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 2022

for

The Active Pregnancy Foundation

The Active Pregnancy Foundation

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for the Year Ended 31 March 2022

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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 2022. 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 post natal 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 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. 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, especially Instagram.

c. Producing and publishing the 'Find Your Active' resources on the website, commissioned by Sport England and funded by them 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. Development of an annual survey, to be released in June 2022, which evolved from the COVID-19 Lockdown surveys held in 2020. The annual survey aims to explore pregnant women and new mum's engagement with physical activities, and record changes year on year to map any changes in activities and attitudes towards engagement.

(2) Takeover of the This Mum Moves project and associated intellectual property from ukactive. This Mum Moves is an educational programme which aims to empower women to make informed physical activity choices throughout pregnancy and beyond by providing professionals with the tools to discuss physical activity during the childbearing years. The programme has been co-produced by women and professionals, piloted in five areas of England, and evaluated independently over the last three years. From 2022, the programme is being delivered in partnership with the Institute of Health Visiting (iHV).

(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).

b. Continuing relationships with Sport England, CIMSPA, ukactive.

(4) Fundraising activities including a night hike up Snowden, unfortunately the weather did not allow for the trek to be completed but significant funds were raised for the Foundation.

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

We feel our greatest achievement to date is the establishment of the charity as a legal entity, particularly during the difficult pandemic period. Also, recruiting and maintaining a volunteer base e.g., our trustee board, Scientific Advisory Board, interns, and social media volunteers, especially when working practices had been so affected by COVID-19.

We have made significant progress in the last year, spring-boarding from our establishment as a new charity. The 'Find Your Active' resources have proved extremely popular allowing us to provide much needed information to pregnant and postnatal women, but also establish new relationships with a broad selection of professionals who have provided their expertise. Projects such as This Mum Moves have gained momentum and attract interest from a wide variety of workforces. We have also maintained our volunteer base and have again been supported by our Scientific Advisory board and a student intern.

FINANCIAL REVIEW

Financial position

The balance sheets shows a net current surplus of £741. The surplus in funds during the year has been used to repay key management from the prior year. Included within creditors is £5,000 of deferred income which relates to a project due to commence in April 2022.

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.

Funds in deficit

The unrestricted funds of the charity are in deficit as at the financial reporting date, as explained above.

FUTURE PLANS

During the next year the Foundation has planned to continue increasing public awareness; upskilling professionals through the This Mum Moves Ambassadors 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 2 to 5 years.

The Foundation also has plans to set up a Mother Board - 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.

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
Mrs M O'Neill
Dr H Mills
Mrs C L Burt (appointed 20.7.21)

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 26/9/2022 and signed on its behalf by:

Mr U Tarabanov - Trustee

The Active Pregnancy Foundation

Statement of Financial Activities
for the Year Ended 31 March 2022

	Notes	Year Ended 31/3/22 Unrestricted fund £	Period 7/8/20 to 31/3/21 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		3,169	72
Other trading activities	2	18,172	-
Total		21,341	72
EXPENDITURE ON			
Raising funds		915	-
Charitable activities			
Support Costs		16,537	3,220
Total		17,452	3,220
NET INCOME/(EXPENDITURE)		3,889	(3,148)
RECONCILIATION OF FUNDS			
Total funds brought forward		(3,148)	-
TOTAL FUNDS CARRIED FORWARD		741	(3,148)

The notes form part of these financial statements

The Active Pregnancy Foundation

Balance Sheet
31 March 2022

	Notes	2022 Unrestricted fund £	2021 Total funds £
CURRENT ASSETS			
Debtors	6	5,281	-
Cash at bank		1,939	-
		7,220	-
CREDITORS			
Amounts falling due within one year	7	(6,479)	(3,148)
NET CURRENT ASSETS/(LIABILITIES)		741	(3,148)
TOTAL ASSETS LESS CURRENT LIABILITIES		741	(3,148)
NET ASSETS/(LIABILITIES)		741	(3,148)
FUNDS	8		
Unrestricted funds		741	(3,148)
TOTAL FUNDS		741	(3,148)

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 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 26/9/2022 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

	Year Ended 31/3/22	Period 7/8/20 to 31/3/21
	£	£
Sponsorships	500	-
Funded project income	17,672	-
	18,172	-

3. NET INCOME/(EXPENDITURE)

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

	Year Ended 31/3/22	Period 7/8/20 to 31/3/21
	£	£
Other operating leases	790	456

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the period ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the period ended 31 March 2021.

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5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	72
EXPENDITURE ON	
Charitable activities	
Support Costs	3,220
NET INCOME/(EXPENDITURE)	(3,148)
TOTAL FUNDS CARRIED FORWARD	(3,148)

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	5,000	-
Prepayments	281	-
	5,281	-

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade creditors	102	-
Other creditors	1,377	3,148
Accruals and deferred income	5,000	-
	6,479	3,148

8. 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

continued...

8. MOVEMENT IN FUNDS - continued

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

Comparatives for movement in funds

	Net movement in funds £	At 31/3/21 £
Unrestricted funds		
General fund	(3,148)	(3,148)
TOTAL FUNDS	(3,148)	(3,148)

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	72	(3,220)	(3,148)
TOTAL FUNDS	72	(3,220)	(3,148)

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

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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.

Detailed Statement of Financial Activities
for the Year Ended 31 March 2022

	Year Ended 31/3/22 £	Period 7/8/20 to 31/3/21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	3,169	72
Other trading activities		
Sponsorships	500	-
Funded project income	17,672	-
	18,172	-
Total incoming resources	21,341	72
EXPENDITURE		
Other trading activities		
Campaign costs	915	-
Charitable activities		
Rent	790	456
Postage and stationery	-	61
Advertising	525	1,032
Consulting fees	13,606	1,000
Professional fees	847	330
Computer expenses	689	341
	16,457	3,220
Support costs		
Finance		
Insurance	76	-
Bank charges	4	-
	80	-
Total resources expended	17,452	3,220
Net income/(expenditure)	3,889	(3,148)