REGISTERED COMPANY NUMBER: CE023386 (England and Wales)
REGISTERED CHARITY NUMBER: 1190780

# Report of the Trustees and

# Unaudited Financial Statements for the Year Ended 31 March 2023

# for

# The Active Pregnancy Foundation

**The Active Pregnancy Foundation**

**Contents of the Financial Statements**
**for the Year Ended 31 March 2023**

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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

## OBJECTIVES AND ACTIVITIES

### Objectives and aims

The objectives of the charity are the preservation and protection of the good physical and mental health of women who are pregnant, planning a pregnancy, or who have recently given birth, for the public benefit of promoting physical activity through:

1) Raising public awareness of benefits of physical activity throughout pregnancy and the postnatal period, particularly but not exclusively by:
- Promoting the Chief Medical Officer's Guidelines on Physical Activity for Pregnant Woman and Physical Activity for Women After Childbirth
- Developing and disseminating messages which encapsulate the latest research and safety guidance, whilst promoting physical activities that pregnant and postnatal women can do
- Illustrating best practice through the engagement of case study / role model expectant and new mothers

2) Working with the sports and fitness professionals, sports industries and health and social care provision to promote access to safe and beneficial sport, fitness and healthy activity by women during preconception, throughout pregnancy and the postnatal period

3) Conducting research into activity and exercise during pregnancy and the postnatal period, and publishing the useful results

4) Promoting and developing best practice guidelines in the field of activity and exercise during pregnancy and the postnatal period

## OBJECTIVES AND ACTIVITIES

### Significant activities

During the period the Foundation has been working on the set up of the charity and starting to raise awareness of the charity and its aims, including:

(1) Raising public awareness through the following;
a. a. Promotion of the APF website, which signposts to resources, advice, and guidance, and is targeted at pregnant and postnatal women, their support network and healthcare and fitness professionals.

b. Growing of social media outlets, with an aim to bring on a social media specialist when funds allow.

c. Producing and publishing the 'Find Your Active' resources on the website, funded by Sport England and the National Lottery. These are free, downloadable activity-based resources with advice and tips to support women to engage in various forms of activity during pregnancy and beyond.

d. Conduct an annual survey over three years (2022, 2023, 2024), which evolved from the COVID-19 Lockdown surveys. This survey aims to build a picture of women's experiences, challenges, and the support they need to be active during pregnancy and beyond.

(2) Continuation of the This Mum Moves educational programme delivered in partnership with the Institute of Health Visiting (iHV). The programme is a CPD accredited upskilling course to equip professionals with the skills, knowledge, and confidence to discuss and promote physical activity during the childbearing years.

(3) Working with healthcare, sports, and fitness professionals; physical activity and sports industries; health and social care provision services; etc. by:
a. Continuing the work of the multi-disciplinary Scientific Advisory Board (SAB). This has included producing an Expert Statement on behalf of the British Association of Sport and Exercise Sciences (BASES) on Pregnant and Postnatal Athletes.

b. Continuing relationships with Sport England, CIMSPA, ukactive and the Active Partnerships

(4) Setting up of a Mother Board and holding several meetings during the year. The Mother Board is an advisory board made up of women from a diverse range of backgrounds, experiences, and skill sets who represent the full breadth of communities that the Foundation works with. The aim of the Mother Board is to be the 'voice' for pregnant and postnatal women, childbearing people, and the family and friends that support them, providing insight and feedback on the projects, campaigns, and resources we have, or intend to develop.

## OBJECTIVES AND ACTIVITIES

### Public benefit

In accordance with the duties in the Charity's Act 2011, it is incumbent on the trustees to conduct a Public Benefit Test, to assess if the charity has complied with its duties in due regard to the public benefit guidance published by the Charity Commission. The trustees are satisfied that The Active Pregnancy Foundation has complied with its duty in regards to the Public Benefit Test over the past period, based on the four principles in the Commission's Guidance.

1. There must be an identifiable benefit:
Funds raised from donations, sponsorships or concessions are used to raise awareness of the foundation and how people can access the foundations resources.

2. Benefit must be to the public or a section of the public:
All the charity's services are open to all members of the public at large and access to our services is not restrictive.

3. People on low incomes must be able to benefit:
As the charity offers free information and guidance to the public, they do not consider any monetary restriction on the services offered.

4. Any private benefit must be incidental:
The trustees do not consider that any individual or organisation receives a 'private benefit' from the work of the charity.

### Grantmaking

There was no grant making during the year for the charity.

