



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

Website 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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Charity Structure

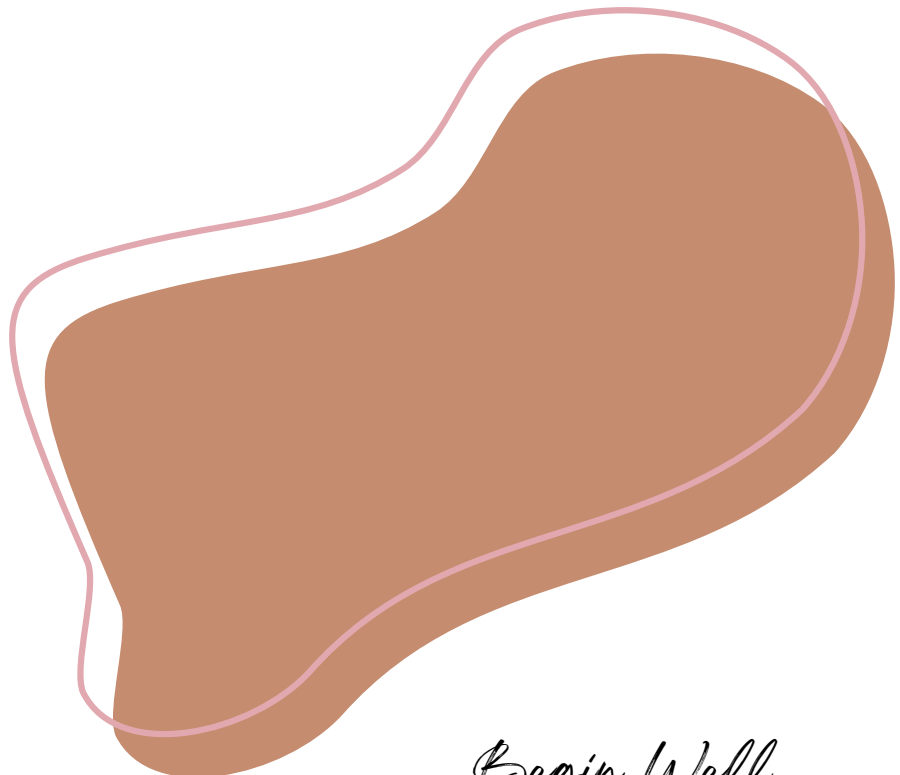
Begin Well is a Charitable Incorporated Organisation (registered number 1190047), which was founded in 2018 and registered with the Charity Commission in 2020, in order to provide local antenatal courses based on an NHS model. Begin Well works to help pregnant women and their partners build a happy family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



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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

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.



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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.



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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.

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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 Coordinator 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.

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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.



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CHARITY COMMISSION
FOR ENGLAND AND WALES

Begin Well

119047

Receipts and payments accounts

For the period
from: 03/04/22

To

To: 02/04/23

CC16a

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 £
A1 Receipts					
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
A3 Payments					
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
A4 Asset and investment purchases, (see table)					
<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	
<i>Cash funds this year end</i>	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 £
<u>Details</u>				
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval