



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

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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 £
Receipts					
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
Total receipts	3346		3346		592

Payments				
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	
Total payments	780	780	210	
Net of receipts/(payments)	2565	2565	382	
Transfers between funds	-	-	-	
Cash funds last year end	382	382	382	
Cash funds this year end	2947	2947	-	
Section B Statement of assets and liabilities at the end of the period				
Categories	Unrestricted funds			
	to nearest £			
Cash funds	2947	2947	382	
Total funds	2947	2947	382	