## ACHIEVEMENT AND PERFORMANCE

### Charitable activities

During these difficult times, we feel one of our greatest achievement to date is the establishment and continuation of the charity. During the period we have also brought on new trustees who we believe will assist the charity in meeting its aims. We are also continuing to recruit and maintain a volunteer base e.g., our trustee board, Scientific Advisory Board, the Mother Board, and student interns.

We have made significant progress in the last year, continuing to establish ourselves as the go-to organisation for advice and collaborations in the sector. The 'Find Your Active" resources have proved extremely popular allowing us to dispense much needed information to pregnant and postnatal women, but also establish new relationships with a broad selection of professionals who have provided their expertise. The This Mum Moves educational programme has continued to gain momentum and these have been highly successful with great feedback from those who attended.

The charity also received two grants during the year. The first was from BASES (The British Association of Sport and Exercise Sciences), which allowed us to produce and disseminate the Expert Statement on Pregnant and Postnatal Athletes.

The other grant was kindly received from The Chapman Charitable Trust, who give grant funding to charities who promote physical and mental wellbeing, conserve our natural environment, and increase the accessibility of the arts. This grant money has supported the charity's ongoing activities, including planning and future implementation of our Active Pregnancy Foundation Awards 2023.

## FINANCIAL REVIEW

### Financial position

The balance sheets shows a net current surplus of £3,006. The surplus in funds at the year end is mainly in relation to deferred income and expenses in relation to The Active Pregnancy Foundation Awards due to be held in June 2023.

### Reserves policy

The trustees and management regularly review the finances, budgets, and cash flows to aid effective stewardship of the charity. The trustees and management recognise the restrictions placed, where applicable, on donations, grants, and other income combined with relevant expenditure in the financial period in order to accurately assess the restricted fund levels as at the reporting date. Restricted funds are held until they can be appropriately utilised by the charity for their specified purpose. The charity did not hold any restricted funds in the current period.

## FINANCIAL REVIEW

### Going concern

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. In particular the trustees have considered the charities forecasts and projections, and the current years performance. The trustees have concluded that there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. As such the charity can expect to be able to meet its liabilities as they fall due in the period of at least 12 months from the date of approval of these accounts. However, there can be no certainty in relation to these matters.

On this basis the trustees have concluded that the charity is a going concern. The financial statements do not include any adjustments that would result from the charity not being able to meet its liabilities as they fall due.

## FUTURE PLANS

During the next year the Foundation has planned to continue increasing public awareness; continue upskilling professionals through the This Mum Moves educational programme; and investigating potential funding streams to assist with delivering its aims.

To this end, the Foundation wants to plan a clear strategy outlining the priorities and direction of the charity over the next few years.

Our biggest future plan is to hold the inaugural the Active Pregnancy Foundation Awards, in association with Natal Active, to be held in June 2023. The Awards will recognise and celebrate the people and organisations who inspire or support women to become or stay active throughout pregnancy and beyond. We'll also be shining a light on the products and programmes that enable women to enjoy the many physical and mental health benefits of an active pregnancy.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

### Governing document

The charity is a Charitable Incorporated Organisation, governed by its constitution approved on 3 August 2020.

### Recruitment and appointment of new trustees

The management of the Foundation is ultimately the responsibility of the trustees who are elected by other trustees and the management team, and appointed under the terms of the Constitution.

### Organisational structure

The trustees and management team meet several times throughout the period when strategic decisions and business matters are discussed. Separate meetings between management and certain trustees are held when necessary to discuss day to day activities.

### Induction and training of new trustees

Where necessary, trustees are provided assistance and training by their fellow trustees of The Active Pregnancy Foundation who have previously held or currently hold a trustee role.

The trustees are also required to complete an E-learning for Healthcare Module - Being Active: Pregnancy and the Postnatal Period, to assist them in their role.

### Key management remuneration

The charity had no employees in the current period. The charity provided no remuneration to its management during the period.

### Related parties

The only related parties with which the charity undertakes transactions with is the trustees and key management.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

### Risk management

The trustees have assessed the major strategic, business and operational risks to which the Foundation is exposed, and are satisfied that systems and procedures are in place to monitor and control those risks in order to mitigate any impact they might have on the Foundation.

