



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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9				
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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

30/10/2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

The Bowel Movement

1194246

Receipts and payments accounts

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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
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	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	30/10/2023	
		Abigail Morris	30/10/2023	