



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
--	--	---

		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.
--	--	--

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				
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)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

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
<i>Stephanie Millard</i>	Stephanie Millard	30/09/2025
<i>Abigail Morris</i>	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: