

THE ACTIVE PREGNANCY FOUNDATION

England & Wales · Charity number 1190780

Details

Status Registered

Legal form CIO

Registered 2020-08-07

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

Contact

Address Community Stadium
Sheffield Olympic Legacy Park
Worksop Road
Sheffield
S9 3TL

Phone 07786805461

Email hello@activepregnancyfoundation.org

Website www.activepregnancyfoundation.org

Activities

Objects: THE PRESERVATION AND PROTECTION OF THE GOOD PHYSICAL AND MENTAL HEALTH OF WOMEN WHO ARE PREGNANT, PLANNING A PREGNANCY OR WHO HAVE RECENTLY GIVEN BIRTH FOR THE PUBLIC BENEFIT OF PROMOTING PHYSICAL ACTIVITY THROUGH: 1) RAISING PUBLIC AWARENESS OF BENEFITS OF PHYSICAL ACTIVITY THROUGHOUT PREGNANCY AND THE POSTNATAL PERIOD PARTICULARLY BUT NOT EXCLUSIVELY BY: • PROMOTING THE CHIEF MEDICAL OFFICER'S GUIDELINES ON PHYSICAL ACTIVITY FOR PREGNANT WOMAN AND PHYSICAL ACTIVITY FOR WOMEN AFTER CHILDBIRTH • DEVELOPING AND DISSEMINATING MESSAGES WHICH ENCAPSULATE LATEST RESEARCH AND SAFETY GUIDANCE, WHILST PROMOTING PHYSICAL ACTIVITIES THAT PREGNANT AND POSTNATAL WOMEN CAN DO • ILLUSTRATING BEST PRACTICE THROUGH THE ENGAGEMENT OF CASE STUDY / ROLE MODEL EXPECTANT AND NEW MOTHERS 2) WORKING WITH THE SPORTS AND FITNESS PROFESSIONALS, SPORTS INDUSTRIES AND HEALTH AND SOCIAL CARE PROVISION TO PROMOTE ACCESS TO SAFE AND BENEFICIAL SPORT, FITNESS AND HEALTHY ACTIVITY BY WOMEN DURING PRECONCEPTION, THROUGHOUT PREGNANCY AND THE POSTNATAL PERIOD 3) CONDUCTING RESEARCH INTO ACTIVITY AND EXERCISE DURING PREGNANCY AND PUBLISHING THE USEFUL RESULTS 4) PROMOTING AND DEVELOPING BEST PRACTICE GUIDELINES IN THE FIELD OF ACTIVITY AND EXERCISE DURING PREGNANCY AND THE POSTNATAL PERIOD.

Activities: Promoting physical activity for the preservation and protection of the good physical and mental health of women who are pregnant, planning a pregnancy or who have recently given birth. The charity is based in the UK.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£96,049	£84,180	-	-
2024-03-31	£65,838	£55,824	-	-
2023-03-31	£36,061	£33,796	-	-
2022-03-31	£21,341	£17,452	-	-
2021-03-31	£72	£3,220	-	-

Trustees

Name	Role	Appointed
Harriett Jones	Chair	2024-07-19
Alexandra Newman		2022-09-26
Andri Rauber		2022-09-26
Charlotte Louise Burt		2021-07-20
Claire Bradbury		2019-10-10
Dr Hayley Mills		2019-11-18
Jennifer Wong		2023-09-08
Laura Marks		2024-01-10
Professor Hora Soltani-Karbaschi		2024-05-23
ULICK TARABANOV		2019-10-21

THE ACTIVE PREGNANCY FOUNDATION

England & Wales - Charity number 1190780

Accounts

REGISTERED COMPANY NUMBER: CE023386 (England and Wales)
REGISTERED CHARITY NUMBER: 1190780

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2025
for
The Active Pregnancy Foundation

The Active Pregnancy Foundation

**Contents of the Financial Statements
for the Year Ended 31 March 2025**

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The Active Pregnancy Foundation

Chairman's Report for the Year Ended 31 March 2025

I am pleased to present this Trustee Report on behalf of the Active Pregnancy Foundation. The past year has been one of significant progress and growing influence for the charity, as we have continued to advance our mission to protect and promote the physical and mental health of women during preconception, pregnancy and the postnatal period through physical activity.

Throughout the year, the Foundation has strengthened its position as a trusted, evidence-led organisation working at the intersection of health, physical activity and women's wellbeing. Our objectives remain firmly rooted in public benefit, and I am proud of the way the charity has translated these aims into meaningful action, collaboration and impact.

A key strength of the Foundation remains its commitment to working collaboratively with professionals across sport, fitness, health and social care. The continued success of the This Mum Moves educational programme, delivered in partnership with the Institute of Health Visiting, is a clear example of this. The programme's inclusion within the Chief Medical Officers' Physical Activity Guidelines Communication Framework marks an important milestone and reflects the quality and relevance of our work.

The Foundation has also contributed to the development of national professional standards through CIMSPA, helping to embed consistent, high-quality guidance for those working with antenatal, postnatal, and women and girls more broadly. This systems-level work is essential if we are to achieve long-term change.

None of this progress would be possible without the dedication of the small staff team, our volunteers, trustees, Scientific Advisory Board members and student interns. I would also like to thank our partners, funders and supporters for their continued belief in our vision and their willingness to work with us to improve outcomes for women and families.

Looking ahead, the Trustees are excited by the opportunities to come. With the APF becoming a strategic partner of Sport England, this marks a significant and important moment to deepen its understanding of inactive pregnant and postnatal women, particularly those from diverse backgrounds and with long-term health conditions, and to deliver meaningful change aligned with the Uniting the Movement strategy.

Hattie Jones
Chair of Trustees
Active Pregnancy Foundation

The Active Pregnancy Foundation

Report of the Trustees for the Year Ended 31 March 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the charity are the preservation and protection of the good physical and mental health of women who are pregnant, planning a pregnancy, or who have recently given birth, for the public benefit of promoting physical activity through:

- 1) Raising public awareness of benefits of physical activity throughout pregnancy and the postnatal period, particularly but not exclusively by:
 - Promoting the Chief Medical Officer's Guidelines on Physical Activity for Pregnant Woman and Physical Activity for Women After Childbirth
 - Developing and disseminating messages which encapsulate the latest research and safety guidance, whilst promoting physical activities that pregnant and postnatal women can do
 - Illustrating best practice through the engagement of case study / role model expectant and new mothers
- 2) Working with the sports and fitness professionals, sports industries and health and social care provision to promote access to safe and beneficial sport, fitness and healthy activity by women during preconception, throughout pregnancy and the postnatal period
- 3) Conducting research into activity and exercise during pregnancy and the postnatal period, and publishing the useful results
- 4) Promoting and developing best practice guidelines in the field of activity and exercise during pregnancy and the postnatal period

OBJECTIVES AND ACTIVITIES

Significant activities

During the period the Foundation has been working on the set up of the charity and starting to raise awareness of the charity and its aims, including:

(1) Raising public awareness through the following;

a. Promotion of the APF website, directing users to evidence-based resources, advice, and guidance for pregnant and postnatal women, their support networks, and for healthcare and fitness professionals.

b. Growth of social media outlets to increase reach and engagement, with the intention to appoint a marketing and communications specialist when funding allows.

c. Joining a coalition of more than 200 bodies, athletes, businesses and charities across health, sport, recreation, and physical activity to submit an open letter to party leaders calling on them to use the General Election to #TakeTheLead and commit to making the UK the most active nation in Europe.

d. Partnering with the Defence Women's Network to deliver their second Perinatal Festival. The event was tailored for both military and civilian members at any stage of pregnancy, as well as those who have experienced pregnancy loss within the last 3 years, and aimed to enhance their understanding of fitness throughout pregnancy.

e. Partnering with The Women in Sport and Exercise Academic Network (WiSEAN) to deliver their conference, with the theme of 'Moving Women: Shaping Victories' focusing on empowering women and girls in sport and exercise. The event brought together academics, researchers and practitioners from various disciplines including psychology, physiology, biomechanics, strength and conditioning, coaching and performance, sociology, cultural studies, and leadership and management.

f. Commencing with the planning for the second Active Pregnancy Foundation Awards 2025. The Awards will recognise and celebrate the people and organisations who inspire or support women to become or stay active throughout pregnancy and beyond. They will also highlight the products and programmes that enable women to enjoy the many physical and mental health benefits of an active pregnancy.

(2) Working with the sports and fitness professionals, sports industries and health and social care provision to promote access to safe and beneficial sport, fitness and healthy activity by women during preconception, throughout pregnancy and the postnatal period by:

a. Continuing delivery of the This Mum Moves educational programme in partnership with the Institute of Health Visiting (iHV). The programme is a CPD-endorsed upskilling course to equip professionals with the skills, knowledge, and confidence to discuss and promote physical activity during the childbearing years. The programme has now been included in the Chief Medical Officers' Physical Activity Guidelines Communication Framework.

b. Collaborating with the Institute of Health Visiting (iHV) and the Maternal Mental Health Alliance (MMHA), to hold the annual This Mum Moves Networking Event. With the theme of Perinatal Mental Health, the event tied in with Maternal Mental Health Awareness Week (29 April to 5 May 2024), World Maternal Mental Health Day 2024 (1 May), and Mental Health Awareness Week (13 to 19 May).

c. Continuing relationships with key stakeholders, including, but not limited to, Sport England, CIMSPA, ukactive and the Active Partnerships.

d. Commencing work with The Open Data Institute to develop a national directory of activity providers highlighting the opportunities available to pregnant and postnatal women to be active in their local area.

The Active Pregnancy Foundation

Report of the Trustees for the Year Ended 31 March 2025

OBJECTIVES AND ACTIVITIES

(3) Conducting research into activity and exercise during pregnancy and the postnatal period, and publishing the useful results by:

- a. Continuing the work of the multi-disciplinary Scientific Advisory Board (SAB).
- b. Delivering the 'MOMentum Lost: Unpicking Maternal Physical Activity Patterns in 2022' report. The report highlights that pregnancy in itself is a barrier to women's engagement in physical activities during the childbearing years. It reveals significant barriers and critical insights into the challenges faced by women in maintaining an active lifestyle. This report serves as a call to arms for all those who support women during the transition to motherhood.
- c. Delivering the 'Moving Mums Initiative' Project in Sheffield. The Moving Mums Initiative was a collaborative project involving the APF, Sheffield Teaching Hospitals NHS Foundation Trust, Sheffield Hallam University, Yorkshire Sport Foundation, and the National Centre for Sport and Exercise Medicine (NCSEM). The initiative underscored the vital role that targeted interventions can play in addressing health inequalities within under served communities.
- d. Partnering with Good Boost, a leader in digital therapeutic exercise technology, to co-develop pioneering digital aquatic exercise solutions for pregnant and postnatal women. This project was funded by an Innovate UK 'Investment Partnerships Fund'.

(4) Promoting and developing best practice guidelines in the field of activity and exercise during pregnancy and the postnatal period by:

- a. Supporting the development of the CIMSPA Professional Standard: Population Specialism - Working with Antenatal and Postnatal Clients (published April 2024)
- b. Supporting the development of the CIMSPA Professional Standard: Population Specialism - Working with Women and Girls (published October 2024)

Public benefit

In accordance with the duties in the Charity's Act 2011, it is incumbent on the trustees to conduct a Public Benefit Test, to assess if the charity has complied with its duties in due regard to the public benefit guidance published by the Charity Commission. The trustees are satisfied that The Active Pregnancy Foundation has complied with its duty in regards to the Public Benefit Test over the past period, based on the four principles in the Commission's Guidance.

1. There must be an identifiable benefit:

Funds raised from donations, sponsorships or concessions are used to raise awareness of the foundation and how people can access the foundations resources.

2. Benefit must be to the public or a section of the public:

All the charity's services are open to all members of the public at large and access to our services is not restrictive.

3. People on low incomes must be able to benefit:

As the charity offers free information and guidance to the public, they do not consider any monetary restriction on the services offered.

4. Any private benefit must be incidental:

The trustees do not consider that any individual or organisation receives a 'private benefit' from the work of the charity.

Grantmaking

There was no grant making during the year for the charity.

The Active Pregnancy Foundation

Report of the Trustees for the Year Ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

The This Mum Moves educational programme gained significant momentum and these have been highly successful with great feedback from those who attended. We delivered four open events and fifteen commissioned events, significantly exceeding our target for the year.

We continue to recruit and maintain a successful volunteer base e.g., our trustee board, Scientific Advisory Board, and student interns.

We have made significant progress over the past year, further establishing ourselves as the go-to organisation for advice and collaboration. This progress has strengthened our foundations for future funding.

FINANCIAL REVIEW

Financial position

The balance sheets shows a net current surplus of £24,889 (2024 - £13,020).

Reserves policy

The trustees and management regularly review the finances, budgets, and cash flows to aid effective stewardship of the charity. The trustees and management recognise the restrictions placed, where applicable, on donations, grants, and other income combined with relevant expenditure in the financial period in order to accurately assess the restricted fund levels as at the reporting date. Restricted funds are held until they can be appropriately utilised by the charity for their specified purpose. The charity did not hold any restricted funds in the current period. The reserves as at 31 March 2025 were £24,889 (2024 - £13,020).

Going concern

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. In particular the trustees have considered the charities forecasts and projections, and the current years performance. The trustees have concluded that there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. As such the charity can expect to be able to meet its liabilities as they fall due in the period of at least 12 months from the date of approval of these accounts. However, there can be no certainty in relation to these matters.

On this basis the trustees have concluded that the charity is a going concern. The financial statements do not include any adjustments that would result from the charity not being able to meet its liabilities as they fall due.

FUTURE PLANS

During the coming year, the Foundation intends to expand public awareness, continue upskilling professionals via the This Mum Moves educational programme, and assess potential funding streams to support delivery of its aims.

The Foundation will also be holding its second annual Active Pregnancy Foundation Awards, in association with David Lloyd Clubs. With the success of the first Awards, we hope that this event will continue that success.

The biggest future plan by far would be formalising the strategic partnership with Sport England, having received an 'invitation to apply for investment up to the value of up to £250,000 over 2 years to deliver the following vision, in alignment with the national 'Uniting the Movement' strategy, enabling us to deepen our understanding of the needs of inactive pregnant and postnatal women, particularly those with long term health conditions and from diverse backgrounds. We will raise awareness, advocate for change and ensure these women have access to the support, resources and activities that empower them to improve their health and wellbeing.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation, governed by its constitution approved on 3 August 2020.

The Active Pregnancy Foundation

Report of the Trustees for the Year Ended 31 March 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

The management of the Foundation is ultimately the responsibility of the trustees who are elected by other trustees and the management team, and appointed under the terms of the Constitution.

Organisational structure

The trustees and management team meet several times throughout the period when strategic decisions and business matters are discussed. Separate meetings between management and certain trustees are held when necessary to discuss day to day activities.

Induction and training of new trustees

Where necessary, trustees are provided assistance and training by their fellow trustees of The Active Pregnancy Foundation who have previously held or currently hold a trustee role.

The trustees are also required to complete an E-learning for Healthcare Module - Being Active: Pregnancy and the Postnatal Period, to assist them in their role.

Key management remuneration

The charity had no employees in the current period. The charity provided no remuneration to its management during the period.

Related parties

The only related parties with which the charity undertakes transactions with is the key management.

Risk management

The trustees have assessed the major strategic, business and operational risks to which the Foundation is exposed, and are satisfied that systems and procedures are in place to monitor and control those risks in order to mitigate any impact they might have on the Foundation.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE023386 (England and Wales)

Registered Charity number

1190780

Registered office

26 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4AE

Trustees

Mrs C Bradbury
Mr U Tarabanov
Dr H Mills
Mrs C L Burt
Miss A Newman
Mr A Rauber
Ms J Wong
H Jones (appointed 19.7.24)
L Marks
Prof H Soltani-Karbaschi (appointed 23.5.24)
C Dunn (appointed 23.5.24) (resigned 31.12.24)

The Active Pregnancy Foundation

**Report of the Trustees
for the Year Ended 31 March 2025**

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Joy Cooke
For and on Behalf of
Tove Accountancy Ltd
Office 6, Town Hall
86 Watling Street East
Towcester
NN12 6BS

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on ~~21.01.2026~~..... and signed on its behalf by:

H. Jones.....
H Jones - Trustee

**Independent Examiner's Report to the Trustees of
The Active Pregnancy Foundation**

Independent examiner's report to the trustees of The Active Pregnancy Foundation ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Joy Cooke
For and on Behalf of
Tove Accountancy Ltd
Office 6, Town Hall
86 Watling Street East
Towcester
NN12 6BS

Date: 20/10/26

The Active Pregnancy Foundation

**Statement of Financial Activities
for the Year Ended 31 March 2025**

		2025 Unrestricted fund £	2024 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies		1,849	782
Charitable activities			
Support Costs		6,000	99
Other trading activities	2	<u>88,200</u>	<u>64,957</u>
Total		<u>96,049</u>	<u>65,838</u>
EXPENDITURE ON			
Raising funds		68,278	41,411
Charitable activities			
Support Costs		<u>15,902</u>	<u>14,413</u>
Total		<u>84,180</u>	<u>55,824</u>
NET INCOME		11,869	10,014
RECONCILIATION OF FUNDS			
Total funds brought forward		13,020	3,006
TOTAL FUNDS CARRIED FORWARD		<u>24,889</u>	<u>13,020</u>

The notes form part of these financial statements

The Active Pregnancy Foundation

**Balance Sheet
31 March 2025**

		2025 Unrestricted fund £	2024 Total funds £
CURRENT ASSETS	Notes		
Debtors	6	16,065	27,863
Cash at bank		<u>12,792</u>	<u>11,566</u>
		28,857	39,429
CREDITORS			
Amounts falling due within one year	7	(3,968)	(26,409)
		<u>24,889</u>	<u>13,020</u>
NET CURRENT ASSETS			
		<u>24,889</u>	<u>13,020</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		24,889	13,020
		<u>24,889</u>	<u>13,020</u>
NET ASSETS/(LIABILITIES)			
		<u>24,889</u>	<u>13,020</u>
FUNDS	8		
Unrestricted funds		<u>24,889</u>	<u>13,020</u>
TOTAL FUNDS		<u>24,889</u>	<u>13,020</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on ~~21-01-2026~~ and were signed on its behalf by:

H. Jones
H Jones - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Critical accounting judgements and key sources of estimation uncertainty

The preparation of the financial statements requires the charity's trustees to make judgements, estimates and assumptions that affect the amounts reported for assets and liabilities as at the balance sheet date and the levels of income and expenditure reported for the year. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant, however the nature of estimation means that actual outcomes could differ from those estimates.

The trustees do not consider there to be any significant judgements, estimates and assumptions that require any further explanation than that disclosed within the charity's accounting policies and the notes to these financial statements.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

In the event that a donation or income is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

1. ACCOUNTING POLICIES - continued

Going concern

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. After making enquiries the trustees have concluded that there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future.

As such the charity can expect to be able to meet its liabilities as they fall due in the period of at least 12 months from the date of approval of these accounts. However, there can be no certainty in relation to these matters.

On this basis the trustees have concluded the charity is a going concern. The financial statements do not include any adjustments that would result from the charity not being able to meet its liabilities as they fall due.