## REFERENCE AND ADMINISTRATIVE DETAILS

**Registered Company number**
CE023386 (England and Wales)

**Registered Charity number**
1190780

**Registered office**
26 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4AE

**Trustees**
Mrs C Bradbury
Mr U Tarabanov
Dr H Mills
Mrs C L Burt
Mrs A Newman (appointed 26.9.22)
Mr A Rauber (appointed 26.9.22)

**Independent Examiner**
Philip O Horwood FCA
Griffith, Williams & Co
36 High Street
Pwllheli
Gwynedd
LL53 5RT

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 23/01/2024 and signed on its behalf by:

Mr U Tarabanov - Trustee

## Independent Examiner's Report to the Trustees of The Active Pregnancy Foundation

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31st March 2023

### Responsibilities and basis of report

As the charity's trustees 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 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.

Signed:

Name: Mr Philip O Horwood

Listed body: ICAEW

Address: 36 High Street, Pwllheli, Gwynedd, LL53 5RT

Date: 22nd January 2024

**The Active Pregnancy Foundation**

**Statement of Financial Activities**
**for the Year Ended 31 March 2023**

| | Notes | 2023 Unrestricted fund £ | 2022 Total funds £ |
|---|---|---|---|
| **INCOME AND ENDOWMENTS FROM** | | | |
| Donations and legacies | | 1,686 | 3,169 |
| **Charitable activities** | | | |
| Support Costs | | 2,000 | - |
| Other trading activities | 2 | 32,375 | 18,172 |
| **Total** | | 36,061 | 21,341 |
| **EXPENDITURE ON** | | | |
| Raising funds | | 21,696 | 915 |
| **Charitable activities** | | | |
| Support Costs | | 12,100 | 16,537 |
| **Total** | | 33,796 | 17,452 |
| **NET INCOME** | | 2,265 | 3,889 |
| **RECONCILIATION OF FUNDS** | | | |
| Total funds brought forward | | 741 | (3,148) |
| **TOTAL FUNDS CARRIED FORWARD** | | 3,006 | 741 |

The notes form part of these financial statements

**The Active Pregnancy Foundation**

**Balance Sheet**
**31 March 2023**

| | Notes | 2023 Unrestricted fund £ | 2022 Total funds £ |
|---|---|---|---|
| **CURRENT ASSETS** | | | |
| Debtors | 6 | 4,387 | 5,281 |
| Cash at bank | | 5,303 | 1,939 |
| | | 9,690 | 7,220 |
| **CREDITORS** | | | |
| Amounts falling due within one year | 7 | (6,684) | (6,479) |
| **NET CURRENT ASSETS** | | 3,006 | 741 |
| **TOTAL ASSETS LESS CURRENT LIABILITIES** | | 3,006 | 741 |
| **NET ASSETS/(LIABILITIES)** | | 3,006 | 741 |
| **FUNDS** | 8 | | |
| Unrestricted funds | | 3,006 | 741 |
| **TOTAL FUNDS** | | 3,006 | 741 |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 23/01/2024 and were signed on its behalf by:

Mr U Tarabanov Trustee

The notes form part of these financial statements

## 1. ACCOUNTING POLICIES

**Basis of preparing the financial statements**
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Critical accounting judgements and key sources of estimation uncertainty**
The preparation of the financial statements requires the charity's trustees to make judgements, estimates and assumptions that affect the amounts reported for assets and liabilities as at the balance sheet date and the levels of income and expenditure reported for the year. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant, however the nature of estimation means that actual outcomes could differ from those estimates.

The trustees do not consider there to be any significant judgements, estimates and assumptions that require any further explanation than that disclosed within the charity's accounting policies and the notes to these financial statements.

**Income**
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

In the event that a donation or income is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

**Expenditure**
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Taxation**
The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Hire purchase and leasing commitments**
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.



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## 1. ACCOUNTING POLICIES - continued

**Going concern**

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. After making enquiries the trustees have concluded that there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future.

As such the charity can expect to be able to meet its liabilities as they fall due in the period of at least 12 months from the date of approval of these accounts. However, there can be no certainty in relation to these matters.

On this basis the trustees have concluded the charity is a going concern. The financial statements do not include any adjustments that would result from the charity not being able to meet its liabilities as they fall due.

