

THE BOWEL MOVEMENT

England & Wales · Charity number 1194246

Details

Status Registered

Legal form CIO

Registered 2021-04-27

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

Contact

Address 13 Green Lane
Frome
BA11 4JN

Phone 07718260227

Email thebowelmovement1@gmail.com

Website <https://www.thebowelmovement.uk/>

Activities

Objects: THE OBJECTS OF THE CIO ARE FOR THE PUBLIC BENEFIT:1. TO ADVANCE THE EDUCATION OF IN PARTICULAR, BUT NOT LIMITED TO, YOUNG INDIVIDUALS (UNDER THE AGE OF 50), BY PROMOTING UNDERSTANDING, AWARENESS, EARLY DETECTION AND TREATMENT OF BOWEL CANCER;2. TO PROVIDE RELIEF TO THOSE IN NEED WHO HAVE BEEN DISADVANTAGED DUE TO ILL HEALTH OR FINANCIAL HARDSHIP AS A RESULT OF A BOWEL CANCER DIAGNOSIS AND/OR TO THEIR CARERS AND FAMILIES.3. TO RELIEVE SICKNESS AND TO PRESERVE THE HEALTH OF THE PATIENTS OF BOWEL CANCER BY PROVIDING OR ASSISTING IN THE PROVISION OF EQUIPMENT, FACILITIES AND SERVICES TO AID THE TREATMENT OF BOWEL CANCER.

Activities: The Bowel Movement awards hardship funds up to £2,000 to young individuals in the UK affected by a bowel cancer diagnosis. Applications are made through our website. We aim to increase knowledge by raising awareness of the signs and symptoms of bowel cancer through our social media streams, and collaboration with other bowel cancer campaigns, as well as working with professionals within the field

Classification

- **How:** Makes Grants To Individuals, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability, Other Charitable Purposes
- **Who:** Children/young People, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£43,602	£27,251	-	-
2023-12-31	£39,143	£29,806	-	-
2022-12-31	£18,743	£18,570	-	-
2021-12-31	£5,433	£3,950	-	-

Trustees

Name	Role	Appointed
Josephine Millard	Chair	2021-04-27
Abigail Morris PhD		2021-04-27
Stephanie Millard		2021-04-27

THE BOWEL MOVEMENT

England & Wales - Charity number 1194246

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1st January 2024 Period start date To 31st December 2024 Period end date

Charity name: The Bowel Movement

Charity registration number: 1194246

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the CIO are for the public benefit: 1) to advance the education of in particular, but not limited to, young individuals (under the age of 50), by promoting understanding, awareness, early detection and treatment of bowel cancer. 2) To provide relief to those in need who have been disadvantaged due to ill health or financial hardship as a result of a bowel cancer diagnosis and/or to their carers and families. 3) to relieve sickness and to preserve the health of the patients of bowel cancer by providing or assisting in the provision of equipment, facilities and services to aid the treatment of bowel cancer.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Our fourth year as a registered charity has been marked by a variety of fundraising and awareness-building activities which are aligned with our charitable purpose and focus on supporting young adults affected by bowel cancer. Our efforts have continued to build our charitable reputation and maintain a solid financial foundation. This is essential to ensure that we can continue delivering on our charitable aims of raising awareness and supporting young adults through our hardship awards. During this period, we provided financial support of £15,000 through hardship grants, awarding young adults with £2,500 who each faced financial difficulties due to their bowel cancer diagnosis. To demonstrate the impact of our work, we have requested testimonials from the grant recipients, which will further highlight how our funds are

		making a tangible difference in the lives of those affected. We have maintained a strong focus on raising awareness of bowel cancer throughout the year. Our social media platforms, which continue to grow steadily, have been pivotal in educating the public through regular posts and monthly reminders about the signs and symptoms of bowel cancer. In addition, our website (www.thebowelmovement.uk) provides a comprehensive resource for the community, offering information, guidance on when to seek professional help, and updates on upcoming events. Looking ahead, we aim to expand our reach further by exploring the use of paid and targeted advertising on social media platforms. While we have been encouraged by the engagement achieved through organic growth, we recognise that targeted promotion will help us connect with a wider audience, particularly adults under the age of 50, a group increasingly affected by bowel cancer. This strategic development will support our mission to raise awareness and encourage early action on a wider scale. This year we have diversified our fundraising efforts by registering with Enthuse fundraising platform. As an official race partner for London marathon and Bath Half marathon, having a registered and recognised charity account across both Just giving and Enthuse enables us to maximise fundraising opportunities, reach a wider audience of supporters, and provide an accessible way for individuals and teams to raise money on our behalf. Our fundraising activities over the financial year have been varied and have included the following charity-organized events: - Valentines treat boxes (Feb) - Bath Half Marathon (March) - Afternoon tea - Lake District Challenge, Scafell Pike (July) - Two Treat Box cake sales - Christmas craft fair - Festive bingo The highlight of our fundraising efforts in 2024 was the Lake District Challenge Scafell Pike, where 12 participants raised
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		over £4,300 by tackling England's tallest mountain the Lake District National Park in July 2024. This event attracted attention on social media, particularly on Facebook and Instagram. We also raised awareness through interviews on BBC Radio Somerset. In addition to these efforts, our supporters represented us in several other events, including: - Three day Cotswold Way (104 miles in 3 days challenge) - Met Police Firearms Command Versus London Ambulance service at Stone X stadium Saracens. - London Marathon - Edinburgh 10km - Chester Half Marathon - Paris Marathon - Garden Party fundraiser - Chippenham Half Marathon April 2024, marked by Bowel Cancer Awareness Month, was a peak period for our awareness campaign. We organized an afternoon tea to conclude the month. Throughout the campaign, we shared posts covering an A to Z of common bowel cancer terms and collaborated with members of our social media community to enhance our outreach and engagement. Combined, these activities underscore our commitment to providing support, raising awareness, and delivering tangible benefits to individuals and families affected by bowel cancer, while also laying the groundwork for future growth and impact.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	In setting our objectives and planning our activities for the year, the Trustees have had due regard to the Charity Commission's general guidance on public benefit, including the guidance <i>Public benefit: running a charity (PB2)</i>.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	As part of our charitable objectives, we provide financial hardship awards to support young adults diagnosed with bowel cancer. These awards are intended to help alleviate the practical and financial pressures that may arise during treatment and recovery.