2. OTHER TRADING ACTIVITIES

	2025	2024
	£	£
Fundraising events	-	16,707
Funded project income	31,500	12,550
Training income	<u>56,700</u>	<u>35,700</u>
	<u>88,200</u>	<u>64,957</u>

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2025	2024
	£	£
Auditors' remuneration	960	1,680
Other operating leases	<u>1,222</u>	<u>953</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES	Unrestricted fund £	
INCOME AND ENDOWMENTS FROM		
Donations and legacies	782	
Charitable activities		
Support Costs	99	
Other trading activities	<u>64,957</u>	
Total	<u>65,838</u>	
 EXPENDITURE ON		
Raising funds	41,411	
Charitable activities		
Support Costs	<u>14,413</u>	
Total	<u>55,824</u>	
 NET INCOME	 10,014	
 RECONCILIATION OF FUNDS		
Total funds brought forward	3,006	
	<hr/>	
TOTAL FUNDS CARRIED FORWARD	<u>13,020</u>	
 6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
	2025	2024
	£	£
Trade debtors	-	27,340
Other debtors	80	80
Prepayments	<u>15,985</u>	<u>443</u>
	<u>16,065</u>	<u>27,863</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	2,389	209
Accruals and deferred income	<u>1,579</u>	<u>26,200</u>
	<u>3,968</u>	<u>26,409</u>

8. MOVEMENT IN FUNDS

	At 1/4/24	Net movement in funds	At 31/3/25
	£	£	£
Unrestricted funds			
General fund	13,020	11,869	24,889
	<u>13,020</u>	<u>11,869</u>	<u>24,889</u>
TOTAL FUNDS	<u>13,020</u>	<u>11,869</u>	<u>24,889</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	96,049	(84,180)	11,869
	<u>96,049</u>	<u>(84,180)</u>	<u>11,869</u>
TOTAL FUNDS	<u>96,049</u>	<u>(84,180)</u>	<u>11,869</u>

Comparatives for movement in funds

	At 1/4/23	Net movement in funds	At 31/3/24
	£	£	£
Unrestricted funds			
General fund	3,006	10,014	13,020
	<u>3,006</u>	<u>10,014</u>	<u>13,020</u>
TOTAL FUNDS	<u>3,006</u>	<u>10,014</u>	<u>13,020</u>

8. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	65,838	(55,824)	10,014
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>65,838</u>	<u>(55,824)</u>	<u>10,014</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/23 £	Net movement in funds £	At 31/3/25 £
Unrestricted funds			
General fund	3,006	21,883	24,889
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>3,006</u>	<u>21,883</u>	<u>24,889</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	161,887	(140,004)	21,883
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>161,887</u>	<u>(140,004)</u>	<u>21,883</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

10. ULTIMATE CONTROLLING PARTY

The trustees consider there not to be one ultimate controlling party of The Active Pregnancy Foundation in the current year.

The Active Pregnancy Foundation**Detailed Statement of Financial Activities
for the Year Ended 31 March 2025**

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	1,849	782
Other trading activities		
Fundraising events	-	16,707
Funded project income	31,500	12,550
Training income	<u>56,700</u>	<u>35,700</u>
	88,200	64,957
Charitable activities		
Grants	<u>6,000</u>	<u>99</u>
Total incoming resources	96,049	65,838
EXPENDITURE		
Other trading activities		
Campaign costs	3,500	-
Training & workshop costs	64,178	24,310
Research costs	600	1,552
Event costs	<u>-</u>	<u>15,549</u>
	68,278	41,411
Charitable activities		
Rent	1,222	953
Postage and stationery	41	-
Advertising	1,594	873
Sundries	-	177
Consulting fees	8,200	3,674
Professional fees	550	5,014
Computer expenses	969	933
Subscriptions	-	247
Travel costs	159	6
Conference costs	<u>1,950</u>	<u>464</u>
	14,685	12,341
Support costs		
Finance		
Insurance	252	237
Bank charges	<u>5</u>	<u>155</u>
	257	392

This page does not form part of the statutory financial statements

The Active Pregnancy Foundation

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2025**

	2025	2024
	£	£
Finance		
Governance costs		
Auditors' remuneration	<u>960</u>	<u>1,680</u>
Total resources expended	<u>84,180</u>	<u>55,824</u>
Net income	<u><u>11,869</u></u>	<u><u>10,014</u></u>

THE ACTIVE PREGNANCY FOUNDATION

England & Wales - Charity number 1190780

Accounts

REGISTERED COMPANY NUMBER: CE023386 (England and Wales)
REGISTERED CHARITY NUMBER: 1190780

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2024
for
The Active Pregnancy Foundation

The Active Pregnancy Foundation

**Contents of the Financial Statements
for the Year Ended 31 March 2024**

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The Active Pregnancy Foundation

Report of the Trustees for the Year Ended 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the charity are the preservation and protection of the good physical and mental health of women who are pregnant, planning a pregnancy, or who have recently given birth, for the public benefit of promoting physical activity through:

- 1) Raising public awareness of benefits of physical activity throughout pregnancy and the postnatal period, particularly but not exclusively by:
 - Promoting the Chief Medical Officer's Guidelines on Physical Activity for Pregnant Woman and Physical Activity for Women After Childbirth
 - Developing and disseminating messages which encapsulate the latest research and safety guidance, whilst promoting physical activities that pregnant and postnatal women can do
 - Illustrating best practice through the engagement of case study / role model expectant and new mothers
- 2) Working with the sports and fitness professionals, sports industries and health and social care provision to promote access to safe and beneficial sport, fitness and healthy activity by women during preconception, throughout pregnancy and the postnatal period
- 3) Conducting research into activity and exercise during pregnancy and the postnatal period, and publishing the useful results
- 4) Promoting and developing best practice guidelines in the field of activity and exercise during pregnancy and the postnatal period

OBJECTIVES AND ACTIVITIES

Significant activities

During the period the Foundation has been working on the set up of the charity and starting to raise awareness of the charity and its aims, including:

(1) Raising public awareness through the following;

a. a. Promotion of the APF website, which signposts to resources, advice, and guidance, and is targeted at pregnant and postnatal women, their support network and healthcare and fitness professionals.

b. Growing of social media outlets, with an aim to bring on a social media specialist when funds allow.

c. Conduct an annual survey over three years (2022, 2023, 2024), which evolved from the COVID-19 Lockdown surveys. This survey aims to build a picture of women's experiences, challenges, and the support they need to be active during pregnancy and beyond.

(2) Continuation of the This Mum Moves educational programme delivered in partnership with the Institute of Health Visiting (iHV). The programme is a CPD accredited upskilling course to equip professionals with the skills, knowledge, and confidence to discuss and promote physical activity during the childbearing years. The programme has now been included in the CMO Physical Activity Guidelines Communication Framework

(3) Working with healthcare, sports, and fitness professionals; physical activity and sports industries; health and social care provision services; etc. by:

a. Continuing the work of the multi-disciplinary Scientific Advisory Board (SAB). This has included producing an Expert Statement on behalf of the British Association of Sport and Exercise Sciences (BASES) on Pregnant and Postnatal Athletes. This has included producing 'A Bump in the Road? The BASES Expert Statement on Pregnant and Postnatal Athletes' published in April 2023 and produced on behalf of the British Association of Sport and Exercise Sciences.

b. Continuing relationships with Sport England, CIMSPA, ukactive and the Active Partnerships

(4) Holding our first annual Active Pregnancy Foundation Awards, in association with Natal Active. The Awards recognised and celebrated the people and organisations who inspire or support women to become or stay active throughout pregnancy and beyond. We also highlighted the products and programmes that enable women to enjoy the many physical and mental health benefits of an active pregnancy. The event was a huge success, being greatly received by all attendants, and plans are in place to hold the next awards event in June 2025.

(5) Continuation of the Mother Board and holding several meetings during the year. The Mother Board is an advisory board made up of women from a diverse range of backgrounds, experiences, and skill sets who represent the full breadth of communities that the Foundation works with. The aim of the Mother Board is to be the 'voice' for pregnant and postnatal women, childbearing people, and the family and friends that support them, providing insight and feedback on the projects, campaigns, and resources we have, or intend to develop.

OBJECTIVES AND ACTIVITIES

Public benefit

In accordance with the duties in the Charity's Act 2011, it is incumbent on the trustees to conduct a Public Benefit Test, to assess if the charity has complied with its duties in due regard to the public benefit guidance published by the Charity Commission. The trustees are satisfied that The Active Pregnancy Foundation has complied with its duty in regards to the Public Benefit Test over the past period, based on the four principles in the Commission's Guidance.

1. There must be an identifiable benefit:

Funds raised from donations, sponsorships or concessions are used to raise awareness of the foundation and how people can access the foundations resources.

2. Benefit must be to the public or a section of the public:

All the charity's services are open to all members of the public at large and access to our services is not restrictive.

3. People on low incomes must be able to benefit:

As the charity offers free information and guidance to the public, they do not consider any monetary restriction on the services offered.

4. Any private benefit must be incidental:

The trustees do not consider that any individual or organisation receives a 'private benefit' from the work of the charity.

Grantmaking

There was no grant making during the year for the charity.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

During these difficult times, we feel one of our greatest achievement to date is the establishment and continuation of the charity. During the period we have also brought on new volunteers, and in the next financial year we are bringing on new trustees, who we believe will assist the charity in meeting its aims. We are also continuing to recruit and maintain a volunteer base e.g., our trustee board, Scientific Advisory Board, the Mother Board, and student interns.

We have continued to establish ourselves as the go-to organisation for advice and collaborations in the sector. The 'Find Your Active' resources are still proving to be extremely popular, allowing us to dispense much needed information to pregnant and postnatal women, but also establish new relationships with a broad selection of professionals who have provided their expertise. The This Mum Moves educational programme has continued throughout the year and has been highly successful with great feedback from those who attended.

We proudly partnered with the Defence Women's Network as they hosted the first Defence Perinatal Festival in September. The event is aimed at both military and civilian members at any stage of pregnancy, as well as those who have experienced pregnancy loss within the last 3 years. The event aimed to enhance their understanding of fitness throughout pregnancy. It was a great success with plans for another event to be held in September 2024.

FINANCIAL REVIEW

Financial position

The balance sheets shows a net current surplus of £13,020.

Reserves policy

The trustees and management regularly review the finances, budgets, and cash flows to aid effective stewardship of the charity. The trustees and management recognise the restrictions placed, where applicable, on donations, grants, and other income combined with relevant expenditure in the financial period in order to accurately assess the restricted fund levels as at the reporting date. Restricted funds are held until they can be appropriately utilised by the charity for their specified purpose. The charity did not hold any restricted funds in the current period. The reserves as at 31 March 2024 were £13,020 (2023 - £3,006).

FINANCIAL REVIEW

Going concern

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. In particular the trustees have considered the charities forecasts and projections, and the current years performance. The trustees have concluded that there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. As such the charity can expect to be able to meet its liabilities as they fall due in the period of at least 12 months from the date of approval of these accounts. However, there can be no certainty in relation to these matters.

On this basis the trustees have concluded that the charity is a going concern. The financial statements do not include any adjustments that would result from the charity not being able to meet its liabilities as they fall due.

FUTURE PLANS

During the next year the Foundation has planned to continue increasing public awareness; continue upskilling professionals through the This Mum Moves educational programme; and investigating potential funding streams to assist with delivering its aims. We are keen to pilot and launch a professional vetting service, which will ensure women have access to a directory of qualified professionals. We also plan to launch our APF Endorsement Scheme; as part of our efforts to raise standards and provide reassurance to our community the scheme will give official recognition to programmes that has met specified requirements and/or best practice standards.

To this end, the Foundation wants to plan a clear strategy outlining the priorities and direction of the charity over the next few years.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation, governed by its constitution approved on 3 August 2020.

Recruitment and appointment of new trustees

The management of the Foundation is ultimately the responsibility of the trustees who are elected by other trustees and the management team, and appointed under the terms of the Constitution.

Organisational structure

The trustees and management team meet several times throughout the period when strategic decisions and business matters are discussed. Separate meetings between management and certain trustees are held when necessary to discuss day to day activities.

Induction and training of new trustees

Where necessary, trustees are provided assistance and training by their fellow trustees of The Active Pregnancy Foundation who have previously held or currently hold a trustee role.

The trustees are also required to complete an E-learning for Healthcare Module - Being Active: Pregnancy and the Postnatal Period, to assist them in their role.

Key management remuneration

The charity had no employees in the current period. The charity provided no remuneration to its management during the period.

Related parties

The only related parties with which the charity undertakes transactions with is the trustees and key management.

Risk management

The trustees have assessed the major strategic, business and operational risks to which the Foundation is exposed, and are satisfied that systems and procedures are in place to monitor and control those risks in order to mitigate any impact they might have on the Foundation.

The Active Pregnancy Foundation

**Report of the Trustees
for the Year Ended 31 March 2024**

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
CE023386 (England and Wales)

Registered Charity number
1190780


Registered office
26 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4AE

Trustees
Mrs C Bradbury
Mr U Tarabanov
Dr H Mills
Mrs C L Burt
Miss A Newman
Mr A Rauber
Ms J Wong (appointed 8.9.23)
H Jones (appointed 19.7.24)
L Marks (appointed 10.1.24)
Prof H Soltani-Karbaschi (appointed 23.5.24)
C Dunn (appointed 23.5.24)

Independent Examiner
Philip O Horwood FCA
Griffith, Williams & Co
36 High Street
Pwllheli
Gwynedd
LL53 5RT

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 28.10.24 and signed on its behalf by:


.....
H Jones - Trustee

**Independent Examiner's Report to the Trustees of
The Active Pregnancy Foundation**

Independent examiner's report to the trustees of The Active Pregnancy Foundation ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



To be confirmed

Philip O Horwood FCA
Griffith, Williams & Co
36 High Street
Pwllheli
Gwynedd
LL53 5RT

Date:1/11/24.....

The Active Pregnancy Foundation

**Statement of Financial Activities
for the Year Ended 31 March 2024**

	Notes	2024 Unrestricted fund £	2023 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		782	1,686
Charitable activities			
Support Costs		99	2,000
Other trading activities	2	<u>64,957</u>	<u>32,375</u>
Total		<u>65,838</u>	<u>36,061</u>
EXPENDITURE ON			
Raising funds		41,411	21,696
Charitable activities			
Support Costs		<u>14,413</u>	<u>12,100</u>
Total		<u>55,824</u>	<u>33,796</u>
NET INCOME		10,014	2,265
RECONCILIATION OF FUNDS			
Total funds brought forward		3,006	741
TOTAL FUNDS CARRIED FORWARD		<u>13,020</u>	<u>3,006</u>

The notes form part of these financial statements

The Active Pregnancy Foundation

**Balance Sheet
31 March 2024**

	Notes	2024 Unrestricted fund £	2023 Total funds £
CURRENT ASSETS			
Debtors	6	27,863	4,387
Cash at bank		<u>11,566</u>	<u>5,303</u>
		39,429	9,690
CREDITORS			
Amounts falling due within one year	7	(26,409)	(6,684)
NET CURRENT ASSETS			
		<u>13,020</u>	<u>3,006</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>13,020</u>	<u>3,006</u>
NET ASSETS/(LIABILITIES)			
		<u>13,020</u>	<u>3,006</u>
FUNDS			
Unrestricted funds	8	<u>13,020</u>	<u>3,006</u>
TOTAL FUNDS			
		<u>13,020</u>	<u>3,006</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:


.....
H Jones - Trustee

28.10.24.

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Critical accounting judgements and key sources of estimation uncertainty

The preparation of the financial statements requires the charity's trustees to make judgements, estimates and assumptions that affect the amounts reported for assets and liabilities as at the balance sheet date and the levels of income and expenditure reported for the year. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant, however the nature of estimation means that actual outcomes could differ from those estimates.

The trustees do not consider there to be any significant judgements, estimates and assumptions that require any further explanation than that disclosed within the charity's accounting policies and the notes to these financial statements.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

In the event that a donation or income is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

1. ACCOUNTING POLICIES - continued

Going concern

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. After making enquiries the trustees have concluded that there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future.

As such the charity can expect to be able to meet its liabilities as they fall due in the period of at least 12 months from the date of approval of these accounts. However, there can be no certainty in relation to these matters.

On this basis the trustees have concluded the charity is a going concern. The financial statements do not include any adjustments that would result from the charity not being able to meet its liabilities as they fall due.

2. OTHER TRADING ACTIVITIES

	2024	2023
	£	£
Fundraising events	16,707	-
Funded project income	12,550	5,650
Training income	<u>35,700</u>	<u>26,725</u>
	<u>64,957</u>	<u>32,375</u>

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024	2023
	£	£
Auditors' remuneration	1,680	-
Other operating leases	<u>953</u>	<u>1,217</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	1,686
Charitable activities	
Support Costs	2,000
Other trading activities	<u>32,375</u>
Total	<u>36,061</u>
EXPENDITURE ON	
Raising funds	21,696
Charitable activities	
Support Costs	<u>12,100</u>
Total	<u>33,796</u>
NET INCOME	2,265
RECONCILIATION OF FUNDS	
Total funds brought forward	741
	<u> </u>
TOTAL FUNDS CARRIED FORWARD	<u><u>3,006</u></u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade debtors	27,340	3,373
Other debtors	80	-
Prepayments	<u>443</u>	<u>1,014</u>
	<u><u>27,863</u></u>	<u><u>4,387</u></u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	209	203
Accruals and deferred income	<u>26,200</u>	<u>6,481</u>
	<u>26,409</u>	<u>6,684</u>

8. MOVEMENT IN FUNDS

	At 1/4/23	Net movement in funds	At 31/3/24
	£	£	£
Unrestricted funds			
General fund	3,006	10,014	13,020
	<u>3,006</u>	<u>10,014</u>	<u>13,020</u>
TOTAL FUNDS	<u>3,006</u>	<u>10,014</u>	<u>13,020</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	65,838	(55,824)	10,014
	<u>65,838</u>	<u>(55,824)</u>	<u>10,014</u>
TOTAL FUNDS	<u>65,838</u>	<u>(55,824)</u>	<u>10,014</u>

Comparatives for movement in funds

	At 1/4/22	Net movement in funds	At 31/3/23
	£	£	£
Unrestricted funds			
General fund	741	2,265	3,006
	<u>741</u>	<u>2,265</u>	<u>3,006</u>
TOTAL FUNDS	<u>741</u>	<u>2,265</u>	<u>3,006</u>

8. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	36,061	(33,796)	2,265
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>36,061</u>	<u>(33,796)</u>	<u>2,265</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/22 £	Net movement in funds £	At 31/3/24 £
Unrestricted funds			
General fund	741	12,279	13,020
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>741</u>	<u>12,279</u>	<u>13,020</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	101,899	(89,620)	12,279
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>101,899</u>	<u>(89,620)</u>	<u>12,279</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

10. ULTIMATE CONTROLLING PARTY

The trustees consider there not to be one ultimate controlling party of The Active Pregnancy Foundation in the current year.

The Active Pregnancy Foundation

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2024**

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	782	1,686
Other trading activities		
Fundraising events	16,707	-
Funded project income	12,550	5,650
Training income	<u>35,700</u>	<u>26,725</u>
	64,957	32,375
Charitable activities		
Grants	<u>99</u>	<u>2,000</u>
Total incoming resources	65,838	36,061
EXPENDITURE		
Other trading activities		
Training & workshop costs	24,310	21,696
Research costs	1,552	-
Event costs	<u>15,549</u>	<u>-</u>
	41,411	21,696
Charitable activities		
Rent	953	1,217
Postage and stationery	-	53
Advertising	873	900
Sundries	177	204
Consulting fees	3,674	3,525
Professional fees	5,014	3,167
Computer expenses	933	901
Subscriptions	247	804
Travel costs	6	764
Conference costs	<u>464</u>	<u>272</u>
	12,341	11,807
Support costs		
Finance		
Insurance	237	208
Bank charges	<u>155</u>	<u>85</u>
	392	293

This page does not form part of the statutory financial statements

The Active Pregnancy Foundation

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2024**

	2024	2023
	£	£
Finance		
Governance costs		
Auditors' remuneration	<u>1,680</u>	<u>-</u>
Total resources expended	<u>55,824</u>	<u>33,796</u>
Net income	<u>10,014</u>	<u>2,265</u>

This page does not form part of the statutory financial statements

THE ACTIVE PREGNANCY FOUNDATION

England & Wales - Charity number 1190780

Accounts

REGISTERED COMPANY NUMBER: CE023386 (England and Wales)
REGISTERED CHARITY NUMBER: 1190780

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2023
for
The Active Pregnancy Foundation

The Active Pregnancy Foundation

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for the Year Ended 31 March 2023**

