity Administrator**

Cheryl Jenkinson (part-time)

## **Volunteer Lead Facilitators**

Erica King - Barnstaple - Facilitator  
Timi Booy - Bristol (Backwell) - Facilitator  
Jess Higgins - Bristol (Field) - Facilitator  
Sophie Milne - Bristol (Field) - Facilitator  
Rosanna Wills - Exeter (Alphington) - Facilitator  
Annie Milverton - Exeter (Alphington) - Cover Facilitator  
Amy Davis - Exeter (Belmont) - Facilitator  
Viki Fry - Exeter (Pinhoe) - Co-Facilitator  
Katie Meredith - Exeter (Pinhoe) - Co-Facilitator  
Emma Mitchell - Exeter (Trinity) - Facilitator  
Jan Miles - Paignton (Bay) - Co-Facilitator  
Anna Harris - Paignton (Bay) - Co-Facilitator  
Trudy Warren - Plymouth (Chaddlewood) - Facilitator  
Claire Wadsworth - Plymouth (Plymstock) - Facilitator  
Kirsty Hammond - Sidmouth - Facilitator  
Debbie Martin - Tiverton - Facilitator

# Charity Structure

Begin Well is a Charitable Incorporated Organisation (registered number 1190047), which was founded in 2018 and registered with the Charity Commission in 2020, in order to provide local antenatal courses based on an NHS model. Begin Well works to help pregnant women and their partners build a happy family life rooted in local communities.

The Objects of the charity are:

1. To preserve and protect the mental and physical health of pregnant women in particular, but not exclusively, through the provision of education, information, physical, emotional and spiritual support during pregnancy;
2. To preserve and protect the mental and physical health of parents in particular, but not exclusively, through the provision of education, information, physical, emotional and spiritual support during pregnancy.
3. The trustees meet at least four times a year to discuss relevant matters such as current operations, future courses, and funding.

# Risk Management

The trustees have reviewed the major risks and have policies and procedures in place to mitigate these risks.

# Trustees' Report

## Statement of Public Benefit

The Trustees have complied with their legal duty under the Charities' Act to have regard for the public benefit guidance published by the Charity Commission.

## Fundraising and Communications

This year the charity's fundraising has included donations from individual donors, income from church partnerships' training fees, course handbooks and licensing agreements. This year the income raised from this has been £20,434 - an increase of £14,477 on 2023-2024.

This year we have started using a self-employed grant writer to assist us in our applications. This has been successful with 3 substantial grants being donated through their work.

We are fortunate to have a few individuals who continue to generously support the work. All individual donors are thanked personally, when possible, and also sent the regular newsletters and updates.

Further fundraising is done on an ad-hoc basis and by asking for donations from supporters and course attendees through newsletters and social media.

## Financial Review (including Reserves Policy)

The total income of £20,434 of unrestricted funds has been received by the charity this year. Begin Well has no debts or other liabilities, and holds no reserves or investment assets. Begin Well aims to build sufficient reserves for between three and six months' operating costs.



## Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the Strategic Report, the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Trustees 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 group and charity and of application of resources, including the income and expenditure, of the group for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently; make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Financial statements are published on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements, which may vary from legislation in other jurisdictions. The maintenance and integrity of the charity's website is the responsibility of the trustees. The trustees' responsibility also extends to the ongoing integrity of the financial statements contained therein.

# Chair of Trustees' Report on the Work

This has been a year of growth for Begin Well. We have run 25 courses and supported over 500 parents to be across the South West.

We are very grateful for the continued generosity of our donors, for the hard work and commitment of our small staff team, and for the time and expertise of all our volunteers in our church partnerships.



## Reflection on the last 12 months activity

In the last report plans were made for the next 12 months 2024-2025

- **Update of Training Materials**

- In 2024-2025, all Begin Well course materials were re-written, there was further filming of course videos and the handbooks for both parents and volunteers were updated. The new curriculum was launched in Autumn 2024.

- **Training of existing teams on new materials**

- All existing teams were trained to use the new materials, with over 70 volunteers attending our Training Update days in both Devon and Bristol.

- **Onboarding and training of new teams**

- We aimed to start courses in 5 new churches. In the end we managed to do this with 2 new churches in Bristol and 3 in Devon. This involved Safer Recruitment of all volunteers from those churches, and training of every team member.

- **Volunteer Conference**

- In January 2025 we held a day conference for all new and existing church volunteers. We invited Restore Charity (who work with domestic violence survivors) to speak. It is known that women in pregnancy and post-partum are at higher risk of domestic violence. This session equipped our volunteers with knowledge and skills on supporting pregnant women in this situation. We are grateful to Exeter Diocese for their support in hosting the conference day.



## Reflection on the last 12 months activity continued...

- **Diversify and secure further funding streams**

- This year we have started to diversify our income and funding streams, and make plans to apply for larger grants.
- Trustees have reviewed the licence fee and made plans for 2025-2026 to ensure that it is financially in line with similar charities.
- Increased Administration support enabled Begin Well to chase all outstanding invoices and ensure all churches were up to date on payments.
- Individual donations continued to be part of our income stream, and we thank individuals for their generous support.
- Our income from grant making organisations and individuals increased this year due to the hard work and expertise of our fundraiser. Although this raised the staff costs, the investment resulted in a significant increase in our income from grants.
- Begin Well has started to use a QR code slide at the end of each course to make it easy for those who want to donate. We seek to provide each course for free to the prospective parents and to limit cash handling by individual course facilitators. The QR code has started to increase donations from participants who wish to express their thanks financially.

- **Build financial reserves**

- Begin Well has increased its income this year and has started to build limited financial reserves. The aim is to build reserves for 3-6 months of operating costs over the coming year.

- **Development of the Administrator role**

- The administrator role has expanded to include book-keeping to help with the smooth running of the charity finances.

- **Training and development of the Trustee board**

- Begin Well was a finalist in the 2024 Cinnamon Incubator programme (November 2024). This has been hugely beneficial to the Trustee board and the charity. As part of the Cinnamon Incubator programme we have received regular coaching sessions, a residential training programme (February 2025) and support from mentors.
- Active recruitment of new Trustees has taken place and we welcomed Katie Meredith to the board in April 2024.
- The Trustees would like to extend our thanks to Liz Thomas who has been a Trustee and supporter since the conception of Begin Well. She is stepping down to further support her family commitments and we are grateful to all that she has given to the charity over the years.

