



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.

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

### Facilitators

Naomi Shaw - Barnstaple

Kate Robbins - ENC, Exeter

Karen Egitto & Molly Brammer - St Nicholas Church, Bristol

### Registered Office

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## **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			