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The Active Pregnancy Foundation

Report of the Trustees for the Year Ended 31 March 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the charity are the preservation and protection of the good physical and mental health of women who are pregnant, planning a pregnancy, or who have recently given birth, for the public benefit of promoting physical activity through:

1) Raising public awareness of benefits of physical activity throughout pregnancy and the postnatal period, particularly but not exclusively by:

- Promoting the Chief Medical Officer's Guidelines on Physical Activity for Pregnant Woman and Physical Activity for Women After Childbirth
- Developing and disseminating messages which encapsulate the latest research and safety guidance, whilst promoting physical activities that pregnant and postnatal women can do
- Illustrating best practice through the engagement of case study / role model expectant and new mothers

2) Working with the sports and fitness professionals, sports industries and health and social care provision to promote access to safe and beneficial sport, fitness and healthy activity by women during preconception, throughout pregnancy and the postnatal period

3) Conducting research into activity and exercise during pregnancy and the postnatal period, and publishing the useful results

4) Promoting and developing best practice guidelines in the field of activity and exercise during pregnancy and the postnatal period

OBJECTIVES AND ACTIVITIES

Significant activities

During the period the Foundation has been working on the set up of the charity and starting to raise awareness of the charity and its aims, including:

(1) Raising public awareness through the following;

a. a. Promotion of the APF website, which signposts to resources, advice, and guidance, and is targeted at pregnant and postnatal women, their support network and healthcare and fitness professionals.

b. Growing of social media outlets, with an aim to bring on a social media specialist when funds allow.

c. Producing and publishing the 'Find Your Active' resources on the website, funded by Sport England and the National Lottery. These are free, downloadable activity-based resources with advice and tips to support women to engage in various forms of activity during pregnancy and beyond.

d. Conduct an annual survey over three years (2022, 2023, 2024), which evolved from the COVID-19 Lockdown surveys. This survey aims to build a picture of women's experiences, challenges, and the support they need to be active during pregnancy and beyond.

(2) Continuation of the This Mum Moves educational programme delivered in partnership with the Institute of Health Visiting (iHV). The programme is a CPD accredited upskilling course to equip professionals with the skills, knowledge, and confidence to discuss and promote physical activity during the childbearing years.

(3) Working with healthcare, sports, and fitness professionals; physical activity and sports industries; health and social care provision services; etc. by:

a. Continuing the work of the multi-disciplinary Scientific Advisory Board (SAB). This has included producing an Expert Statement on behalf of the British Association of Sport and Exercise Sciences (BASES) on Pregnant and Postnatal Athletes.

b. Continuing relationships with Sport England, CIMSPA, ukactive and the Active Partnerships

(4) Setting up of a Mother Board and holding several meetings during the year. The Mother Board is an advisory board made up of women from a diverse range of backgrounds, experiences, and skill sets who represent the full breadth of communities that the Foundation works with. The aim of the Mother Board is to be the 'voice' for pregnant and postnatal women, childbearing people, and the family and friends that support them, providing insight and feedback on the projects, campaigns, and resources we have, or intend to develop.

The Active Pregnancy Foundation

Report of the Trustees for the Year Ended 31 March 2023

OBJECTIVES AND ACTIVITIES

Public benefit

In accordance with the duties in the Charity's Act 2011, it is incumbent on the trustees to conduct a Public Benefit Test, to assess if the charity has complied with its duties in due regard to the public benefit guidance published by the Charity Commission. The trustees are satisfied that The Active Pregnancy Foundation has complied with its duty in regards to the Public Benefit Test over the past period, based on the four principles in the Commission's Guidance.

1. There must be an identifiable benefit:

Funds raised from donations, sponsorships or concessions are used to raise awareness of the foundation and how people can access the foundations resources.

2. Benefit must be to the public or a section of the public:

All the charity's services are open to all members of the public at large and access to our services is not restrictive.

3. People on low incomes must be able to benefit:

As the charity offers free information and guidance to the public, they do not consider any monetary restriction on the services offered.

4. Any private benefit must be incidental:

The trustees do not consider that any individual or organisation receives a 'private benefit' from the work of the charity.

Grantmaking

There was no grant making during the year for the charity.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

During these difficult times, we feel one of our greatest achievement to date is the establishment and continuation of the charity. During the period we have also brought on new trustees who we believe will assist the charity in meeting its aims. We are also continuing to recruit and maintain a volunteer base e.g., our trustee board, Scientific Advisory Board, the Mother Board, and student interns.

We have made significant progress in the last year, continuing to establish ourselves as the go-to organisation for advice and collaborations in the sector. The 'Find Your Active' resources have proved extremely popular allowing us to dispense much needed information to pregnant and postnatal women, but also establish new relationships with a broad selection of professionals who have provided their expertise. The This Mum Moves educational programme has continued to gain momentum and these have been highly successful with great feedback from those who attended.

The charity also received two grants during the year. The first was from BASES (The British Association of Sport and Exercise Sciences), which allowed us to produce and disseminate the Expert Statement on Pregnant and Postnatal Athletes.

The other grant was kindly received from The Chapman Charitable Trust, who give grant funding to charities who promote physical and mental wellbeing, conserve our natural environment, and increase the accessibility of the arts. This grant money has supported the charity's ongoing activities, including planning and future implementation of our Active Pregnancy Foundation Awards 2023.

FINANCIAL REVIEW

Financial position

The balance sheets shows a net current surplus of £3,006. The surplus in funds at the year end is mainly in relation to deferred income and expenses in relation to The Active Pregnancy Foundation Awards due to be held in June 2023.

Reserves policy

The trustees and management regularly review the finances, budgets, and cash flows to aid effective stewardship of the charity. The trustees and management recognise the restrictions placed, where applicable, on donations, grants, and other income combined with relevant expenditure in the financial period in order to accurately assess the restricted fund levels as at the reporting date. Restricted funds are held until they can be appropriately utilised by the charity for their specified purpose. The charity did not hold any restricted funds in the current period.

The Active Pregnancy Foundation

Report of the Trustees for the Year Ended 31 March 2023

FINANCIAL REVIEW

Going concern

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. In particular the trustees have considered the charities forecasts and projections, and the current years performance. The trustees have concluded that there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. As such the charity can expect to be able to meet its liabilities as they fall due in the period of at least 12 months from the date of approval of these accounts. However, there can be no certainty in relation to these matters.

On this basis the trustees have concluded that the charity is a going concern. The financial statements do not include any adjustments that would result from the charity not being able to meet its liabilities as they fall due.

FUTURE PLANS

During the next year the Foundation has planned to continue increasing public awareness; continue upskilling professionals through the This Mum Moves educational programme; and investigating potential funding streams to assist with delivering its aims.

To this end, the Foundation wants to plan a clear strategy outlining the priorities and direction of the charity over the next few years.

Our biggest future plan is to hold the inaugural the Active Pregnancy Foundation Awards, in association with Natal Active, to be held in June 2023. The Awards will recognise and celebrate the people and organisations who inspire or support women to become or stay active throughout pregnancy and beyond. We'll also be shining a light on the products and programmes that enable women to enjoy the many physical and mental health benefits of an active pregnancy.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation, governed by its constitution approved on 3 August 2020.

Recruitment and appointment of new trustees

The management of the Foundation is ultimately the responsibility of the trustees who are elected by other trustees and the management team, and appointed under the terms of the Constitution.

Organisational structure

The trustees and management team meet several times throughout the period when strategic decisions and business matters are discussed. Separate meetings between management and certain trustees are held when necessary to discuss day to day activities.

Induction and training of new trustees

Where necessary, trustees are provided assistance and training by their fellow trustees of The Active Pregnancy Foundation who have previously held or currently hold a trustee role.

The trustees are also required to complete an E-learning for Healthcare Module - Being Active: Pregnancy and the Postnatal Period, to assist them in their role.

Key management remuneration

The charity had no employees in the current period. The charity provided no remuneration to its management during the period.

Related parties

The only related parties with which the charity undertakes transactions with is the trustees and key management.

The Active Pregnancy Foundation

Report of the Trustees
for the Year Ended 31 March 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The trustees have assessed the major strategic, business and operational risks to which the Foundation is exposed, and are satisfied that systems and procedures are in place to monitor and control those risks in order to mitigate any impact they might have on the Foundation.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE023386 (England and Wales)

Registered Charity number

1190780

Registered office

26 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4AE

Trustees

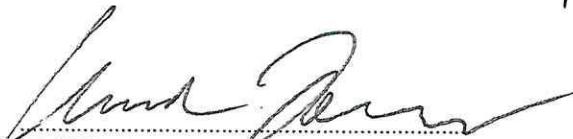
Mrs C Bradbury
Mr U Tarabanov
Dr H Mills
Mrs C L Burt
Mrs A Newman (appointed 26.9.22)
Mr A Rauber (appointed 26.9.22)

Independent Examiner

Philip O Horwood FCA
Griffith, Williams & Co
36 High Street
Pwllheli
Gwynedd
LL53 5RT

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 23/01/2024 and signed on its behalf by:



Mr U Tarabanov - Trustee

Independent Examiner's Report to the Trustees of The Active Pregnancy Foundation

Independent Examiner's Report to the Trustees of The Active Pregnancy Foundation

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31st March 2023

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.


Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed



Name: Mr Philip O Horwood

Listed body: ICAEW

Address: 36 High Street, Pwllheli, Gwynedd, LL53 5RT

Date: 22nd January 2024

The Active Pregnancy Foundation

**Statement of Financial Activities
for the Year Ended 31 March 2023**

	Notes	2023 Unrestricted fund £	2022 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		1,686	3,169
Charitable activities			
Support Costs		2,000	-
Other trading activities	2	<u>32,375</u>	<u>18,172</u>
Total		<u>36,061</u>	<u>21,341</u>
EXPENDITURE ON			
Raising funds		21,696	915
Charitable activities			
Support Costs		<u>12,100</u>	<u>16,537</u>
Total		<u>33,796</u>	<u>17,452</u>
NET INCOME		2,265	3,889
RECONCILIATION OF FUNDS			
Total funds brought forward		741	(3,148)
TOTAL FUNDS CARRIED FORWARD		<u>3,006</u>	<u>741</u>

The notes form part of these financial statements

The Active Pregnancy Foundation

**Balance Sheet
31 March 2023**

		2023 Unrestricted fund £	2022 Total funds £
CURRENT ASSETS	Notes		
Debtors	6	4,387	5,281
Cash at bank		<u>5,303</u>	<u>1,939</u>
		9,690	7,220
CREDITORS			
Amounts falling due within one year	7	(6,684)	(6,479)
		—	—
NET CURRENT ASSETS		<u>3,006</u>	<u>741</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		3,006	741
		—	—
NET ASSETS/(LIABILITIES)		<u>3,006</u>	<u>741</u>
FUNDS	8		
Unrestricted funds		<u>3,006</u>	<u>741</u>
TOTAL FUNDS		<u>3,006</u>	<u>741</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.