## • Other Activities

- In March 2025 we ran a Begin Well Midwife and Healthcare Professionals Retreat. This was hosted by Reverend Claire Curtis in Tiverton, Devon. The NHS is a challenging place to work and this retreat gave time for the health care professionals who volunteer for Begin Well to recharge physically, spiritually and mentally.
- Begin Well was shortlisted and invited to be part of the Cinnamon Incubator Programme. This started in October 2024 and included a training residential covering topics such as replication, safeguarding, marketing, fundraising, using data and governance. We will have regular coaching sessions and hope that this external input will continue to strengthen the trustee and operational team.
- Begin Well was invited to take part in an interview with UCB radio to share the work which we are doing.
- We ran a midwife training event to train our volunteer midwives on the new material and to support them in its delivery.
- Begin Well was invited to the Bishops' Study Day in Exeter (November 2024) to share the work which it is doing and to inspire other churches to be involved.
- Begin Well took part in the Tree Fest at St Mary Redcliffe, Bristol. This was to raise awareness of Begin Well as we start to run courses in Bristol.



## Highlights

"Just all of it really was brilliant!!! Has really taken away anxiety, made me feel more prepared and less scared, helped me realise how trustworthy midwives and medical teams are and made me feel in safe hands. Feel really excited now!"

"This is such a valuable thing to find freely offered within our community, it feels rare to have such an opportunity and I'm sure so many people benefit from it. I know friends in other areas of the country where there is no such provision so we feel really lucky. It was such an added bonus having kind and approachable people leading it."

"Left the course feeling a lot more confident about becoming a parent and how to handle a newborn! So grateful for the help and support"



## Plans for the next 12 months 2025-2026

- **Onboarding and training of new teams**
  - As Begin Well grows we aim to start courses in 5 new churches over the next year. This will involve Safer Recruitment of all volunteers from those churches and training of every team.
- **Governance**
  - Begin Well will review its policies and guidelines and seek to sharpen its onboarding training, handbook and processes.
- **Update Day and Volunteers Conference**
  - In January 2026 there will be an Update day and conference for all new and existing churches.
- **Cinnamon Incubator Programme**
  - The Begin Well Trustee team will continue to be part of the incubator programme. This will involve regular coaching sessions and a training residential in February 2026.
- **Safeguarding**
  - As part of our participation in Cinnamon Incubator Programme we will have external safeguarding training, a safeguarding review and a report by the safeguarding organisation 31:8.
  - We will review our DBS provider and our safeguarding training to our teams.
- **Website Review and Refresh**
  - Our website has not been changed since the start of Begin Well. As part of our marketing we will update the website to make it more accessible and user friendly.
- **Diversify and secure further funding streams**
  - Begin Well will continue to diversify its income streams.
  - The two-year licence fee for churches who run Begin Well will be reviewed.
  - Begin Well provides all courses for no cost to the individual. However some attendees wish to donate money in appreciation. Begin Well will continue to provide QR codes and other methods of receiving donations from course attendees. We seek to be financially robust and to limit cash handling by individual course facilitators.
- **Strengthening Connections**
  - Over the next year Begin Well will continue to strengthen existing relationships and make new connections with other organisations working within the same field.

# Annual Accounts

## Statement of Activity

3 April, 2024-2 April, 2025

DISTRIBUTION ACCOUNT	TOTAL
<b>Income</b>	
Accounts Package Overpayment Refund	123.00
Donations Received Through Stewardship	5,994.54
Grants from Trusts	8,300.00
Initial Training	540.00
Licence Fee	3,000.00
Monthly Giving Income	2,797.00
One-off Gifts	2,535.00
Sales of Curriculum Resources	1,576.00
<b>Total for Income</b>	<b>£24,865.54</b>
<b>Gross Profit</b>	<b>£24,865.54</b>
<b>Expenses</b>	
Accounts Package	246.00
Cinnamon Network Mentoring Programme	660.00
Course Books Delivery Costs	46.02
DBS Checks	399.84
Filming of Course Videos	4,058.75
Insurances	242.32
Printing of Course Books	3,036.20
Raising funds	1,020.00
Stewardship Wage Payroll Services	10,403.64
Subscriptions	5.00
Volunteer Training and Retreat Days	317.00
<b>Total for Expenses</b>	<b>£20,434.77</b>
<b>Net Operating Income</b>	<b>£4,430.77</b>
<b>Net Other Income</b>	
<b>Net Income</b>	<b>£4,430.77</b>

# Annual Accounts continued

## Statement of Financial Position

3 April, 2024-2 April, 2025

DISTRIBUTION ACCOUNT	TOTAL
Fixed Asset	
<b>Total for Fixed Asset</b>	
Cash at bank and in hand	
Begin Well Current	7,621.96
<b>Total for Cash at bank and in hand</b>	<b>£7,621.96</b>
Debtors	
Current Assets	
<b>NET CURRENT ASSETS</b>	<b>£7,621.96</b>
<b>NET CURRENT ASSETS (LIABILITIES)</b>	<b>£7,621.96</b>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	<b>£7,621.96</b>
<b>TOTAL NET ASSETS (LIABILITIES)</b>	<b>£7,621.96</b>
Capital and Reserves	
Opening Balance Equity	3,191.19
Retained Earnings	4,395.77
Net Income	35.00
<b>Total for Capital and Reserves</b>	<b>£7,621.96</b>

# Annual Accounts continued

## Notes to the Accounts

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Begin Well (CIO) – Registered Charity No. 1190047

For the year ended 2 April 2025

### 1. Basis of preparation

These accounts have been prepared on the receipts and payments (cash) basis, which records income when received and expenditure when paid.

### 2. Reporting period

The accounts cover the period 3 April 2024 to 2 April 2025.

### 3. Funds

All receipts and payments in the period relate to the charity's unrestricted funds. No restricted funds were held or operated during the year.