		The Trustees are responsible for overseeing the grant-making process to ensure awards are made in line with our charitable purpose and available resources. Key principles include: • Eligibility: Applicants must be individuals diagnosed with bowel cancer who are under the age of 50, Living in England and experiencing financial hardship as a result of their bowel cancer diagnosis. • Applications may be made directly by individuals or a spouse. • Applications are considered on a case-by-case basis, taking into account the applicant's medical circumstances, needs, and the potential impact of the award. • Decisions are be made objectively, consistently, and without discrimination. • All personal information shared in the application process is treated in strict confidence in line with GDPR. • Awards are subject to the availability of funds and are capped at a maximum of £2,500 which has been determined by the Trustees, and increased for 2024 in line with the cost of living. This grant award process is reviewed annually to ensure that our grant-making continues to deliver meaningful benefit and reflects the needs of those we aim to support.
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	In line with our charitable purpose of advancing education, knowledge, and awareness about bowel cancer among young adults (under 50), we have consistently produced and shared monthly reminder posts across our social media channels. These posts achieved consistent engagement between 2,000-4,000 views with significant engagement reaching between 18,400 and 40,146 viewers. This level of engagement is essential for fulfilling our purpose of raising awareness, expanding our platform, and directing individuals to our website and resources. Our professional dashboard analytics show that these posts are reaching individuals within our key target audience (ages 33-45), demonstrating the effectiveness of our outreach. Our website analytics for this period indicate a 31% increase in year on year comparison, with 2,945 visits per annum. Encouragingly, our peak traffic month was April which saw nearly 400 visits to the website, indicating an increase flow of individuals as a result of our awareness campaigns via social media. While 74.4% of visitors were from the UK, we have also seen engagement from international audiences, including USA (10.4%), Germany and Australia. This reflects the positive impact of our awareness efforts in guiding people to our resources and information. We continue to create monthly awareness posts that focus on the signs and symptoms of bowel cancer. In addition, we align our campaigns with national and global awareness days, including World Cancer Day, Pride month, World Mental Health Day, and Menopause Awareness Day, helping to raise the profile of the bowel cancer community in these spaces. Specific awareness topics we have covered include stoma support, community stories, EDI (emphasizing invisible disabilities), the FIT test, and advancements in robotic surgery. We pride ourselves on being evidence informed and ensure we cite the source of information

		within our posts. This typically comes from academic and grey literature sources. Our media presence has been consistent with previous years, allowing us to speak about bowel cancer screening on various platforms, including television and radio outlets such as the BBC. The exposure generated through these appearances is invaluable, and we aim to continue engaging with media outlets to establish ourselves as a reliable and consistent voice for the bowel cancer community. Our flagship fundraiser in July 2024, the Lake District Challenge, Scafell Pike raised £4,300 and despite seeing a reduction in the overall number of attendees, we continued to foster a sense of community among those who attended. For example, our attendees shared how meaningful it was to connect with others who have been impacted by bowel cancer and participant testimonials emphasised the positive emotional and social impact of the event. Through these events, we continue to build a supportive and empowered community that is essential to our charitable work. Alongside our community engagement and awareness activities, we have continued to actively promote our hardship fund. This fund provides vital financial relief to individuals and families experiencing hardship as a result of a bowel cancer diagnosis. Over the past year, we have strengthened signposting to this resource through our website, social media channels and word of mouth referrals. We remain mindful that the sustainability of hardship grants is dependent on the success of our fundraising activities. As such, our efforts to raise awareness, foster community support, and generate income are closely interconnected and remain central to fulfilling our purpose of supporting those financially disadvantaged by bowel cancer. Looking ahead, we still plan to apply for a lottery grant to expand our capacity to deliver this support to a wider range of eligible individuals, ensuring that we can reach and assist more people in need.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		Looking ahead, we continue to plan an application for a National Lottery grant to expand our capacity to deliver support to a wider range of eligible individuals. We acknowledge that this was set as an objective in 2023 but has not yet been fulfilled. While progress has been made in strengthening our fundraising base and developing the infrastructure needed to support a larger programme, securing this grant remains a priority for the coming year to ensure we can reach and assist more people in need.