The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 23/01/2024 and were signed on its behalf by:


Mr U Tarabanov - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Critical accounting judgements and key sources of estimation uncertainty

The preparation of the financial statements requires the charity's trustees to make judgements, estimates and assumptions that affect the amounts reported for assets and liabilities as at the balance sheet date and the levels of income and expenditure reported for the year. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant, however the nature of estimation means that actual outcomes could differ from those estimates.

The trustees do not consider there to be any significant judgements, estimates and assumptions that require any further explanation than that disclosed within the charity's accounting policies and the notes to these financial statements.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

In the event that a donation or income is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

1. ACCOUNTING POLICIES - continued

Going concern

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. After making enquiries the trustees have concluded that there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future.

As such the charity can expect to be able to meet its liabilities as they fall due in the period of at least 12 months from the date of approval of these accounts. However, there can be no certainty in relation to these matters.

On this basis the trustees have concluded the charity is a going concern. The financial statements do not include any adjustments that would result from the charity not being able to meet its liabilities as they fall due.

2. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Sponsorships	-	500
Funded project income	5,650	17,672
Training income	<u>26,725</u>	<u>-</u>
	<u>32,375</u>	<u>18,172</u>

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2023	2022
	£	£
Other operating leases	<u>1,217</u>	<u>790</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES	Unrestricted fund £	
INCOME AND ENDOWMENTS FROM		
Donations and legacies	3,169	
Other trading activities	<u>18,172</u>	
Total	<u>21,341</u>	
 EXPENDITURE ON		
Raising funds	915	
Charitable activities		
Support Costs	<u>16,537</u>	
Total	<u>17,452</u>	
 NET INCOME	 3,889	
 RECONCILIATION OF FUNDS		
Total funds brought forward	<u>(3,148)</u>	
 TOTAL FUNDS CARRIED FORWARD	 <u><u>741</u></u>	
 6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
	2023	2022
	£	£
Trade debtors	3,373	5,000
Prepayments	<u>1,014</u>	<u>281</u>
	<u>4,387</u>	<u>5,281</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	203	102
Other creditors	-	1,377
Accruals and deferred income	<u>6,481</u>	<u>5,000</u>
	<u>6,684</u>	<u>6,479</u>

8. MOVEMENT IN FUNDS

	At 1/4/22	Net movement in funds	At 31/3/23
	£	£	£
Unrestricted funds			
General fund	741	2,265	3,006
	<u>741</u>	<u>2,265</u>	<u>3,006</u>
TOTAL FUNDS	<u>741</u>	<u>2,265</u>	<u>3,006</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	36,061	(33,796)	2,265
	<u>36,061</u>	<u>(33,796)</u>	<u>2,265</u>
TOTAL FUNDS	<u>36,061</u>	<u>(33,796)</u>	<u>2,265</u>

Comparatives for movement in funds

	At 1/4/21	Net movement in funds	At 31/3/22
	£	£	£
Unrestricted funds			
General fund	(3,148)	3,889	741
	<u>(3,148)</u>	<u>3,889</u>	<u>741</u>
TOTAL FUNDS	<u>(3,148)</u>	<u>3,889</u>	<u>741</u>

8. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	21,341	(17,452)	3,889
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>21,341</u>	<u>(17,452)</u>	<u>3,889</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/21 £	Net movement in funds £	At 31/3/23 £
Unrestricted funds			
General fund	(3,148)	6,154	3,006
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>(3,148)</u>	<u>6,154</u>	<u>3,006</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	57,402	(51,248)	6,154
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>57,402</u>	<u>(51,248)</u>	<u>6,154</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

10. ULTIMATE CONTROLLING PARTY

The trustees consider there not to be one ultimate controlling party of The Active Pregnancy Foundation in the current year.

The Active Pregnancy Foundation

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	1,686	3,169
Other trading activities		
Sponsorships	-	500
Funded project income	5,650	17,672
Training income	<u>26,725</u>	<u>-</u>
	32,375	18,172
Charitable activities		
Grants	<u>2,000</u>	<u>-</u>
Total incoming resources	36,061	21,341
EXPENDITURE		
Other trading activities		
Campaign costs	-	915
Training & workshop costs	<u>21,696</u>	<u>-</u>
	21,696	915
Charitable activities		
Rent	1,217	790
Postage and stationery	53	-
Advertising	900	525
Sundries	204	-
Consulting fees	3,525	13,606
Professional fees	3,167	847
Computer expenses	901	689
Subscriptions	804	-
Travel costs	764	-
Conference costs	<u>272</u>	<u>-</u>
	11,807	16,457
Support costs		
Finance		
Insurance	208	76
Bank charges	<u>85</u>	<u>4</u>
	<u>293</u>	<u>80</u>
Total resources expended	<u>33,796</u>	<u>17,452</u>
Net income	<u>2,265</u>	<u>3,889</u>

This page does not form part of the statutory financial statements

THE ACTIVE PREGNANCY FOUNDATION

England & Wales - Charity number 1190780

Accounts

REGISTERED COMPANY NUMBER: CE023386 (England and Wales)
REGISTERED CHARITY NUMBER: 1190780

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2022
for
The Active Pregnancy Foundation

The Active Pregnancy Foundation

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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the charity are the preservation and protection of the good physical and mental health of women who are pregnant, planning a pregnancy, or who have recently given birth, for the public benefit of promoting physical activity through:

- 1) Raising public awareness of benefits of physical activity throughout pregnancy and the post natal period, particularly but not exclusively by:
 - Promoting the Chief Medical Officer's Guidelines on Physical Activity for Pregnant Woman and Physical Activity for Women After Childbirth
 - Developing and disseminating messages which encapsulate the latest research and safety guidance, whilst promoting physical activities that pregnant and postnatal women can do
 - Illustrating best practice through the engagement of case study / role model expectant and new mothers
- 2) Working with the sports and fitness professionals, sports industries and health and social care provision to promote access to safe and beneficial sport, fitness and healthy activity by women during preconception, throughout pregnancy and the postnatal period
- 3) Conducting research into activity and exercise during pregnancy and publishing the useful results
- 4) Promoting and developing best practice guidelines in the field of activity and exercise during pregnancy and the postnatal period

OBJECTIVES AND ACTIVITIES

Significant activities

During the period the Foundation has been working on the set up of the charity and starting to raise awareness of the charity and its aims, including:

(1) Raising public awareness through the following;

a. Promotion of the APF website, which signposts to resources, advice, and guidance, and is targeted at pregnant and postnatal women, their support network and healthcare and fitness professionals.

b. Growing of social media outlets, especially Instagram.

c. Producing and publishing the 'Find Your Active' resources on the website, commissioned by Sport England and funded by them and the National Lottery. These are free, downloadable activity-based resources with advice and tips to support women to engage in various forms of activity during pregnancy and beyond.

d. Development of an annual survey, to be released in June 2022, which evolved from the COVID-19 Lockdown surveys held in 2020. The annual survey aims to explore pregnant women and new mum's engagement with physical activities, and record changes year on year to map any changes in activities and attitudes towards engagement.

(2) Takeover of the This Mum Moves project and associated intellectual property from ukactive. This Mum Moves is an educational programme which aims to empower women to make informed physical activity choices throughout pregnancy and beyond by providing professionals with the tools to discuss physical activity during the childbearing years. The programme has been co-produced by women and professionals, piloted in five areas of England, and evaluated independently over the last three years. From 2022, the programme is being delivered in partnership with the Institute of Health Visiting (iHV).

(3) Working with healthcare, sports, and fitness professionals; physical activity and sports industries; health and social care provision services; etc. by:

a. Continuing the work of the multi-disciplinary Scientific Advisory Board (SAB).

b. Continuing relationships with Sport England, CIMSPA, ukactive.

(4) Fundraising activities including a night hike up Snowden, unfortunately the weather did not allow for the trek to be completed but significant funds were raised for the Foundation.

OBJECTIVES AND ACTIVITIES

Public benefit

In accordance with the duties in the Charity's Act 2011, it is incumbent on the trustees to conduct a Public Benefit Test, to assess if the charity has complied with its duties in due regard to the public benefit guidance published by the Charity Commission. The trustees are satisfied that The Active Pregnancy Foundation has complied with its duty in regards to the Public Benefit Test over the past period, based on the four principles in the Commission's Guidance.

1. There must be an identifiable benefit:

Funds raised from donations, sponsorships or concessions are used to raise awareness of the foundation and how people can access the foundations resources.

2. Benefit must be to the public or a section of the public:

All the charity's services are open to all members of the public at large and access to our services is not restrictive.

3. People on low incomes must be able to benefit:

As the charity offers free information and guidance to the public, they do not consider any monetary restriction on the services offered.

4. Any private benefit must be incidental:

The trustees do not consider that any individual or organisation receives a 'private benefit' from the work of the charity.

Grantmaking

There was no grant making during the year for the charity.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We feel our greatest achievement to date is the establishment of the charity as a legal entity, particularly during the difficult pandemic period. Also, recruiting and maintaining a volunteer base e.g., our trustee board, Scientific Advisory Board, interns, and social media volunteers, especially when working practices had been so affected by COVID-19.