### 4. Analysis of receipts (income)

Total receipts for the year were £24,865.54, analysed as follows:

- Barnstaple Licence Regular Giving: £420.00
- Begin Well Licence Fee (and Training): £1,665.00
- Gift through Stewardship: £5,994.54
- Grant Funding/Charitable Trusts: £8,300.00
- One off Gifts: £870.00
- Refund for overpayment: £123.00
- Regular Giving Donation: £2,377.00
- Sales: £5,116.00

### 5. Analysis of payments (expenditure)

Total payments for the year were £20,434.77, analysed as follows:

- Stewardship Wage Payment Services: £10,403.64
- Cinnamon Network Mentor Programme: £660.00
- DBS: £399.84
- Filming of Course Content: £4,058.75
- Insurances: £242.32
- Printing and Posting of Course Handbooks: £2,792.60
- Printing, Postage and Stationery: £115.62
- Publicity: £174.00
- QuickBooks Accounts Package: £246.00
- Raising funds: £1,020.00
- Subscription: £5.00
- Volunteer Training Day Costs: £317.00

### 6. Net receipts for the year

Net receipts for the year were £4,430.77 (receipts £24,865.54 less payments £20,434.77).

### 7. Bank and cash

At the year end, the charity held cash at bank of £7,621.96 (Begin Well Current).

# Annual Accounts continued

## 8. Reconciliation of funds to cash at bank

Opening funds brought forward: £3,156.19

Net receipts for the year: £4,430.77

Additional income received (Barnstaple Church donation): £35.00

Closing funds carried forward (equal to cash at bank): £7,621.96

## 9. Trustees and governance

Trustees during the year were: Louise Hughes, Karen Egitto, Elizabeth Thomas (until end January 2025), Katie Meredith (from 16 April 2024).

The trustees met at least four times a year.

No trustee received remuneration for services as a trustee during the year.

Trustee expenses reimbursed during the year: £0

## 10. Related party transactions

Related parties include trustees, close family members, and any organisations they control.

The charity had no related party transactions during the year.

## 11. Employees

The charity had the following part-time paid roles during the year:

- Volunteer Co-ordinator: Naomi Shaw (part time)

- Charity Administrator: Cheryl Jenkinson (part-time)

Employment costs are included within Stewardship Wage Payment Services (see Note 5).

## 12. Commitments and contingencies

At the reporting date the charity had no material commitments or contingencies.

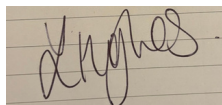
### Book-keeping and Accounts Prepared by:

Cheryl Jenkinson, Charity Administrator

### Accounts Agreed and Signed by:

Louise Hughes, Trustee

28th January 2026



**BEGIN WELL**

England & Wales - Charity number 1190047

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# Accounts

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# begin well

The Starting Blocks for Family Life

*Begin Well Annual Report*

*2023-24*

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# Charity Information, Structure, Governance & Management

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## **Trustees**

Louise Hughes BSc(Hons) MBBS MRCOG  
Karen Egitto BSc (Hons) SCPHN MSc  
Elizabeth Thomas BA(Hons) PGCE

## **Volunteer Co-ordinator**

Naomi Shaw (part time)

## **Charity Administrator**

Cheryl Jenkinson (Jan 24 onwards, part time)

## **Volunteer Facilitators**

Naomi Shaw & Erica King - Holy Trinity Church, Barnstaple  
Amy Davies - Belmont Chapel, Exeter  
Gwenllian Riall - St Michael's and All Angels Church, Alphington  
Timy Booy - St Andrew's Church, Backwell  
Karen Egitto - St Nicholas Church, Bristol  
Viki Fry - Pinhope Church, Exeter  
Debbie Martin - St Paul's Church, Tiverton  
Claire & John Wadsworth - Plymstock Chapel, Plymstock  
Rachel Mills - Bay Church, Torbay

# Charity Structure

Begin Well is a Charitable Incorporated Organisation (registered number 1190047), which was founded in 2018 and registered with the Charity Commission in 2020, in order to provide local antenatal courses based on an NHS model. Begin Well works to help pregnant women and their partners build a happy family life rooted in local communities.

The Objects of the charity are:

1. To preserve and protect the mental and physical health of pregnant women in particular, but not exclusively, through the provision of education, information, physical, emotional and spiritual support during pregnancy;
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3. The trustees meet at least four times a year to discuss relevant matters such as current operations, future courses, and funding.

# Risk Management

The trustees have reviewed the major risks and have policies and procedures in place to mitigate these risks.

# Trustees' Report

## Statement of Public Benefit

The trustees have complied with their legal duty under the Charities Act to have regard to the public benefit guidance published by the Charity Commission.

## Fundraising & Communications

This year the charity's fundraising has included donations from individual donors, income from church partnerships' training fees, course handbooks and licensing agreements. This year the income raised from this has been £5957 (from 3.4.2023 - 2.4.2024).

This year Begin Well has taken on a charity administrator. This has helped ensure the income from training and licensing was optimised. We are fortunate to have a few individuals who generously support the work. Fundraising was on an ad hoc basis, with social media giving links and giving links in newsletters.

All individual donors are thanked personally, when possible, and also sent the regular newsletters and updates.

## Financial Review (including Reserves Policy)

The total income of £5957 unrestricted funds has been received by the charity this year. Begin Well has no debts or other liabilities, and holds no reserves or investment assets. Begin Well aims to build sufficient reserves for between three and six months' operating costs.



## Statement of Trustees' Responsibilities

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The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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# Chair of Trustees' Report on the Work

This has been another exciting year at Begin Well. We have been able to consolidate and grow the work supporting parents-to-be, both in the running of antenatal courses and in seeking to have a voice in shaping the provision of antenatal education.

We are very grateful for the continued generosity of our donors, for the hard work and commitment of our small staff team, and for the time and expertise of the volunteers in the church partnerships.



## Reflection on the last 12 months activity

In 2022-23 report we made plans for the following 12 months.

