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

Report of the Trustees and

Unaudited Financial Statements for the Period 7 August 2020 to 31 March 2021

for

The Active Pregnancy Foundation

The Active Pregnancy Foundation

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for the Period 7 August 2020 to 31 March 2021

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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 period 7 August 2020 to 31 March 2021. 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).

INCORPORATION

The charitable company was incorporated on 7 August 2020 and commenced trading on the same date.

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. Building a 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. Planning the Real Mums are Role Models Photography Competition to be launched in May 2021.
c. Top Tips for Being Active During the COVID-19 Pandemic.
d. Launching and maintaining social media outlets, including: Instagram, Facebook and Twitter.
e. We produced, with the support of Dr Claire Spearing, two videographics which explain the CMO (Chief Medical Officer) guidelines and are tailored to pregnant and postnatal women.

(2) Working with the sports and fitness professionals, sports industries and health and social care provisions by;
a. Recruiting and establishing a multi-disciplinary Scientific Advisory Board (SAB).
b. Establishing relationships with Sport England, British Army, CIMSPA and ukactive.
c. Endorsing a E-Learning for Healthcare Module.

(3) Conducting research by launching three surveys to ascertain the activity levels, and barriers to activity for pregnant and postnatal women throughout the pandemic.

(4) In promoting and developing best practice guidelines in the field of activity and exercise during pregnancy and the postnatal period, we agreed a Memorandum of Understanding with the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) signifying our recognition of the importance of the development of a high-quality workforce to support women to be active throughout and after pregnancy.

During the year efforts were spent drafting a suite of policy and procedure documents including Health & Safety, Equal Opportunities, Complaints, Data Protection, Privacy Notice and many more.

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 first period 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.

FINANCIAL REVIEW

Financial position

The balance sheets shows a new current liabilities of £3,148, being other creditors which are monies owed to key management for expenses paid during the set up period. This is expected to be reimbursed during future financial years, where more funding and donations are being received by the charity.

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.

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 is planning on increasing its public awareness, including many social media campaigns.

The Foundation also plans to apply for funding from several organisations to assist with its aims including National Lottery, Sport England and ukactive.

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.

STRUCTURE, GOVERNANCE AND MANAGEMENT

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.

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)

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees (who are also the directors of The Active Pregnancy Foundation for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"

TRUSTEES' RESPONSIBILITY STATEMENT - continued

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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 18/01/2022 and signed on its behalf by:

Mr U Tarabanov - Trustee

The Active Pregnancy Foundation

Statement of Financial Activities
for the Period 7 August 2020 to 31 March 2021

	Notes	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)

The notes form part of these financial statements

The Active Pregnancy Foundation

Balance Sheet
31 March 2021

	Notes	Unrestricted fund £
CREDITORS		
Amounts falling due within one year	4	(3,148)
NET CURRENT ASSETS/(LIABILITIES)		(3,148)
TOTAL ASSETS LESS CURRENT LIABILITIES		(3,148)
NET ASSETS		(3,148)
FUNDS	5	
Unrestricted funds		(3,148)
TOTAL FUNDS		(3,148)

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 March 2021 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 18/01/2022 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.

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.

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.

2. NET INCOME/(EXPENDITURE)

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

	£
Other operating leases	456

continued...

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the period ended 31 March 2021.

4. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Other creditors	3,148

5. 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)

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)

6. RELATED PARTY DISCLOSURES

There were no related party transactions for the period ended 31 March 2021.

7. ULTIMATE CONTROLLING PARTY

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

	£
INCOME AND ENDOWMENTS	
Donations and legacies	
Donations	72
Total incoming resources	72
EXPENDITURE	
Charitable activities	
Rent	456
Postage and stationery	61
Advertising	1,032
Consulting fees	1,000
Professional fees	330
Computer expenses	341
	3,220
Total resources expended	3,220
Net expenditure	(3,148)