We have made significant progress in the last year, spring-boarding from our establishment as a new charity. The 'Find Your Active' resources have proved extremely popular allowing us to provide much needed information to pregnant and postnatal women, but also establish new relationships with a broad selection of professionals who have provided their expertise. Projects such as This Mum Moves have gained momentum and attract interest from a wide variety of workforces. We have also maintained our volunteer base and have again been supported by our Scientific Advisory board and a student intern.

FINANCIAL REVIEW

Financial position

The balance sheets shows a net current surplus of £741. The surplus in funds during the year has been used to repay key management from the prior year. Included within creditors is £5,000 of deferred income which relates to a project due to commence in April 2022.

Reserves policy

The trustees and management regularly review the finances, budgets, and cash flows to aid effective stewardship of the charity. The trustees and management recognise the restrictions placed, where applicable, on donations, grants, and other income combined with relevant expenditure in the financial period in order to accurately assess the restricted fund levels as at the reporting date. Restricted funds are held until they can be appropriately utilised by the charity for their specified purpose. The charity did not hold any restricted funds in the current period.

FINANCIAL REVIEW

Going concern

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. In particular the trustees have considered the charities forecasts and projections, and the current years performance. The trustees have concluded that there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. As such the charity can expect to be able to meet its liabilities as they fall due in the period of at least 12 months from the date of approval of these accounts. However, there can be no certainty in relation to these matters.

On this basis the trustees have concluded that the charity is a going concern. The financial statements do not include any adjustments that would result from the charity not being able to meet its liabilities as they fall due.

Funds in deficit

The unrestricted funds of the charity are in deficit as at the financial reporting date, as explained above.

FUTURE PLANS

During the next year the Foundation has planned to continue increasing public awareness; upskilling professionals through the This Mum Moves Ambassadors programme; and investigating potential funding streams to assist with delivering its aims.

To this end, the Foundation wants to plan a clear strategy outlining the priorities and direction of the charity over the next 2 to 5 years.

The Foundation also has plans to set up a Mother Board - an advisory board made up of women from a diverse range of backgrounds, experiences, and skill sets who represent the full breadth of communities that the Foundation works with. The aim of the Mother Board is to be the 'voice' for pregnant and postnatal women, childbearing people, and the family and friends that support them, providing insight and feedback on the projects, campaigns, and resources we have, or intend to develop.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation, governed by its constitution approved on 3 August 2020.

Recruitment and appointment of new trustees

The management of the Foundation is ultimately the responsibility of the trustees who are elected by other trustees and the management team, and appointed under the terms of the Constitution.

Organisational structure

The trustees and management team meet several times throughout the period when strategic decisions and business matters are discussed. Separate meetings between management and certain trustees are held when necessary to discuss day to day activities.

Induction and training of new trustees

Where necessary, trustees are provided assistance and training by their fellow trustees of The Active Pregnancy Foundation who have previously held or currently hold a trustee role.

The trustees are also required to complete an E-learning for Healthcare Module - Being Active: Pregnancy and the Postnatal Period, to assist them in their role.

Key management remuneration

The charity had no employees in the current period. The charity provided no remuneration to its management during the period.

Related parties

The only related parties with which the charity undertakes transactions with is the trustees and key management.

The Active Pregnancy Foundation

**Report of the Trustees
for the Year Ended 31 March 2022**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The trustees have assessed the major strategic, business and operational risks to which the Foundation is exposed, and are satisfied that systems and procedures are in place to monitor and control those risks in order to mitigate any impact they might have on the Foundation.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE023386 (England and Wales)

Registered Charity number

1190780

Registered office

26 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4AE

Trustees

Mrs C Bradbury
Mr U Tarabanov
Mrs M O'Neill
Dr H Mills
Mrs C L Burt (appointed 20.7.21)

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on ...26/9/2022... and signed on its behalf by:



Mr U Tarabanov - Trustee

The Active Pregnancy Foundation

**Statement of Financial Activities
for the Year Ended 31 March 2022**

		Year Ended 31/3/22 Unrestricted fund £	Period 7/8/20 to 31/3/21 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies		3,169	72
Other trading activities	2	18,172	-
Total		<u>21,341</u>	<u>72</u>
EXPENDITURE ON			
Raising funds		915	-
Charitable activities			
Support Costs		16,537	3,220
Total		<u>17,452</u>	<u>3,220</u>
NET INCOME/(EXPENDITURE)		3,889	(3,148)
RECONCILIATION OF FUNDS			
Total funds brought forward		(3,148)	-
TOTAL FUNDS CARRIED FORWARD		<u>741</u>	<u>(3,148)</u>

The notes form part of these financial statements

The Active Pregnancy Foundation

Balance Sheet
31 March 2022

	Notes	2022 Unrestricted fund £	2021 Total funds £
CURRENT ASSETS			
Debtors	6	5,281	-
Cash at bank		1,939	-
		<u>7,220</u>	<u>-</u>
CREDITORS			
Amounts falling due within one year	7	(6,479)	(3,148)
		<u>741</u>	<u>(3,148)</u>
NET CURRENT ASSETS/(LIABILITIES)			
		741	(3,148)
TOTAL ASSETS LESS CURRENT LIABILITIES		741	(3,148)
		<u>741</u>	<u>(3,148)</u>
NET ASSETS/(LIABILITIES)			
		741	(3,148)
FUNDS	8		
Unrestricted funds		741	(3,148)
		<u>741</u>	<u>(3,148)</u>
TOTAL FUNDS		741	(3,148)
		<u>741</u>	<u>(3,148)</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

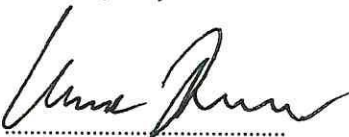
The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 26/9/2022 and were signed on its behalf by:



Mr U Tarabanov - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Critical accounting judgements and key sources of estimation uncertainty

The preparation of the financial statements requires the charity's trustees to make judgements, estimates and assumptions that affect the amounts reported for assets and liabilities as at the balance sheet date and the levels of income and expenditure reported for the year. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant, however the nature of estimation means that actual outcomes could differ from those estimates.

The trustees do not consider there to be any significant judgements, estimates and assumptions that require any further explanation than that disclosed within the charity's accounting policies and the notes to these financial statements.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

In the event that a donation or income is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

1. ACCOUNTING POLICIES - continued

Going concern

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. After making enquiries the trustees have concluded that there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future.

As such the charity can expect to be able to meet its liabilities as they fall due in the period of at least 12 months from the date of approval of these accounts. However, there can be no certainty in relation to these matters.

On this basis the trustees have concluded the charity is a going concern. The financial statements do not include any adjustments that would result from the charity not being able to meet its liabilities as they fall due.

2. OTHER TRADING ACTIVITIES

	Year Ended 31/3/22 £	Period 7/8/20 to 31/3/21 £
Sponsorships	500	-
Funded project income	17,672	-
	<u>18,172</u>	<u>-</u>

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	Year Ended 31/3/22 £	Period 7/8/20 to 31/3/21 £
Other operating leases	790	456
	<u>790</u>	<u>456</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the period ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the period ended 31 March 2021.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES		Unrestricted fund	
		£	
INCOME AND ENDOWMENTS FROM			
Donations and legacies			72
EXPENDITURE ON			
Charitable activities			
Support Costs			3,220
NET INCOME/(EXPENDITURE)			(3,148)
TOTAL FUNDS CARRIED FORWARD			(3,148)
6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		2022	2021
		£	£
Trade debtors		5,000	-
Prepayments		281	-
		<u>5,281</u>	<u>-</u>
7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		2022	2021
		£	£
Trade creditors		102	-
Other creditors		1,377	3,148
Accruals and deferred income		5,000	-
		<u>6,479</u>	<u>3,148</u>
8. MOVEMENT IN FUNDS			
	At 1/4/21	Net movement in funds	At 31/3/22
	£	£	£
Unrestricted funds			
General fund	(3,148)	3,889	741
	<u>(3,148)</u>	<u>3,889</u>	<u>741</u>
TOTAL FUNDS	(3,148)	3,889	741

8. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	21,341	(17,452)	3,889
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>21,341</u>	<u>(17,452)</u>	<u>3,889</u>

Comparatives for movement in funds

	Net movement in funds £	At 31/3/21 £
Unrestricted funds		
General fund	(3,148)	(3,148)
	<u> </u>	<u> </u>
TOTAL FUNDS	<u>(3,148)</u>	<u>(3,148)</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	72	(3,220)	(3,148)
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>72</u>	<u>(3,220)</u>	<u>(3,148)</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

The Active Pregnancy Foundation

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2022**

10. ULTIMATE CONTROLLING PARTY

The trustees consider there not to be one ultimate controlling party of The Active Pregnancy Foundation in the current year.