- We planned to grow the number of partnerships.
  - There have been no new partnerships in 2023-2024. Instead we have focused on maintaining the relationships with the current facilitators and volunteers. The appointment of the volunteer coordinator has really helped with this. For those interested in partnerships we decided to wait until the new material would be ready and aim to train in Autumn 2024.
- We planned to rewrite and update the course materials
  - A large amount of volunteer co-ordinator and trustee volunteer time was taken up with the rewrite. This involved review of the whole curriculum, updating in line with current national guidance and refreshing of video materials. The written and presentation materials were all re-developed with consistent branding and imagery. The facilitator guide was redesigned to make it more user-friendly as were all the powerpoint presentations. The aim is to train current and new volunteers to use the new materials from Autumn 2024.
- We planned to develop the volunteer co-ordinator role
  - Naomi has continued to develop the role. There has been much work recruiting and supporting new church sites. She has been responsible for the curriculum re-write and update, and in developing the training programme for volunteers. She has provided new-start training for all the incoming teams and support during their courses. She has led on the safer recruitment of all the volunteers.
- We planned to appoint a charity administrator
  - The administrator has significantly helped Begin Well to make the most of the opportunities afforded the charity: maximising and diversifying funding streams, raising the profile of the charity and keeping interested parties up to-date with the work, as well as in the management of the administrative load. The role started in February 2024. She has provided support across all areas of the administration of the charity including communication with volunteers, communication with participants, gaining post-course feedback from attendees to inform course development and fundraising efforts, social media and safer recruitment of volunteers.

## Review of this year's work

The charity has increased the number of churches delivering the courses. This year we have provided antenatal education courses to 546 number of parents to be. Courses occur during the evening but there have been weekend courses to meet the needs of the local populations. In future Begin Well will develop further course materials to address specific needs of groups of parents-to-be eg: teenagers, asylum seekers etc.

Many of our volunteer teams have remained the same but there have been some changes and additions of new volunteers to existing teams. All new volunteers undergo safer recruitment and training. Begin Well is so grateful for all the time and energy which volunteers give so generously to the charity and the parents they serve.

In January 2024 Begin Well held a Volunteer Update day for all volunteers. It had a special mental health focus with input from Nicky Wallace from Talk Works regarding Perinatal Mental health. The Diocese of Exeter very kindly hosted the event for Begin Well, providing lunch and the excellent venue. It was an opportunity to thank the volunteers in person and for networking and sharing ideas.

Begin Well is developing links with local organisations and charities working with the same space. This includes: Devon Maternity Voices, Plymouth Octopus, LMNS (Local Maternity Neonatal System)-Antenatal Education Task and Finish group as part of Devon NHS.

## Highlights

"We cannot thank you all enough for helping us prepare for the arrival of our little one and we hope to stay part of the community"

"I felt this course was so informative and I have come away feeling far more positive and confident in my ability as a new parent and it has brought myself and husband closer together as we both shared this experience"

"It has reduced my anxiety and given me self confidence. I feel supported even with the course being over"

"I feel a lot less anxious about the whole experience and know where to seek out company and groups if I'm feeling lonely. It has given my husband a really good introduction to how he can best support both me and baby, and given him insight without being too daunting! I feel I know how I can better prepare myself for what's to come"

## Plans for the next 12 months 2024-2025

- Update of Training Materials
  - In 2024-2025 Begin Well plans to finalise the re-write and update of course materials. We aim to go live with the materials in Autumn 24, following printing and filming of the materials.
- Training of existing teams on New Materials
  - All existing teams will be trained to use the new materials. This will involve training 42 number of volunteers. We plan to do this over 3 training days
- Onboarding and training of new teams
  - As Begin Well grows we aim to start running courses in more church sites. We aim to start courses in 5 number of churches. This will involve safer recruitment of all volunteers from those church sites and training of every team.
- Update Day
  - In January 25 there will be an update day for all new and existing church sites. The aim is to invite Restore Charity (who work with domestic violence survivors) to speak. It is known that women in pregnancy and post-partum are at high risk of domestic violence, so this session will aim to equip volunteers around this area.
- Diversify and secure further funding streams
  - Begin Well is now at a size which we need to diversify our income and funding streams.
  - Each church site operates under a two-year licence from Begin Well to run courses from their church. The trustees will review the amount churches pay for the licence fee to ensure that the amount is appropriate and reflects the support and quality of the training materials and time. With increased administrative support we will seek to ensure that all licensing fees are kept up to date.
  - Begin Well charges for each individual volunteer to be trained and for their DBS check. The trustees will review this charge to ensure that it reflects the quality of the training and cost of the DBS check.
  - Individual donations continue to be part of our income stream, and we will continue to thank individuals for their generous support.
  - Begin Well will explore grant making organisations as a potential area for funding. Begin Well trustees will build on the work of previous fundraising research and aim to apply for some grants this year.
  - Begin Well provides all courses for no cost to the individual. However some attendees wish to donate money in appreciation. Begin Well will look to provide QR codes and other methods of receiving donations from course attendees. We seek to be financially robust and to limit cash handling by individual course facilitators.

## Plans for the next 12 months 2024-2025 continued

- Build financial reserves
  - Begin Well aims to build financial reserves for 3-6 months of operating costs
- Development of the administrator role
  - The administrator role has significantly improved the day-to-day administrative burden of the trustees. Over the next year the aim will be to further develop the role of the administrator to include bookkeeping to help with the smooth running of the charity finances.
- Training and development of the trustee board
  - The trustees are aware that as Begin Well grows that the board would benefit from mentoring, coaching and training. One of the options is the Cinnamon Incubator programme which would benefit the charity with coaching and training. The application will be due in May 24.
- Recruitment of trustees
  - The trustee board is limited to three trustees at present. To ensure the ongoing governance, capability and succession planning the trustees seek to recruit new trustees within this financial year.