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	During the year the Charity received donations of £43,602 and incurred costs totalling £27,251.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	It is the policy of the Charity to maintain unrestricted funds, which are free reserves of the Charity, at a level which equates to approximately six months to a year's expenditure. This is currently around £13.5k, which is covered by the unrestricted funds at year end. This provides sufficient funds to cover administration and support costs and to respond to applications for grants that may arise from time to time.
Amount of reserves held	Para 1.22	The unrestricted general funds was £40,122 at the year end.
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The Charity is reliant on donations from the public through activities organised by both the charity and individuals themselves.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		The charity is governed by its Constitution as a Charitable Incorporated Organisation (CIO), registered with the Charity Commission for England and Wales (Charity Number: 1194246) on 27th April 2021. The objects of the charity, as set out in the Constitution, are to relieve the needs of people diagnosed with bowel cancer and their families through the provision of advice, information, financial assistance, and support services, and to advance public awareness and understanding of bowel cancer among the wider community. The charity is constituted as a CIO, with the Trustees having ultimate responsibility for the general control and management of the administration of the charity in accordance with its charitable objects and governing document.
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	New Trustees are appointed by the existing Trustees. Every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees, subject to conditions as detailed in the Constitution. The Constitution provides for a minimum of 3 Trustees. On appointment, new Trustees will be provided with a copy of the Constitution and any amendments made to it; a copy of the Charity's latest report and statement of accounts; and a copy of the Charity Commission's guidance "The Essential Trustee: What You Need to Know" and "Charities and Public Benefit". The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Constitution. All Trustees give their time freely and no Trustee remuneration was paid in the year.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The day-to-day activities of the charity are overseen and managed by the Trustees. From time to time, the Trustees may delegate specific powers or functions to a committee of two or more Trustees – for example, when considering applications to the hardship fund. Any such committee is required to act in accordance with directions set by the Trustees and must not incur expenditure on behalf of the charity other than within a budget previously approved by the Trustees. At present, the charity operates independently and is not part of a formal wider network.
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	The Bowel Movement
Other name the charity uses	
Registered charity number	1194246
Charity's principal address	13 Green Lane Frome Somerset BA11 4JN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Josephine Millard			
2	Abigail Morris			
3	Stephanie Millard			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
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16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Abigail Morris	Stephanie Millard
Position (eg Secretary, Chair, etc)	Secretary	Treasurer

Date

30/09/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

The Bowel Movement

1194246

Receipts and payments accounts

CC16a

For the period
from

01/01/2024

To

31/12/2024

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year (Restated)
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
TBM Organised Events	14,776	-	-	14,776	31,568
Individuals Fundraising on behalf of TBM	19,591	-	-	19,591	4,466
Donations	9,235	-	-	9,235	3,109
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	43,602	-	-	43,602	39,143
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	43,602	-	-	43,602	39,143
A3 Payments					
Hardship Funds Awarded	15,000	-	-	15,000	18,281
Website & Marketing	417	-	-	417	492
TBM Event Fundraising costs	5,196	-	-	5,196	5,507
Stationery & Postage	75	-	-	75	52
Branded Merch	-	-	-	-	4,397
Donation Platform Fees	1,261	-	-	1,261	946
Bank Charges	-	-	-	-	25
Insurance	112	-	-	112	106
Accountancy	840	-	-	840	-
Donations Out	4,350	-	-	4,350	-
	-	-	-	-	-
Sub total	27,251	-	-	27,251	29,806
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	27,251	-	-	27,251	29,806
Net of receipts/(payments)	16,351	-	-	16,351	9,337
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	23,771	-	-	23,771	14,434
Cash funds this year end	40,122	-	-	40,122	23,771

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		40,122	-	-
		-	-	-
		-	-	-
	Total cash funds	40,122	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

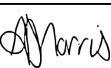
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Independent Examination Fee		840	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Stephanie Millard	30/09/2025
	Abigail Morris	30/09/2025

**THE BOWEL MOVEMENT
INDEPENDENT EXAMINER'S REPORT
YEAR ENDED 31 DECEMBER 2024**

Independent examiner's report to the trustees of The Bowel Movement

I report to the trustees on my examination of the accounts of The Bowel Movement (the Charity) for the year ended 31 December 2024.

Responsibilities and basis of report

As the charity trustees of the Charity 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 2011 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.

Joshua Kingston

Joshua Kingston BSc ACA
Burton Sweet Limited
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

Date: 30th September 2025
Date:

THE BOWEL MOVEMENT

England & Wales - Charity number 1194246

Accounts



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Trustees' Annual Report for the period

From 1st January 2023 Period start date To 31st December 2023 Period end date

Charity name: The Bowel Movement

Charity registration number: 1194246

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the CIO are for the public benefit: 1) to advance the education of in particular, but not limited to, young individuals (under the age of 50), by promoting understanding, awareness, early detection and treatment of bowel cancer. 2) To provide relief to those in need who have been disadvantaged due to ill health or financial hardship as a result of a bowel cancer diagnosis and/or to their carers and families. 3) to relieve sickness and to preserve the health of the patients of bowel cancer by providing or assisting in the provision of equipment, facilities and services to aid the treatment of bowel cancer.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Our third year as a registered charity has been marked by various fundraising and awareness-building activities aligned with our charitable purpose, which focuses on supporting individuals affected by bowel cancer. As we are still in our formative years, our efforts have primarily centred on building our reputation and establishing a solid financial foundation. This is essential to ensure that we can continue delivering on our charitable aims in the future. During this period, we provided financial support through hardship grants, awarding nine young adults, who faced financial difficulties due to a bowel cancer diagnosis, with £2,000 each. To demonstrate the impact of our work, we have requested testimonials from the grant recipients, which will further highlight how our funds are making a tangible difference in the lives of those affected.