The Active Pregnancy Foundation

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2022**

	Year Ended 31/3/22 £	Period 7/8/20 to 31/3/21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	3,169	72
Other trading activities		
Sponsorships	500	-
Funded project income	17,672	-
	<u>18,172</u>	<u>-</u>
Total incoming resources	21,341	72
EXPENDITURE		
Other trading activities		
Campaign costs	915	-
Charitable activities		
Rent	790	456
Postage and stationery	-	61
Advertising	525	1,032
Consulting fees	13,606	1,000
Professional fees	847	330
Computer expenses	689	341
	<u>16,457</u>	<u>3,220</u>
Support costs		
Finance		
Insurance	76	-
Bank charges	4	-
	<u>80</u>	<u>-</u>
Total resources expended	<u>17,452</u>	<u>3,220</u>
Net income/(expenditure)	<u><u>3,889</u></u>	<u><u>(3,148)</u></u>

This page does not form part of the statutory financial statements

THE ACTIVE PREGNANCY FOUNDATION

England & Wales - Charity number 1190780

Accounts

REGISTERED COMPANY NUMBER: CE023386 (England and Wales)
REGISTERED CHARITY NUMBER: 1190780

Report of the Trustees and
Unaudited Financial Statements for the Period 7 August 2020 to 31 March 2021
for
The Active Pregnancy Foundation

The Active Pregnancy Foundation

**Contents of the Financial Statements
for the Period 7 August 2020 to 31 March 2021**

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Report of the Trustees	1 to 5
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The Active Pregnancy Foundation

Report of the Trustees for the Period 7 August 2020 to 31 March 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the period 7 August 2020 to 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

INCORPORATION

The charitable company was incorporated on 7 August 2020 and commenced trading on the same date.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the charity are the preservation and protection of the good physical and mental health of women who are pregnant, planning a pregnancy, or who have recently given birth, for the public benefit of promoting physical activity through:

- 1) Raising public awareness of benefits of physical activity throughout pregnancy and the post natal period, particularly but not exclusively by:
 - Promoting the Chief Medical Officer's Guidelines on Physical Activity for Pregnant Woman and Physical Activity for Women After Childbirth
 - Developing and disseminating messages which encapsulate the latest research and safety guidance, whilst promoting physical activities that pregnant and postnatal women can do
 - Illustrating best practice through the engagement of case study / role model expectant and new mothers
- 2) Working with the sports and fitness professionals, sports industries and health and social care provision to promote access to safe and beneficial sport, fitness and healthy activity by women during preconception, throughout pregnancy and the postnatal period
- 3) Conducting research into activity and exercise during pregnancy and publishing the useful results
- 4) Promoting and developing best practice guidelines in the field of activity and exercise during pregnancy and the postnatal period

The Active Pregnancy Foundation

Report of the Trustees for the Period 7 August 2020 to 31 March 2021

OBJECTIVES AND ACTIVITIES

Significant activities

During the period the Foundation has been working on the set up of the charity and starting to raise awareness of the charity and its aims, including:

(1) Raising public awareness through the following;

- a. Building a website, which signposts to resources, advice and guidance, and is targeted at pregnant and postnatal women, their support network and healthcare and fitness professionals.
- b. Planning the Real Mums are Role Models Photography Competition to be launched in May 2021.
- c. Top Tips for Being Active During the COVID-19 Pandemic.
- d. Launching and maintaining social media outlets, including: Instagram, Facebook and Twitter.
- e. We produced, with the support of Dr Claire Spearing, two videographics which explain the CMO (Chief Medical Officer) guidelines and are tailored to pregnant and postnatal women.

(2) Working with the sports and fitness professionals, sports industries and health and social care provisions by;

- a. Recruiting and establishing a multi-disciplinary Scientific Advisory Board (SAB).
- b. Establishing relationships with Sport England, British Army, CIMSPA and ukactive.
- c. Endorsing a E-Learning for Healthcare Module.

(3) Conducting research by launching three surveys to ascertain the activity levels, and barriers to activity for pregnant and postnatal women throughout the pandemic.

(4) In promoting and developing best practice guidelines in the field of activity and exercise during pregnancy and the postnatal period, we agreed a Memorandum of Understanding with the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) signifying our recognition of the importance of the development of a high-quality workforce to support women to be active throughout and after pregnancy.

During the year efforts were spent drafting a suite of policy and procedure documents including Health & Safety, Equal Opportunities, Complaints, Data Protection, Privacy Notice and many more.

Public benefit

In accordance with the duties in the Charity's Act 2011, it is incumbent on the trustees to conduct a Public Benefit Test, to assess if the charity has complied with its duties in due regard to the public benefit guidance published by the Charity Commission. The trustees are satisfied that The Active Pregnancy Foundation has complied with its duty in regards to the Public Benefit Test over the past period, based on the four principles in the Commission's Guidance.

1. There must be an identifiable benefit:

Funds raised from donations, sponsorships or concessions are used to raise awareness of the foundation and how people can access the foundations resources.

2. Benefit must be to the public or a section of the public:

All the charity's services are open to all members of the public at large and access to our services is not restrictive.

3. People on low incomes must be able to benefit:

As the charity offers free information and guidance to the public, they do not consider any monetary restriction on the services offered.

4. Any private benefit must be incidental:

The trustees do not consider that any individual or organisation receives a 'private benefit' from the work of the charity.

Grantmaking

There was no grant making during the first period for the charity.

The Active Pregnancy Foundation

Report of the Trustees for the Period 7 August 2020 to 31 March 2021

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We feel our greatest achievement to date is the establishment of the charity as a legal entity, particularly during the difficult pandemic period. Also recruiting and maintaining a volunteer base e.g. our trustee board, Scientific Advisory Board, interns and social media volunteers, especially when working practices had been so affected by COVID-19.

FINANCIAL REVIEW

Financial position

The balance sheets shows a new current liabilities of £3,148, being other creditors which are monies owed to key management for expenses paid during the set up period. This is expected to be reimbursed during future financial years, where more funding and donations are being received by the charity.

Reserves policy

The trustees and management regularly review the finances, budgets, and cash flows to aid effective stewardship of the charity. The trustees and management recognise the restrictions placed, where applicable, on donations, grants, and other income combined with relevant expenditure in the financial period in order to accurately assess the restricted fund levels as at the reporting date. Restricted funds are held until they can be appropriately utilised by the charity for their specified purpose. The charity did not hold any restricted funds in the current period.

Going concern

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. In particular the trustees have considered the charities forecasts and projections, and the current years performance. The trustees have concluded that there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. As such the charity can expect to be able to meet its liabilities as they fall due in the period of at least 12 months from the date of approval of these accounts. However, there can be no certainty in relation to these matters.

On this basis the trustees have concluded that the charity is a going concern. The financial statements do not include any adjustments that would result from the charity not being able to meet its liabilities as they fall due.

Funds in deficit

The unrestricted funds of the charity are in deficit as at the financial reporting date, as explained above.

FUTURE PLANS

During the next year the Foundation is planning on increasing its public awareness, including many social media campaigns.

The Foundation also plans to apply for funding from several organisations to assist with its aims including National Lottery, Sport England and ukactive.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation, governed by its constitution approved on 3 August 2020.

Recruitment and appointment of new trustees

The management of the Foundation is ultimately the responsibility of the trustees who are elected by other trustees and the management team, and appointed under the terms of the Constitution.

Organisational structure

The trustees and management team meet several times throughout the period when strategic decisions and business matters are discussed. Separate meetings between management and certain trustees are held when necessary to discuss day to day activities.

The Active Pregnancy Foundation

Report of the Trustees for the Period 7 August 2020 to 31 March 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Induction and training of new trustees

Where necessary, trustees are provided assistance and training by their fellow trustees of The Active Pregnancy Foundation who have previously held or currently hold a trustee role.

The trustees are also required to complete an E-learning for Healthcare Module - Being Active: Pregnancy and the Postnatal Period, to assist them in their role.

Key management remuneration

The charity had no employees in the current period. The charity provided no remuneration to its management during the period.

Related parties

The only related parties with which the charity undertakes transactions with is the trustees and key management.

Risk management

The trustees have assessed the major strategic, business and operational risks to which the Foundation is exposed, and are satisfied that systems and procedures are in place to monitor and control those risks in order to mitigate any impact they might have on the Foundation.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE023386 (England and Wales)

Registered Charity number

1190780

Registered office

26 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4AE

Trustees

Mrs C Bradbury
Mr U Tarabanov
Mrs M O'Neill
Dr H Mills
Mrs C L Burt (appointed 20.7.21)

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees (who are also the directors of The Active Pregnancy Foundation for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"

The Active Pregnancy Foundation

**Report of the Trustees
for the Period 7 August 2020 to 31 March 2021**

TRUSTEES' RESPONSIBILITY STATEMENT - continued

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 18/01/2022 and signed on its behalf by:



Mr U Tarabanov - Trustee

The Active Pregnancy Foundation

**Statement of Financial Activities
for the Period 7 August 2020 to 31 March 2021**

	Notes	Unrestricted fund £
INCOME AND ENDOWMENTS FROM		
Donations and legacies		72
EXPENDITURE ON		
Charitable activities		
Support Costs		3,220
NET INCOME/(EXPENDITURE)		<u>(3,148)</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>(3,148)</u></u>

The notes form part of these financial statements

The Active Pregnancy Foundation

**Balance Sheet
31 March 2021**

	Notes	Unrestricted fund £
CREDITORS		
Amounts falling due within one year	4	(3,148)
NET CURRENT ASSETS/(LIABILITIES)		<u>(3,148)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		(3,148)
NET ASSETS		<u>(3,148)</u>
FUNDS	5	
Unrestricted funds		(3,148)
TOTAL FUNDS		<u>(3,148)</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 March 2021.

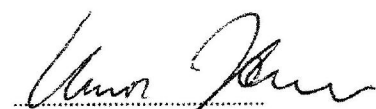
The members have not required the company to obtain an audit of its financial statements for the period ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 18/01/2021 and were signed on its behalf by:



Mr U Tarabanov - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

2. NET INCOME/(EXPENDITURE)

Net income (expenditure) is stated after charging/(crediting):

Other operating leases	£ 456
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The Active Pregnancy Foundation

Notes to the Financial Statements - continued for the Period 7 August 2020 to 31 March 2021

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the period ended 31 March 2021.

4. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

Other creditors	£ 3,148
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5. MOVEMENT IN FUNDS

	Net movement in funds £	At 31/3/21 £
Unrestricted funds		
General fund	(3,148)	(3,148)
TOTAL FUNDS	<u>(3,148)</u>	<u>(3,148)</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	72	(3,220)	(3,148)
TOTAL FUNDS	<u>72</u>	<u>(3,220)</u>	<u>(3,148)</u>

6. RELATED PARTY DISCLOSURES

There were no related party transactions for the period ended 31 March 2021.

7. ULTIMATE CONTROLLING PARTY

The trustees consider there not to be one ultimate controlling party of The Active Pregnancy Foundation in the current year.

The Active Pregnancy Foundation

**Detailed Statement of Financial Activities
for the Period 7 August 2020 to 31 March 2021**

	£
INCOME AND ENDOWMENTS	
Donations and legacies	
Donations	72
Total incoming resources	<u>72</u>
EXPENDITURE	
Charitable activities	
Rent	456
Postage and stationery	61
Advertising	1,032
Consulting fees	1,000
Professional fees	330
Computer expenses	341
	<u>3,220</u>
Total resources expended	<u>3,220</u>
Net expenditure	<u><u>(3,148)</u></u>

This page does not form part of the statutory financial statements