



CHARITY COMMISSION
FOR ENGLAND AND WALES

1157143

Receipts and payments accounts

CC16a

For the period
from

1st April 2020

To

31st March 2021

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	-	3,486	-	3,486	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	3,486	-	3,486	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	3,486	-	3,486	-
A3 Payments					
Group Facilitators	259	900	-	1,159	4,500
Group Resources	44	102	-	146	118
Stationery & Postage	-	-	-	-	-
Travel & Subsistence	-	-	-	-	-
Telephone & IT	598	-	-	598	-
Insurance	87	-	-	87	65
Training	115	-	-	115	-
Administration	312	123	-	435	282
Marketing	-	-	-	-	-
Sub total	1,415	1,125	-	2,540	4,965
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,415	1,125	-	2,540	4,965
Net of receipts/(payments)	- 1,415	2,361	-	946	- 4,965
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	3,765	-	-	3,765	8,730
Cash funds this year end	2,350	2,361	-	4,711	3,765

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	Cash at bank	2,219	2,361	-
	Petty cash	131	-	-
		-	-	-
	Total cash funds	2,350	2,361	-

(agree balances with receipts and payments account(s))

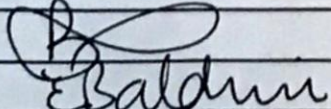
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	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			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Hannah BISHOP. E BALDWIN	8/1/22 8/1/22



Trustees' Annual Report for the period

Period start date

Period end date

01 04 2020

31 03 2021

From

To

Section A

Reference and administration details

Charity name

Core

Other names charity is known by

Registered charity number (if any)

1157143

Charity's principal address

Core C/O Community Base

113 Queens Road

Brighton

Postcode

BN1 3XG

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	Mrs E Baldwin			
2	Mrs H Bishop			
3	Mrs C Palmer-Fry			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document	Constitution
How the charity is constituted	Charitable Incorporated Organisation
Trustee selection methods	Appointed by

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

To advance in life and help young people through; Providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Over this year CORE has expanded its work with young women to include group work support for young men, the aim being to strengthen confidence, promote optimism, build resilience and increase esteem for young people whatever their gender identity. CORE also ran a small pilot group for transgender students, following the same format, but acknowledging the extra challenges that these young people are facing.

This group work mainly took place in school, but we also piloted a community group of mixed genders and ages (from 8-14 years of age). CORE has specialised in working with young people that are highly sensitive. CORE use a creative format for its sessions that engage young people on several topics, such as identity, influences, relationships, growing and changing, stress and relaxation.

Covid-19 Pandemic has brought extra challenges including lockdown restrictions. There has been a lot of raised anxiety and social isolation for young people throughout this time, the groups when they were able to resume have been a lovely way to create a feeling of connection and shared experiences and provide tools for dealing with some of the challenging feelings that the young people have been experiencing.

Throughout the year the Trustees have had due regard to the Charity Commissions guidance on public benefit.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

The work we have carried out this year, in school and the community, have helped many sensitive young people to;

- Strengthen confidence
- Promote optimism
- Build resilience
- Increase esteem

The achievements have had a particular focus through the pandemic of increasing young people's sense of connection and shared experiences, therefore reducing their sense of isolation.

The subjects covered in the groups included subjects such as identity and influences, emotions and challenges, and understanding the impact of stress on the body and brain and tools to support young people at challenging times.

CORE groups have also provided some time to think, and work through their individual challenges, and has provided tools and techniques for overcoming those challenges. The following comments come from some of the young people we support when asked how the CORE work has helped them;

'I feel more comfortable talking to people now, I am happy telling people how I feel.'

'I became happier. I notice how I am feeling rather than letting anything cloud my mind (negative thoughts)'

'I think I've been thinking more about breathing and how to calm down.'

We are very specifically grateful to The Sussex Community Foundation for the grant which they provided during this period.

Section E

Financial review

Brief statement of the charity's policy on reserves

The trustees aim to hold 3 months running costs in reserve.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

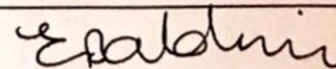
Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

HANNAH BISHOP.

E BALDWIN

Position (eg Secretary, Chair, etc)

TRUSTEE

TRUSTEE

Date

8/1/22