# Annual Accounts



CHARITY COMMISSION  
FOR ENGLAND AND WALES

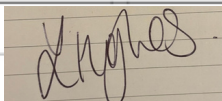
Begin Well		No (if any)		CC16a
<b>Receipts and payments accounts</b>				
For the period from	3.4.23	To	2.4.24	

## 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>					
Course handbooks	1,050	- 0	- 0	1,050	516
Church licence agreements	1,000	- 0	- 0	1,000	695
Church giving	210	- 0	- 0	210	350
Corporate giving	25	- 0	- 0	25	15
Donations from individuals	3,157	- 0	- 0	3,157	2,634
DBS refunds	16	- 0	- 0	16	- 0
Church training	499	- 0	- 0	499	- 0
	-	- 0	- 0	- 0	- 0
<b>Sub total(Gross income for AR)</b>	<b>5,957</b>	<b>- 0</b>	<b>- 0</b>	<b>5,957</b>	<b>4,210</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	- 0	
	-	-	-	- 0	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>- 0</b>	<b>-</b>
<b>Total receipts</b>	<b>5,957</b>	<b>-</b>	<b>-</b>	<b>5,957</b>	<b>4,210</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	- 0	
	-	-	-	- 0	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>- 0</b>	<b>-</b>
<b>Total receipts</b>	<b>5,957</b>	<b>-</b>	<b>-</b>	<b>5,957</b>	<b>4,210</b>
<b>A3 Payments</b>					
Blue Moon Designs Handbooks	816	- 0	- 0	816	755
Course & Training Costs	-	- 0	- 0	- 0	410
Public liability insurance	175	- 0	- 0	175	171
Subscriptions and memberships	13	- 0	- 0	13	275
DBS Checking service	174	- 0	- 0	174	189
Stationery, P&P	92	- 0	- 0	92	87
Office laptop	-	- 0	- 0	- 0	371
Staffing costs	3,329	- 0	- 0	3,329	3,117
	-	- 0	- 0	- 0	- 0
<b>Sub total</b>	<b>4,599</b>	<b>- 0</b>	<b>- 0</b>	<b>4,599</b>	<b>5,375</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	- 0	
	-	-	-	- 0	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>- 0</b>	<b>-</b>
<b>Total payments</b>	<b>4,599</b>	<b>-</b>	<b>-</b>	<b>4,599</b>	<b>5,375</b>
<b>Net of receipts/(payments)</b>	<b>1,358</b>	<b>- 0</b>	<b>- 0</b>	<b>1,358</b>	<b>-1,165</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>- 0</b>	<b>- 0</b>	<b>- 0</b>	<b>- 0</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>- 0</b>	<b>- 0</b>	<b>- 0</b>	<b>- 0</b>
<b>Cash funds this year end</b>	<b>1,358</b>	<b>- 0</b>	<b>- 0</b>	<b>1,358</b>	<b>-1,165</b>

# Annual Accounts continued

## 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>		- 0	- 0	- 0
		- 0	- 0	- 0
		- 0	- 0	- 0
	<b>Total cash funds</b>	<b>1,358</b>	<b>- 0</b>	<b>- 0</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
<b>B2 Other monetary assets</b>		- 0	- 0	- 0
	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
<b>B3 Investment assets</b>			- 0	- 0
	<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</b>			- 0	- 0
	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>	<b>When due (optional)</b>
<b>B5 Liabilities</b>			- 0	
Signed by one or two trustees on behalf of all the trustees	<b>Signature</b>	<b>Print Name</b>		<b>Date of approval</b>
		Louise Hughes		30.1.2025

**BEGIN WELL**

England & Wales - Charity number 1190047

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# Accounts

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begin well

*Annual Report*  
*2022-23*

CHARITY NUMBER 1190047

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# Charity Information, Structure, Governance & Management

## Registered Office

West Hill House  
West Hill  
WRAXALL  
BS48 1PH

Email [info@beginwell.org.uk](mailto:info@beginwell.org.uk)

Website [www.beginwell.org.uk](http://www.beginwell.org.uk)

## Trustees

Louise Hughes BSc(Hons) MBBS MRCOG  
Karen Egitto BSc (Hons) SCPHN MSc  
Elizabeth Thomas BA(Hons) PGCE

## Volunteer Co-ordinator

Naomi Shaw

## Volunteer Facilitators

Naomi Shaw - Holy Trinity Church, Barnstaple  
Amy Davies - Belmont Chapel, Exeter  
Gwenllian Riall - St Michael's and All Angels Church, Alphington  
Timy Booy - St Andrew's Church, Backwell  
Karen Egitto - St Nicholas Church, Bristol  
Viki Fry - Pinhope Church, Exeter  
Debbie Martin - St Paul's Church, Tiverton  
Claire & John Wadsworth - Plymstock Chapel, Plymstock  
Rachel Mills - Bay Church, Torbay



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Annual Report  
2022-23

## *Charity Structure*

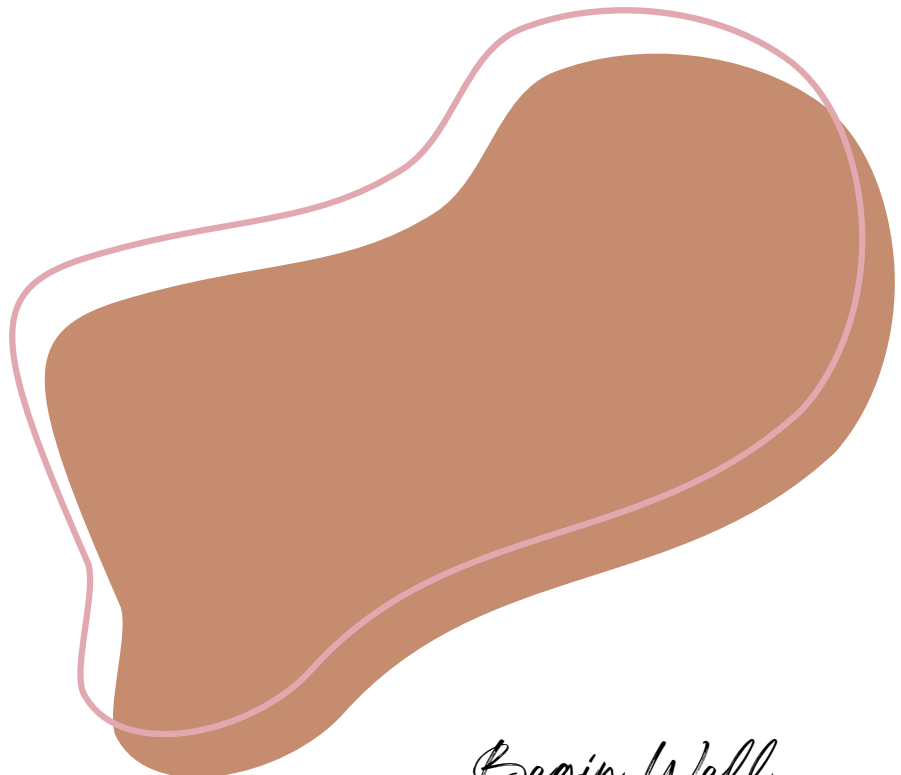
Begin Well is a Charitable Incorporated Organisation (registered number 1190047), which was founded in 2018 and registered with the Charity Commission in 2020, in order to provide local antenatal courses based on an NHS model. Begin Well works to help pregnant women and their partners build a happy family life rooted in local communities.