		In parallel with our financial assistance, we have maintained a strong focus on raising awareness of bowel cancer. Our social media platforms, which continue to grow, have been pivotal in educating the public through regular posts and monthly reminders about the signs and symptoms of bowel cancer. Our website (www.thebowelmovement.uk) serves as an additional resource, offering information, support, and awareness to the wider community. It also provides guidance on how and when to seek professional help and keeps our supporters informed about upcoming events. To enhance visibility at events, we have invested in pop-up banners, flags, and various other signage. We have also developed and distributed resources such as leaflets, pin badges, and posters. These materials, available both as hard copies and downloadable resources from our website, are crucial tools in promoting the early detection of bowel cancer. Anyone who signs up to take part in one of our fundraising activities also receives a running vest with our charity logo and we have produced a branded hoodie which we wear during events and also sell to those seeking to support our mission. We have diversified our fundraising efforts by registering with platforms such as PayPal Giving Fund, JustGiving, and Gift Aid, enabling us to receive donations ranging from £5 to £750 on a monthly basis. These initiatives provide a steady stream of income that supports our ongoing projects. Our fundraising activities over the financial year have been varied and have included the following charity-organized events: - An afternoon cream tea - Participation of 11 runners in the Bath Half Marathon (October) - York Half Marathon - Two Treat Box cake sales - Christmas craft fair - Festive bingo The highlight of our fundraising efforts in 2023 was the Lake District 3 Peaks Challenge, where 22 participants raised over £15,000 by tackling three mountains in the Lake District National Park in July 2023. This event attracted significant attention on
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		social media, particularly on Facebook and Instagram. We also raised awareness through interviews on BBC Radio Lancashire and BBC Radio Somerset. In addition to these efforts, our supporters represented us in several other events, including: - Hackney Half Marathon - Ultra Challenge 50km (South-West Coast Challenge) - York 10 Mile - London to Brighton Challenge - Welsh 15 Peaks Our charity was also the recipient of donations from the funeral of a community member who passed away from bowel cancer. April 2023, marked by Bowel Cancer Awareness Month, was a peak period for our awareness campaign. We organized a cake sale and afternoon tea to conclude the month. Throughout the campaign, we collaborated with members of our social media community, enhancing our outreach and engagement. A significant highlight during this period was an Instagram Live session hosted with colorectal surgeon Dr. Anwar Owais, who provided valuable insights into the latest PillCam research and advancements in robotic surgery for bowel cancer patients. These activities underscore our commitment to providing support, raising awareness, and delivering tangible benefits to individuals and families affected by bowel cancer, while also laying the groundwork for future growth and impact.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	

Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	In line with our charitable purpose of advancing education, knowledge, and awareness about bowel cancer among young adults (under 50), we have consistently produced and shared monthly reminder posts across our social media channels. These posts have achieved significant engagement, regularly reaching between 14,900 and 19,900 viewers. This level of engagement is essential for fulfilling our purpose of raising awareness, expanding our platform, and directing individuals to our website and resources. Importantly, our professional dashboard analytics show that these posts are reaching individuals within our key target audience (ages 33-45), demonstrating the effectiveness of our outreach. Our website analytics further highlight our reach, showing regular traffic from a wide geographical area. While most users are from the UK, we are also seeing engagement from international audiences, including Australia and the USA. On average, we receive 150 hits per month, with a noticeable increase in website visits during Bowel Cancer Awareness Month. This reflects the positive impact of our awareness efforts in guiding people to our resources and information. We continue to create monthly awareness posts that focus on the signs and symptoms of bowel cancer. In addition, we align our campaigns with national and

