



**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				
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7				
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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

14/10/2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

The Bowel Movement

1194246

Receipts and payments accounts

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For the period
from

01/01/2023

To

31/12/2023

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	£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
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
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	14/10/2024	
		Abigail Morris	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').

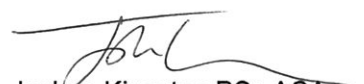
I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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