The Objects of the charity are:

1. To preserve and protect the mental and physical health of pregnant women in particular, but not exclusively, through the provision of education, information, physical, emotional and spiritual support during pregnancy;
  2. To preserve and protect the mental and physical health of parents in particular, but not exclusively, through the provision of education, information, physical, emotional and spiritual support during pregnancy.
- The trustees meet at least four times a year to discuss relevant matters such as current operations, future courses, and funding.

## *Risk Management*

The trustees have reviewed the major risks and have policies and procedures in place to mitigate these risks.



*Begin Well  
Annual Report  
2022-23*

# Trustees' Report

## *Statement of Public Benefit*

The trustees have complied with their legal duty under the Charities Act to have regard to the public benefit guidance published by the Charity Commission.

## *Fundraising & Communications*

This year the charity's fundraising has included donations from individual donors, income from church partnerships' training fees, course handbooks and licensing agreements. This year the income raised from this has been £4,210.

This year Begin Well secured the services of a trust fundraiser to prepare the foundations of grant applications. which has allowed us to make some grant applications this year. We anticipate further grant applications made in the coming year will also more likely to succeed as a result. Other means of fundraising such as facebook appeals and a 'pay it forward' appeal at the end of courses are also in progress.

We ensure that we inform our supporters about up-to-date news and current and up-coming events including through regular updates to the Begin Well social media pages.

## *Financial Review (including Reserves Policy)*

The total income of £4,210 unrestricted funds has been received by the charity this year. Begin Well has no debts or other liabilities, and holds no reserves or investment assets. Begin Well aims to build sufficient reserves for between three and six months' operating costs.

## *Statement of Trustees' Responsibilities*

The Trustees are responsible for preparing the Strategic Report, the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Trustees 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 group and charity and of application of resources, including the income and expenditure, of the group for that period.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Financial statements are published on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements, which may vary from legislation in other jurisdictions. The maintenance and integrity of the charity's website is the responsibility of the trustees. The trustees' responsibility also extends to the ongoing integrity of the financial statements contained therein.

*Begin Well*  
*Annual Report*  
*2022-23*

# *Chair of Trustees' Report on The Work*



Begin Well is pleased to be able to report on another busy year of supporting parents-to-be, in running antenatal courses and in building relationships with & having a voice in other organisations which support pregnant people.

This has only been possible through the continuing generosity of our donors, and through the hard work and commitment of our Volunteer Co-ordinator, as well as the volunteers in the church partnerships.

The work of Begin Well continues to grow. Although two centres reached the end of their partnership agreement this year, this has been more than matched by the forming of four new partnerships, consolidating the work in Bristol and in Devon. Begin Well is pleased to have been able to run full and short in-person courses this year, rather than the hybrid and online courses that marked the Covid-19 pandemic.

Hosting churches have welcomed pregnant people and their partners from diverse backgrounds and faiths, helping parents-to-be manage their mental health, producing tailored courses for teenagers, and supporting families through late baby loss.

As well as the obvious benefits of helping people prepare for birth and parenting, feedback shows that important relationships are being forged between the attendees themselves, as well as between the host churches and attendees. In fact, 100% of course attendees have said they would be happy to be invited to other events run by the hosting church.

*Begin Well  
Annual Report  
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# Chair of Trustees' Report on the Work

Begin Well also continues to have a voice in the local and regional network, sitting on the NHS Devon Antenatal Education Task & Finish Group, providing data to Maternity Voices, and developing relationships with other local and regional charities that provide support to parents.

We have found that these relationships not only help raise awareness of Begin Well's work and generate referrals to the antenatal courses, but allow Begin Well to signpost parents to other appropriate organisations and charities, thus providing a better overall level of support for pregnant people and parents.

Because of this growth, Begin Well has this year recruited a Volunteer Co-ordinator based in Devon, who has been working to support the facilitators, manage much of the administration of the partnerships and oversee the course bookings.



As a result of the role that Naomi has taken on, the trustees have been freed up to consider other important aspects of the charity, including considering how to best oversee the work of the charity, develop relationships within the work, and conduct a review of course material. In June of this year, trustees and facilitators met and, out of this, the charity has made significant progress in refreshing the course material to ensure it is up-to-date, relevant and accessible.

Begin Well  
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## *Plans for the next 12 months*

Whilst Begin Well appreciates that an increase in the number of partnerships and courses will naturally result in reaching more parents-to-be, the trustees are aware of the challenges of this growth, especially where the success of the charity depends on the quality of the different relationships. Therefore, the trustees are keen to ensure that any growth is matched by up-to-date course material, sufficient administrative support, and a good level of funding.

The new course handbook is expected to be ready in 2024 and will reflect current guidance and practice. This will be rolled out at a partnership meeting with contributions from guest speakers and an information session for new partnerships.

This year, Begin Well will also look to recruit an Administrator in order to allow the Volunteer Co-ordinator to focus on their role in support and relationship-building.

It is expected that this person will help Begin Well to make the most of the opportunities afforded the charity: maximising and diversifying funding streams, raising the profile of the charity and keeping interested parties up-to-date with the work, as well as in the management of the administrative load.