	global awareness days, including World Cancer Day, World Mental Health Day, and Menopause Awareness Day, helping to raise the profile of the bowel cancer community in these spaces. Specific awareness topics we have covered include colonoscopy, community stories, EDI (emphasizing invisible disabilities), the FIT test, and advancements in robotic surgery. Our media presence has significantly expanded, allowing us to speak about bowel cancer screening on various platforms, including television and radio outlets such as the BBC, ITV, Capital, and LBC. The exposure generated through these appearances is invaluable, and we aim to continue engaging with media outlets to establish ourselves as a reliable and consistent voice for the bowel cancer community. Our flagship fundraiser in July, the Lake District 3 Peaks Challenge, was a resounding success, not just in terms of raising over £15,000 but also in fostering a sense of community. Participants shared how meaningful it was to connect with others who have been impacted by bowel cancer. Feedback from attendees emphasised the positive emotional and social impact of the event: <i>"I have loved every minute of the weekend, even the difficult ones. Meeting the people behind these charities, hearing their stories, sharing feelings, and being part of something so special is an experience I will never forget."</i> <i>"An amazing, life-changing experience that surpassed expectations. This charity is integral to supporting, educating, and connecting people within the bowel cancer community. I feel incredibly lucky to have met everyone there, to hear their stories, and to tell mine. I'll never forget it."</i> Through these events, we continue to build a supportive and empowered community that is essential to our charitable work. In addition to our community and awareness efforts, we have continued to promote our hardship fund. This fund provides relief to those facing financial hardship as a result of a bowel cancer diagnosis, and we regularly signpost individuals to this resource via our social
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		media channels and website. However, we recognise that the ability to award hardship grants is dependent on our fundraising success. Thus, our efforts to increase awareness, foster community, and raise funds are interconnected and essential for fulfilling our purpose of supporting individuals financially disadvantaged due to ill health. Looking ahead, we plan to apply for a lottery grant to expand our capacity to deliver this support to a wider range of eligible individuals, ensuring that we can reach and assist more people in need.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	During the year the Charity received donations of £39,143 and incurred costs totalling £29,806.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	It is the policy of the Charity to maintain unrestricted funds, which are free reserves of the Charity, at a level which equates to approximately six months to a year's expenditure. This provides sufficient funds to cover administration and support costs and to respond to applications for grants that may arise from time to time.
Amount of reserves held	Para 1.22	The unrestricted general income fund was £23,771 at the year end.
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The Charity is reliant on donations from the public through activities organised by both the charity and individuals themselves.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	New Trustees are appointed by the existing Trustees. Every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees, subject to conditions as detailed in the Constitution. The Constitution provides for a minimum of 3 Trustees. On appointment, new Trustees will be provided with a copy of the Constitution and any amendments made to it; a copy of the Charity's latest report and statement of accounts; and a copy of the Charity's Commission's guidance "The Essential Trustee: What You Need to Know" and "Charities and Public Benefit". The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Constitution. All Trustees give their time freely and no Trustee remuneration was paid in the year.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The day to day activities of the Charity are managed by the Trustees. From time to time the Trustees delegate their powers or functions to a committee of two or more Trustees for example on receipt of an application to the hardship fund. The committee have to act in accordance with any directions given by the Trustees. It must not incur expenditure on behalf of the Charity except in accordance with a budget previously agreed by the Trustees.
Relationship with any related parties	Para 1.51	

Other		
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Reference and Administrative details

Charity name	The Bowel Movement
Other name the charity uses	
Registered charity number	1194246
Charity's principal address	13 Green Lane Frome Somerset BA11 4JN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Josephine Millard			
2	Abigail Morris			
3	Stephanie Millard			
4				
5				
6				
7				
8				
9				
10				
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16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Abigail Morris	Stephanie Millard
Position (eg Secretary, Chair, etc)	Secretary	Treasurer

Date 14/10/2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

The Bowel Movement

1194246

Receipts and payments accounts

CC16a

For the period
from

01/01/2023

To

31/12/2023

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	£38,043	-	-	38,043	18,743
Merch Sales	£1,100	-	-	1,100	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	39,143	-	-	39,143	18,743
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	39,143	-	-	39,143	18,743
A3 Payments					
Hardship Funds Awarded	£18,281	-	-	18,281	16,000
Website & Marketing	£492	-	-	492	528
Fundraising costs	£5,507	-	-	5,507	1,992
Stationary & Postage	£52	-	-	52	50
Branded Merch	£4,397	-	-	4,397	-
Giving Platform Fees	£946	-	-	946	-
Bank Charges	£25	-	-	25	-
Insurance	£106	-	-	106	-
	-	-	-	-	-
Sub total	29,806	-	-	29,806	18,570
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	29,806	-	-	29,806	18,570
Net of receipts/(payments)	9,337	-	-	9,337	173
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	14,434	-	-	14,434	14,261
Cash funds this year end	23,771	-	-	23,771	14,434

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		23,771	-	-
		-	-	-
		-	-	-
	Total cash funds	23,771	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets				
B4 Assets retained for the charity's own use				
B5 Liabilities				
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	 	Stephanie Millard Abigail Morris	14/10/2024 14/10/2024	

THE BOWEL MOVEMENT INDEPENDENT EXAMINER'S REPORT YEAR ENDED 31 DECEMBER 2023

Independent examiner's report to the trustees of The Bowel Movement

I report to the trustees on my examination of the accounts of The Bowel Movement (the Charity) for the year ended 31 December 2023.

Responsibilities and basis of report

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

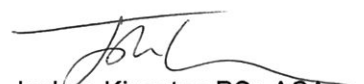
I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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.



