



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From 27<sup>th</sup> April 2021 Period start date To 31<sup>st</sup> 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	<p>The principal objects of the Charity are:</p> <ol style="list-style-type: none"><li>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.</li><li>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</li><li>3) to provide support to charities and other institutions providing relief from sickness or support to individuals affected by cancer, their carers and families.</li></ol>
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	<p>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.</p> <p>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.</p> <p>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 (<a href="http://www.thebowelmovement.uk">www.thebowelmovement.uk</a>). 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</p>

		<p>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.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>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)'.</p>

### 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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<p>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.</p>	<p>Para 1.20</p>	<p>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).</p> <p>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.</p> <p>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.</p> <p>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</p>
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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	<p>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.</p> <p>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".</p> <p>The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Constitution.</p> <p>All Trustees give their time freely and no Trustee remuneration was paid in the year.</p>

### 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	<p>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.</p>
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)

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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

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For the period  
from

27/04/2021


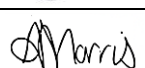
To

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 £
<b>A1 Receipts</b>					
Donations	5,433	-	-	5,433	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	5,433	-	-	5,433	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	5,433	-	-	5,433	-
<b>A3 Payments</b>					
Hardship Funds Awarded	2,250	-	-	2,250	-
Website Design & domain	1,483	-	-	1,483	-
Fundraising costs	217	-	-	217	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	3,950	-	-	3,950	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	3,950	-	-	3,950	-
<b>Net of receipts/(payments)</b>	1,483	-	-	1,483	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	12,778	-	-	12,778	-
<b>Cash funds this year end</b>	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	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b> (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	21/10/2022
			Abigail Morris	30/10/2022