*Begin Well  
Annual Report  
2022-23*

# Annual Accounts



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Begin Well 119047

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## Receipts and payments accounts

For the period from: 03/04/22 To To: 02/04/23

### 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>					
course handbooks	516			516	357
church licence agreements	695			695	585
church giving	350			350	1000
corporate giving	15			15	551
donations from individuals	2,634			2,634	853
<i>Sub total(Gross income for AR)</i>	4,210			4,210	3,346
<i>Total receipts</i>	4,210			4,210	3,346
<b>A3 Payments</b>					
Blue Moon Designs (handbooks)	755			755	664
Course & training costs	410			410	
Public Liability Insurance	171			171	
Subscriptions and memberships	275			275	97
DBS checking service	189			189	
Stationery, P&P	87			87	19
Office hardware (laptop)	371			371	
Staffing costs	3117			3117	
<i>Sub total</i>	5,375			5,375	840
<b>A4 Asset and investment purchases, (see table)</b>					
<i>Sub total</i>					
<i>Total payments</i>	5,375			5,375	780
<i>Net of receipts/(payments)</i>	1,165			1,165	2,566
A5 Transfers between funds					
A6 Cash funds last year end	2,947			2,947	
Cash funds this year end	1,782			1,782	2,566

### 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 £
B1 Cash funds	Current account cash balance	1,782		
	<i>Total cash funds</i>	1,782	-	
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
Signed by one or two trustees on behalf of all the trustees				
	Signature	Print Name	Date of approval	

**BEGIN WELL**

England & Wales - Charity number 1190047

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# Accounts

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begin well

Begin Well Annual Report 2021-2022

CHARITY NUMBER 1190047

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## **Structure, governance and management**

Begin Well is a Charitable Incorporated Organisation (registered number 1190047), which was founded in 2018 and registered with the Charity Commission in 2020 in order to provide local antenatal courses based on an NHS model. Begin Well works to help pregnant women and their partners build a happy family life rooted in local communities.

The Objects of the charity are:

1. To preserve and protect the mental and physical health of pregnant women in particular, but not exclusively, through the provision of education, information, physical, emotional and spiritual support during pregnancy;
2. To preserve and protect the mental and physical health of parents in particular, but not exclusively, through the provision of education, information, physical, emotional and spiritual support during pregnancy.

The trustees meet at least four times a year to discuss relevant matters such as current operations, future courses, and funding.

## **Risk Management**

The trustees have reviewed the major risks and have policies and procedures in place to mitigate these risks.

## **Charity Information**

### Trustees

Louise Hughes BSc(Hons) MBBS MRCOG

Karen Egitto BSc (Hons) SCPHN MSc

Elizabeth Thomas BA(Hons) PGCE

### Volunteer Facilitators

Naomi Shaw - Holy Trinity Church, Barnstaple

Amy Davies - Belmont Chapel, Exeter

Gwenllian Rhiall - St Michael's and All Angels Church, Alphington

Linda Mitchell - South Molton Methodist Church

Timy Booy - St Andrew's Church, Backwell

Lena Fearnley - St Matthias Church, Torquay

Karen Egitto - St Nicholas Church, Bristol

### Registered Office

West Hill House  
West Hill  
WRAXALL  
BS48 1PH

Email            info@beginwell.org.uk

Website        www.beginwell.org.uk

## **Trustees' Report**

### Statement of Public Benefit

The trustees have complied with their legal duty under the Charities Act to have regard to the public benefit guidance published by the Charity Commission.

### Fundraising & Communications

The charity has been reliant on income from receiving money for training and a licensing agreement for churches to run the course. There has also been a regular giver, one single large donation and one grant. The income raised from this has been £3346. We ensure that we inform our supporters about up-to-date news and current and up-coming events.

We are in the process of making grant applications for the next coming year to allow for efficient and effective operations.

### Financial Review (including reserves policy)

The total income of £3346 unrestricted funds has been received by the charity this year. Begin Well has no debts or other liabilities, and holds no reserves or investment assets.

### Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the Strategic Report, the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Trustees 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 group and charity and of application of resources, including the income and expenditure, of the group for that period.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Financial statements are published on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements, which may vary from legislation in other jurisdictions. The maintenance and integrity of the charity's website is the responsibility of the trustees. The trustees' responsibility also extends to the ongoing integrity of the financial statements contained therein.

### Report on the work

Through the generosity of our donors, and the support and commitment of our many volunteers, this has been a year of both growth and consolidation in many ways.

It has been a delight post-pandemic to be able to offer in-person courses and, where appropriate, blended courses, reaching more than 130 pregnant women, alongside their partners and birth partners. It has been good to see how communities are built and can support each other in the joys, challenges, and sometimes sadness that come with pregnancy, childbirth and parenting.

In September 2021 and in January 2022 it was a pleasure to meet and train facilitators in four new settings. This has meant that, along with existing partner churches, Begin Well has been able to run 16 courses across six settings. Further expansion of the work will come from April 2022 as some of the newly trained facilitators run new courses from then on.

As well as the growth through training and new courses, it has also been a year of building and consolidating relationships with some of the other organisations who look to support pregnant women and their families, such as holding conversations with Maternity Voices Partnership and Rockabye, and through participating as workshop speakers at a National Parenting Initiative event.

Through the Diocese of Exeter, Begin Well has been privileged to be part of a video and article on their Diocesan website highlighting and celebrating the positive impact of the courses, both in terms of education and supporting mental health.

Feedback from the courses is overwhelmingly positive both on post-course feedback forms and through social media such as the Begin Well facebook group pages.

### Plans for the next 12 months

As mentioned above, new courses are planned through recently trained partners from April 2022 onwards. We also look forward to running further training events as more churches look to run Begin Well courses.

As we go into another year, Begin Well hopes to take on a paid Volunteer Co-ordinator in Devon, as many of the partner churches are based in that area.

We also plan to meet with our facilitators to start a conversation about course material, ensuring that it follows up-to-date relevant guidance and is as well organised and presented as possible.

Begin Well looks to consolidate links with other organisations and diversify its income streams to ensure financial stability.