Joshua Kingston BSc ACA
Burton Sweet Limited
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

Date: 14/10/2024

THE BOWEL MOVEMENT

England & Wales - Charity number 1194246

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1st January 2022 Period start date To 31st December 2022 Period end date

Charity name: The Bowel Movement

Charity registration number: 1194246

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The principal objects of the Charity are: 1) to advance the education of in particular, but not limited to, young individuals (under the age of 50), by promoting understanding, awareness, early detection and treatment of bowel cancer. 2) the relief of financial hardship to those who have been disadvantaged due to ill health as a result of a bowel cancer diagnosis and/or their carers and families; and 3) to provide support to charities and other institutions providing relief from sickness or support to individuals affected by cancer, their carers and families.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Our second year as a registered charity has involved a range of fundraising and awareness building activities in line with our charitable purpose outlined above. As our charity is still in it's infancy, we have focussed the majority of our efforts on building our reputation and our fundraising events to establish a sound financial bases to enable us to deliver our charitable aims. In this period, we have granted eight hardship funds of £2000 to young adults who faced financial hardship as a result of a bowel cancer diagnosis. We have since requested testimonials from each person we have awarded a hardship fund too to demonstrate the impact of our charitable work. We have continued to build our social media platforms through regular posts and monthly reminders of the signs and symptoms of bowel cancer. Our website (www.thebowelmovement.uk) aims to provide ongoing information, support, and raise awareness to the wider community of the signs and symptoms of bowel cancer, as well as guidance on how and when to seek professional help. We also host information about our events for people to get involved with. We have registered with PayPal giving fund for charities and receive funds from £5 to £750 on a monthly basis. We have also registered as a charity with Just giving.

		Our fundraising activities throughout this period have included the following events; An afternoon cream tea, Bath Half runners, Two treat Box cake sales, Christmas craft fair Festive bingo Plant sale Two runners in the London & Cardiff marathons. Mudcrew event House craft event Book sale We were also named as the recipient of donations from the funeral of a community member who died from bowel cancer. Our awareness campaign peaked during Bowel Cancer Awareness month in April and culminated in a cake sale and a Band in the barn event for our charity and Benj's anniversary on 30th April 2022. During Bowel cancer awareness month, we collaborated with members from our social media community and Dame Deborah James on three social media reels 1. 'Pass it on' reminder reel 2. 'We stand with the 45' highlighting the tragic loss of 45 individuals each day due to metastatic bowel cancer and 3. 'The greatness of our community' reel. Our combined reach across these three reels was 57,029 accounts via Instagram alone. We were the nominated charity for a local fundraise group 'The Band in the Barn' and received £3000. We hosted an Instagram 'Live' with consultant and colorectal surgeon Dr Anwar Owais regarding the latest Pill cam research which reached 1810 accounts. We also collaborated on an awareness campaign 'Don't sit on Your symptoms' (youtube link here) and developed a press release which we launched in August 2022. This resulted in publications in the following tabloids; London evening standard https://www.thenational.scot/news/national/20597279.new-bowel-cancer-film-bids-raise-awareness-killer-disease/ https://www.independent.co.uk/news/uk/somerset-frome-bristol-bbc-lancaster-university-b2137206.html?amp https://jerseyeveningpost.com/morenews/uknews/2022/08/03/new-bowel-cancer-film-bids-to-raise-awareness-of-killer-disease/ https://www.nwemail.co.uk/news/national/20597279.new-bowel-cancer-film-bids-raise-awareness-killer-disease/ https://www.dailyecho.co.uk/news/national/20597279.new-bowel-cancer-film-bids-raise-awareness-killer-disease/ https://www.gazette-news.co.uk/news/national/20597279.new-bowel-cancer-film-bids-raise-awareness-killer-disease/
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		https://www.westerntelegraph.co.uk/news/national/20597279.new-bowel-cancer-film-bids-raise-awareness-killer-disease/ https://www.thenorthernecho.co.uk/news/national/20597279.new-bowel-cancer-film-bids-raise-awareness-killer-disease/ BBC News https://www.bbc.co.uk/news/uk-england-somerset-62407386.amp BBC points west https://www.bbc.co.uk/iplayer/episode/m0019vxd/points-west-evening-news-05082022 ITV news https://fb.watch/ePI5w_GJ1S/ We were also interviewed on LBC radio, BBC radio Lancashire, BBC Somerset and Capital Radio. We created an online sibling support group via Facebook. We shared a tribute to Dame Deborah after her death in June 2022 and spoke on BBC radio Lancashire and BBC somerset regarding her death and bowel cancer signs and symptoms.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	

Other		
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Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	In line with our charitable purpose related to advancing education, knowledge and awareness among young adults (under the age of 50) we have produced monthly reminder posts for the charity and disseminate these via our social media channels. These posts regularly achieve engagement with between 14.9-19.9 thousand viewers. This engagement is vital for achieving our charitable purpose of raising awareness, growing our platform and signposting individuals to our website and resources. Crucially, we can see from our professional dashboard that these posts reach individuals within our target audience (33-45 years). Since being granted charitable status we have had the opportunity to speak on the issue of bowel cancer screening to a number of media outlets. This includes both television and radio stations including the BBC, ITV, Capital and LBC. The exposure this brings to the charity is invaluable and we intend on continuing these opportunities to become a regular and reliable voice for the bowel cancer community. During the period in which these statements relate, we awarded hardship funds to seven individuals who have been financially impacted by a bowel cancer diagnosis. One pertinent testimonial includes; <i>"The financial impact of having to give up work after my diagnosis while bringing up 3 children was huge. In the darkest time I was given support and hope that was desperately needed. I will always be so thankful for that. The grant that The Bowel Movement awarded made such a difference with being able to afford the increase in heating bills in that first winter I was at home receiving chemotherapy, it took the pressure off and is something we will be forever grateful for."</i> Suzy Aged 40, diagnosed with advanced bowel cancer.

		We will continue to promote our hardship fund on our social media and website and will signpost individuals to this in order to fulfil our purpose of providing relief of financial hardship to those who have been disadvantaged due to ill health as a result of a bowel cancer diagnosis. We recognise that our ability to award hardship grants is limited to the success of our fundraising efforts and available charitable funds. It is therefore imperative that we focus our fundraising efforts. We intend to apply to a lottery grant to help boost our ability to deliver on this purpose to a wider range of eligible individuals. Finally, we have provided support to charities and other institutions providing relief from sickness or support to individuals affected by cancer, their carers and families. In particular, we have partnered with a Consultant Colorectal and General Surgeon at Ridgeway Hospital, Swindon to help produce and provide resources and offer support to individuals diagnosed with bowel cancer. Dr Owais is currently piloting the innovative Pillcam technology which aims to make the process of endoscopy more accessible and less invasive and therefore has the potential to be offered to individuals displaying signs and symptoms of bowel cancer. Dr Owais is also at the forefront of delivering the latest in robotic surgical techniques for tackling bowel cancer so our connection with Dr Owais helps us to remain up to date on these important topics. We will continue to work with Dr Owais to help disseminate these research findings and further advancements in this area.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	

Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	During the year the Charity received donations of £18,743 and incurred costs totalling £18,570.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	It is the policy of the Charity to maintain unrestricted funds, which are free reserves of the Charity, at a level which equates to approximately six months to a year's expenditure. This provides sufficient funds to cover administration and support costs and to respond to applications for grants that may arise from time to time.
Amount of reserves held	Para 1.22	The unrestricted general income fund was £14,434 at the year end.
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The Charity is reliant on donations from the public through activities organised by both the charity and individuals themselves.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	New Trustees are appointed by the existing Trustees. Every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees, subject to conditions as detailed in the Constitution. The Constitution provides for a minimum of 3 Trustees. On appointment, new Trustees will be provided with a copy of the Constitution and any amendments made to it; a copy of the Charity's latest report and statement of accounts; and a copy of the Charity's Commission's guidance "The Essential Trustee: What You Need to Know" and "Charities and Public Benefit". The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Constitution. All Trustees give their time freely and no Trustee remuneration was paid in the year.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The day to day activities of the Charity are managed by the Trustees. From time to time the Trustees delegate their powers or functions to a committee of two or more Trustees for example on receipt of an application to the hardship fund. The committee have to act in accordance with any directions given by the Trustees. It must not incur expenditure on behalf of the Charity except in accordance with a budget previously agreed by the Trustees.
Relationship with any related parties	Para 1.51	

Other		
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Reference and Administrative details

Charity name	The Bowel Movement
Other name the charity uses	
Registered charity number	1194246
Charity's principal address	13 Green Lane Frome Somerset BA11 4JN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Josephine Millard			
2	Abigail Morris			
3	Stephanie Millard			
4				
5				
6				
7				
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Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Abigail Morris	Stephanie Millard
Position (eg Secretary, Chair, etc)	Secretary	Treasurer

Date

30/10/2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

The Bowel Movement

1194246

Receipts and payments accounts

CC16a

For the period from	01/01/2022	To	31/12/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	18,743	-	-	18,743	5,433
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	18,743	-	-	18,743	5,433
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	18,743	-	-	18,743	5,433
A3 Payments					
Hardship Funds Awarded	16,000	-	-	16,000	2,250
Website Design & domain	528	-	-	528	1,483
Fundraising costs	1,992	-	-	1,992	217
Books, Stationary & Postage	50	-	-	50	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	18,570	-	-	18,570	3,950
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	18,570	-	-	18,570	3,950
Net of receipts/(payments)	173	-	-	173	1,483
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	14,261	-	-	14,261	-
Cash funds this year end	14,434	-	-	14,434	1,483

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		14,434	-	-
		-	-	-
		-	-	-
	Total cash funds	14,434	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	 	Stephanie Millard Abigail Morris	30/10/2023 30/10/2023	

THE BOWEL MOVEMENT

England & Wales - Charity number 1194246

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 27th April 2021 Period start date To 31st December 2021 Period end date

Charity name: The Bowel Movement

Charity registration number: 1194246

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The principal objects of the Charity are: 1) to advance the education of in particular, but not limited to, young individuals (under the age of 50), by promoting understanding, awareness, early detection and treatment of bowel cancer. 2) the relief of financial hardship to those who have been disadvantaged due to ill health as a result of a bowel cancer diagnosis and/or their carers and families; and 3) to provide support to charities and other institutions providing relief from sickness or support to individuals affected by cancer, their carers and families.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Due to the COVID-19 pandemic, our first year in which we have been established as a registered charity has meant several of our planned fundraising activities had to be postponed due to the national lockdown and restrictions in place. Therefore, most of our donations received throughout the period were from individuals who ran their own fundraising activities to support our cause. Because of their generosity, we were able to offer hardship funds to two individuals during this year who were both facing financial hardship as a result of a bowel cancer diagnosis. We continued to build our social media platforms through regular posts and monthly reminders of the signs and symptoms of bowel cancer. We developed our website and charity branding (www.thebowelmovement.uk). Our website aims to provide ongoing information, support and raise awareness to the wider community of the signs and symptoms of bowel cancer, as well as guidance on how and when to seek professional help. We have also

		developed a range of downloadable resources and posters. Our website hosts a number of individual stories and experiences of bowel cancer following our Social Network September event and is designed so that individuals who have found themselves in financial hardship as a result of a bowel cancer diagnosis can apply for our hardship funds through this channel. We also launched our enamel pins which are attached to a symptoms card. We sell these at our events, cake sales and on our website. We also did a giveaway to help boost awareness and wider engagement in the charity.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
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Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Inline with our charitable purpose related to advancing education, knowledge and awareness among young individuals (under the age of 50) we have produced monthly reminder posts for the charity and disseminate these via our social media channels. These posts regularly achieve engagement with between 10-72.5 thousand viewers. This engagement is vital for achieving our charitable purpose of raising awareness, growing our platform and signposting individuals to our website and resources. Crucially, these posts reach individuals within our target audience (33-45 years). Since being granted charitable status we have had the opportunity to speak on the issue of bowel cancer screening to a number of media outlets. This includes both television and radio stations including the BBC, ITV, Capital and LBC. The exposure this brings to the charity is invaluable and we intend on continuing these opportunities to become a regular and reliable voice for the bowel cancer community. During the period in which these statements relate, we awarded hardship funds to two individuals who had been financially impacted by a bowel cancer diagnosis. Since then, we have granted a further 5 hardship funds to individuals in similar situations. We will continue to promote our hardship fund on our social media and website and will signpost individuals to this in order to fulfil our purpose of providing relief of financial hardship to those who have been disadvantaged due to ill health as a result of a bowel cancer diagnosis. We recognise that our ability to award hardship grants is limited to the success of our fundraising efforts and available charitable funds. It is therefore imperative that we focus our fundraising efforts. We intend to apply to a lottery grant to help boost our ability to deliver on this purpose to a wider range of eligible individuals. Finally, we have provided support to charities and other institutions providing relief from sickness or support to individuals affected by cancer, their carers and families. In particular, we have partnered with a Consultant Colorectal and General Surgeon at Ridgeway Hospital, Swindon to help produce and provide resources and offer support to individuals diagnosed with bowel cancer. Dr Owais is currently piloting the innovative Pillcam technology which aims to make the process of endoscopy more accessible and less invasive and therefore has the potential to be offered
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		to individuals displaying signs and symptoms of bowel cancer. We will work with Dr Owais to help disseminate these research findings and further advancements in this area.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	During the year the Charity received donations of £5,433 and incurred costs totalling £3,950.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	It is the policy of the Charity to maintain unrestricted funds, which are free reserves of the Charity, at a level which equates to approximately six months to a year's expenditure. This provides sufficient funds to cover administration and support costs and to respond to applications for grants that may arise from time to time.
Amount of reserves held	Para 1.22	The unrestricted general income fund was £14,261 at the year end.
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The Charity is reliant on donations from the public through activities organised by both the charity and individuals themselves.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	New Trustees are appointed by the existing Trustees. Every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees, subject to conditions as detailed in the Constitution. The Constitution provides for a minimum of 3 Trustees. On appointment, new Trustees will be provided with a copy of the Constitution and any amendments made to it; a copy of the Charity's latest report and statement of accounts; and a copy of the Charity's Commission's guidance "The Essential Trustee: What You Need to Know" and "Charities and Public Benefit". The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Constitution. All Trustees give their time freely and no Trustee remuneration was paid in the year.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The day to day activities of the Charity are managed by the Trustees. From time to time the Trustees delegate their powers or functions to a committee of two or more Trustees for example on receipt of an application to the hardship fund. The committee have to act in accordance with any directions given by the Trustees. It must not incur expenditure on behalf of the Charity except in accordance with a budget previously agreed by the Trustees.
Relationship with any related parties	Para 1.51	

Other		

Reference and Administrative details

Charity name	The Bowel Movement
Other name the charity uses	
Registered charity number	1194246
Charity's principal address	13 Green Lane Frome Somerset BA11 4JN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Josephine Millard			
2	Abigail Morris			
3	Stephanie Millard			
4				
5				
6				
7				
8				
9				
10				
11				
12				
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15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Abigail Morris	Stephanie Millard
Position (eg Secretary, Chair, etc)	Secretary	Treasurer
Date	30/10/2022	



CHARITY COMMISSION
FOR ENGLAND AND WALES

The Bowel Movement

1194246

Receipts and payments accounts

CC16a

For the period
from

27/04/2021

To

31/12/2021

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	5,433	-	-	5,433	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	5,433	-	-	5,433	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5,433	-	-	5,433	-
A3 Payments					
Hardship Funds Awarded	2,250	-	-	2,250	-
Website Design & domain	1,483	-	-	1,483	-
Fundraising costs	217	-	-	217	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	3,950	-	-	3,950	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,950	-	-	3,950	-
Net of receipts/(payments)	1,483	-	-	1,483	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	12,778	-	-	12,778	-
Cash funds this year end	14,261	-	-	14,261	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		14,261	-	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	14,261	-	-
	OK	OK	OK	
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets			Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	 	Stephanie Millard Abigail Morris	21/10/2022 30/10/2022	