## 2. OTHER TRADING ACTIVITIES

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Sponsorships | - | 500 |
| Funded project income | 5,650 | 17,672 |
| Training income | 26,725 | - |
| | 32,375 | 18,172 |

## 3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Other operating leases | 1,217 | 790 |

## 4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.



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## 5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | Unrestricted fund £ |
|---|---|
| **INCOME AND ENDOWMENTS FROM** | |
| Donations and legacies | 3,169 |
| Other trading activities | 18,172 |
| **Total** | 21,341 |
| **EXPENDITURE ON** | |
| Raising funds | 915 |
| **Charitable activities** | |
| Support Costs | 16,537 |
| **Total** | 17,452 |
| **NET INCOME** | 3,889 |
| **RECONCILIATION OF FUNDS** | |
| Total funds brought forward | (3,148) |
| **TOTAL FUNDS CARRIED FORWARD** | 741 |

## 6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2023 £ | 2022 £ |
|---|---|---|
| Trade debtors | 3,373 | 5,000 |
| Prepayments | 1,014 | 281 |
| | 4,387 | 5,281 |



continued...

## 7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Trade creditors | 203 | 102 |
| Other creditors | - | 1,377 |
| Accruals and deferred income | 6,481 | 5,000 |
| | 6,684 | 6,479 |

## 8. MOVEMENT IN FUNDS

| | At 1/4/22 | Net movement in funds | At 31/3/23 |
|---|---|---|---|
| | £ | £ | £ |
| **Unrestricted funds** | | | |
| General fund | 741 | 2,265 | 3,006 |
| **TOTAL FUNDS** | 741 | 2,265 | 3,006 |

Net movement in funds, included in the above are as follows:

| | Incoming resources | Resources expended | Movement in funds |
|---|---|---|---|
| | £ | £ | £ |
| **Unrestricted funds** | | | |
| General fund | 36,061 | (33,796) | 2,265 |
| **TOTAL FUNDS** | 36,061 | (33,796) | 2,265 |

**Comparatives for movement in funds**

| | At 1/4/21 | Net movement in funds | At 31/3/22 |
|---|---|---|---|
| | £ | £ | £ |
| **Unrestricted funds** | | | |
| General fund | (3,148) | 3,889 | 741 |
| **TOTAL FUNDS** | (3,148) | 3,889 | 741 |



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## 8. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|---|---|---|---|
| **Unrestricted funds** | | | |
| General fund | 21,341 | (17,452) | 3,889 |
| **TOTAL FUNDS** | 21,341 | (17,452) | 3,889 |

A current year 12 months and prior year 12 months combined position is as follows:

| | At 1/4/21 £ | Net movement in funds £ | At 31/3/23 £ |
|---|---|---|---|
| **Unrestricted funds** | | | |
| General fund | (3,148) | 6,154 | 3,006 |
| **TOTAL FUNDS** | (3,148) | 6,154 | 3,006 |

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|---|---|---|---|
| **Unrestricted funds** | | | |
| General fund | 57,402 | (51,248) | 6,154 |
| **TOTAL FUNDS** | 57,402 | (51,248) | 6,154 |

## 9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.



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## 10. ULTIMATE CONTROLLING PARTY

The trustees consider there not to be one ultimate controlling party of The Active Pregnancy Foundation in the current year.

**The Active Pregnancy Foundation**

**Detailed Statement of Financial Activities**
**for the Year Ended 31 March 2023**

| | 2023<br>£ | 2022<br>£ |
|---|---|---|
| **INCOME AND ENDOWMENTS** | | |
| **Donations and legacies** | | |
| Donations | 1,686 | 3,169 |
| **Other trading activities** | | |
| Sponsorships | - | 500 |
| Funded project income | 5,650 | 17,672 |
| Training income | 26,725 | - |
| | 32,375 | 18,172 |
| **Charitable activities** | | |
| Grants | 2,000 | - |
| **Total incoming resources** | 36,061 | 21,341 |
| **EXPENDITURE** | | |
| **Other trading activities** | | |
| Campaign costs | - | 915 |
| Training & workshop costs | 21,696 | - |
| | 21,696 | 915 |
| **Charitable activities** | | |
| Rent | 1,217 | 790 |
| Postage and stationery | 53 | - |
| Advertising | 900 | 525 |
| Sundries | 204 | - |
| Consulting fees | 3,525 | 13,606 |
| Professional fees | 3,167 | 847 |
| Computer expenses | 901 | 689 |
| Subscriptions | 804 | - |
| Travel costs | 764 | - |
| Conference costs | 272 | - |
| | 11,807 | 16,457 |
| **Support costs** | | |
| **Finance** | | |
| Insurance | 208 | 76 |
| Bank charges | 85 | 4 |
| | 293 | 80 |
| Total resources expended | 33,796 | 17,452 |
| **Net income** | 2,265 | 3,889 |