**Accounts**

	Unrestricted funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £
<b>Receipts</b>			
Bristol Vineyard Church	1000	1000	0
Individual donor	853	853	0
Little Stars Project	500	500	0
Holy Trinity Church, Barnstaple	60	60	0
South Molton Methodist Church	60	60	0
St Andrew' Church, Backwell	195	195	0
St Matthias Church, Torquay	240	240	0
St Michael & All Angels, Alphington	339	339	0
St Nicholas Church, Bristol	48	48	0
PayPal	30	30	0
Amazon Smile Account	21	21	7
Exeter Network Church	0	0	195
Diocese of Exeter	0	0	390
<b>Total receipts</b>	<b>3346</b>	<b>3346</b>	<b>592</b>

<b>Payments</b>			
Blue Moon Design Studio (Begin Well guides)	664	664	210
Google Cloud Platform	45	45	0
PayPal Tech Trust	52	52	0
DPD	19	19	0
<b>Total payments</b>	<b>780</b>	<b>780</b>	<b>210</b>
<b>Net of receipts/(payments)</b>	<b>2565</b>	<b>2565</b>	<b>382</b>
Transfers between funds	-	-	-
Cash funds last year end	382	382	382
<b>Cash funds this year end</b>	<b>2947</b>	<b>2947</b>	<b>-</b>
<b>Section B Statement of assets and liabilities at the end of the period</b>			
Categories	Unrestricted funds		
	to nearest £		
Cash funds	2947	2947	382
Total funds	2947	2947	382

**BEGIN WELL**

England & Wales - Charity number 1190047

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# Accounts

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begin well

Begin Well Annual Report 2020-2021

CHARITY NUMBER 1190047

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## **Structure, governance and management**

Begin Well is a Charitable Incorporated Organisation (registered number 1190047), which was founded in 2018 and registered with the Charity Commission in 2020 in order to provide local antenatal courses based on an NHS model. Begin Well works to help pregnant women and their partners build a happy family life rooted in local communities.

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2. To preserve and protect the mental and physical health of parents in particular, but not exclusively, through the provision of education, information, physical, emotional and spiritual support during pregnancy.

The trustees meet at least four times a year to discuss relevant matters such as current operations, future courses, and funding.

## **Risk Management**

The trustees have reviewed the major risks and have policies and procedures in place to mitigate these risks.

## **Charity Information**

### Trustees

Louise Hughes BSc(Hons) MBBS MRCOG

Karen Egitto BSc (Hons) SCPHN MSc

Elizabeth Thomas BA(Hons) PGCE

### Facilitators

Naomi Shaw - Barnstaple

Kate Robbins - ENC, Exeter

Karen Egitto & Molly Brammer - St Nicholas Church, Bristol

### Registered Office

West Hill House

West Hill

WRAXALL

BS48 1PH

Telephone No. 07886 287 339

Email info@beginwell.org.uk

Website www.beginwell.org.uk

## **Trustees' Report**

### Statement of Public Benefit

The trustees have complied with their legal duty under the Charities Act to have regard to the public benefit guidance published by the Charity Commission.

### Fundraising & Communications

The charity has been solely reliant on income from receiving money for training and a licensing agreement for churches to run the course. The income raised from this has been £592 . We ensure that we inform our supporters about up-to-date news and current and up-coming events.

We are in the process of making grant applications for the next coming year to allow for efficient and effective operations.

### Financial Review (including reserves policy)

The total income of £592 unrestricted funds has been received by the charity this year. Begin Well has no debts or other liabilities, and holds no reserves or investment assets.

### Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the Strategic Report, the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Trustees 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 group and charity and of application of resources, including the income and expenditure, of the group for that period.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Financial statements are published on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements, which may vary from legislation in other jurisdictions. The maintenance and integrity of the charity's website is the responsibility of the trustees. The trustees' responsibility also extends to the ongoing integrity of the financial statements contained therein.

### Report on the work

Over the last 12 months we have continued to operate our courses predominantly across the South West, launching several new courses. These have been received well by the attending parents, with good feedback.

In response to the covid-19 pandemic, and given that Begin Well is working with a vulnerable group, we trained our facilitators in a dual process of offering the course either on-line or in person. This has allowed us to mitigate the risk to the pregnant women who are all in their last trimester.

Using feedback and reviewing current guidance and best practice, we have continued to adapt our training courses for all our new facilitators. This in turn has meant that the facilitators have been able to run courses that meet all the necessary requirements for a successful antenatal course.

Over the last 12 months we have run 14 courses across the South West, reaching 127 pregnant people along with their partners, meaning that more than 150 individuals have benefitted from Begin Well courses.

The courses have been vital in helping people transition into parenting and to be part of creating and participating in safe healthy communities, in which they can thrive and receive on-going support from peers and local church communities.

Comments from course users have included:

“It’s such a special course. That the facilitators do this for free is amazing!”

“We recently finished our Begin Well course. We really enjoyed it and felt that we learnt lots. The guide that was given to us was really helpful. It was also nice for the partners to be involved, to meet other dads-to-be, as many other antenatal courses are run just for mums.

“It was so informative. Would highly recommend it to any parents-to-be. I’m really glad this was available to us and would recommend it to others.”

“My partner and I feel way more prepared for our little bundle of joy.”

### Plans for the next 12 months

Over the next 12 months Begin Well will look to expand the availability of courses in other parts of the South West, particularly in Devon where the charity already has strong links with churches and individuals. To this end, the charity will hold information sessions for interested parties, either virtually or in person, network with other organisations with a view to developing working relationships, and run ‘Train the Trainer’ courses for those new churches who will be running antenatal courses.

The charity will also explore opportunities with media outlets, such as local newspapers and Diocesan newsletters, to raise brand awareness.

As the work of the charity expands, Begin Well will investigate other revenue streams such as grants, in order to ensure a robust financial foundation for this important work.

**Accounts**

	Unrestricted funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £
<b>Receipts</b>			
Exeter Network Church	195	195	-
Diocese of Exeter	390	390	-
Amazon Smile Account	7	7	-
<b>Total receipts</b>	<b>592</b>	<b>592</b>	<b>-</b>
<b>Payments</b>			
Blue Moon Design Studio (Begin Well guides)	210	210	-
<b>Total payments</b>	<b>210</b>	<b>210</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>382</b>	<b>382</b>	<b>-</b>
<b>Transfers between funds</b>	-	-	-
<b>Cash funds last year end</b>	-	-	-
<b>Cash funds this year end</b>	<b>382</b>	<b>382</b>	<b>-</b>

<b>Section B Statement of assets and liabilities at the end of the period</b>				
Categories	Unrestricted funds			
	to nearest £			
Cash funds	382			
Total funds	382			