CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1st January 2025 Period start date To 31st December 2025 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	This last year 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 £17,500 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) - Sparkle Ball (April) - Lake District Challenge (August) - Christmas craft fair (November) - Festive bingo (December) The highlight of our fundraising activities in 2025 was our Sparkle Ball, held in April during Bowel Cancer Awareness Month. The event provided an opportunity to celebrate our fourth year as a charity, raise

		awareness of bowel cancer, particularly among younger adults, and generate funds to support our charitable activities. The event was attended by 100 paying guests and included live music from a band, alongside an online charity auction to generate additional donations. The event brought together some of our dedicated supporters, members of the community who we have supported directly through our hardship awards, fundraisers and members of the local community. The Sparkle Ball provided an opportunity to celebrate those who are living with and beyond a bowel cancer diagnosis, share information about bowel cancer awareness, early detection and the work of our charity to date. Funds raised through the event contributed towards our charitable objectives, including raising awareness and providing support and assistance to people affected by bowel cancer, particularly younger adults and their families. Our Lake District Challenge took place in July 2025, with 10 participants completing the Fairfield Horseshoe challenge in the Lake District. The challenge brought together people with a range of personal experiences of bowel cancer, including individuals who had lost loved ones to the disease, people undergoing active treatment, and individuals who had undergone significant and pioneering surgery for advanced bowel cancer. The event provided an opportunity to raise funds for The Bowel Movement while also increasing public awareness of bowel cancer in younger adults. Participants shared their experiences and the challenge through social media, helping to reach wider audiences and challenge misconceptions about who can be affected by bowel cancer and what living with the disease can look like. The event therefore supported our charitable objectives by combining fundraising with awareness-raising and sharing information about the experiences of younger adults affected by bowel cancer. 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 *Public benefit: running a charity (PB2)*.

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 to 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 2025 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	The Bowel Movement does not currently undertake social investments or programme-related investments. Our charitable funds are used directly to further our charitable objectives, including raising awareness of bowel cancer, supporting younger adults affected by bowel cancer and their families, and developing activities and resources that address identified needs. Should the charity consider social investment or programme-related investment in the future, the trustees would assess any proposal carefully to ensure that it is consistent with our charitable purposes, represents an appropriate and proportionate use of charitable funds, and complies with relevant Charity Commission guidance and the charity's governing document. Any such decision would be appropriately documented and subject to trustee oversight.
Contribution made by volunteers	Para 1.38	Our volunteers and supporters made a significant contribution to our awareness-raising and fundraising activities during 2025. Their involvement helped us to extend the reach of our charitable work and raise awareness of bowel cancer, particularly among younger adults. Examples included two male supporters completing the Chester 100-mile event in April 2025 to raise awareness and funds for The Bowel Movement, alongside a group of women who undertook a hike to the summit of Ben Nevis in support of the charity. Our wider network of supporters also regularly shared and engaged with our social media content, helping to disseminate information about bowel cancer symptoms, early detection, treatment and the experiences of younger adults living with the disease. We also developed a relationship with Ram Patten, a British Bench Press Champion who was diagnosed with bowel cancer. Ram generously used his public platform to share his experience and raise awareness of bowel cancer and The Bowel Movement. During 2025, he spoke about his experience on BBC Somerset and participated in a BBC news feature highlighting his bowel cancer journey and our charity's work. Ram also attended our Sparkle Ball, where he spoke to guests about his experience, helping to increase understanding of the realities of bowel cancer in younger adults.

		These volunteer and supporter-led activities demonstrate the important role our wider community plays in advancing our charitable objectives. Through personal fundraising challenges, advocacy, social media engagement and sharing lived experiences, our supporters help us reach new audiences, challenge misconceptions about bowel cancer and encourage greater awareness of the importance of recognising symptoms and seeking medical advice.
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 13% increase in year on year comparison, with 3,300 visits per annum. Encouragingly, our peak traffic month were February (n=355) and April (n=335), indicating an increase flow of individuals as a result of our awareness campaigns via social media. While nearly 60% of visitors were from the UK, we have also seen engagement from international audiences, including USA, 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 ensure our information posts are 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. 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 from across the UK including Macmillan nurse specialists and health care professionals. 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.

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 aim to expand our capacity through wider commercial partnerships, as this will provide opportunities to generate sustainable income, increase our reach and develop new opportunities to further our charitable objectives. We will seek partnerships with organisations whose values and activities align with our mission, while ensuring that any commercial relationships remain appropriate, transparent and in the best interests of the charity and the people we support. This 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 £40,202 and incurred costs totalling £30,772.
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 £15k, 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 £49,552 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

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

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)	Abigail Morris	Stephanie Millard
Full name(s)	Abigail Morris	Stephanie Millard
Position (eg Secretary, Chair, etc)	Secretary	Treasurer

Date	20 October 2026

CHARITY COMMISSION FOR ENGLAND AND WALES

The Bowel Movement	1194246

Receipts and payments accounts

CC16a

For the period from	01/01/2025	To	31/12/2025

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 £
A1 Receipts					
TBM Organised Events	£15,408	-	-	15,408	£14,776
Individuals Fundraising on behalf of TBM	£19,304	-	-	19,304	£19,591
Donations	£5,490	-	-	5,490	9,235
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total *(Gross income for AR)*	40,202	-	-	40,202	43,602
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	40,202	-	-	40,202	43,602
A3 Payments					
Hardship Funds Awarded	£17,500	-	-	17,500	£15,000
Website & Marketing	£435	-	-	435	£417
TBM Event Fundraising costs	£9,164	-	-	9,164	£5,196
Stationary & Postage	£35	-	-	35	£75
Branded Merch	-	-	-	-	-
Donation Platform Fees	£1,486	-	-	1,486	£1,261
Bank Charges	-	-	-	-	-
Insurance	£172	-	-	172	£112
Accountancy	£840			840	£840
Donations Out	£1,140			1,140	£4,350
Sub total	£30,772	-	-	30,772	27,251
A4 Asset and investment purchases, (see table)					
Additions - 2025	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	30,772	-	-	30,772	27,251
Net of receipts/(payments)	9,430	-	-	9,430	16,351
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	40,122	-	-	40,122	23,771
Cash funds this year end	49,552	-	-	49,552	40,122

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		49,552	-	-
		-	-	-
		-	-	-
	Total cash funds	49,552	-	-
	(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		924	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	Stephanie Millard	Stephanie Millard	20 October 2026
	Abigail Morris	Abigail Morris	20 October 2026

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 2025.

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 FCA
Burton Sweet Limited
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

Date: 20 October 2026