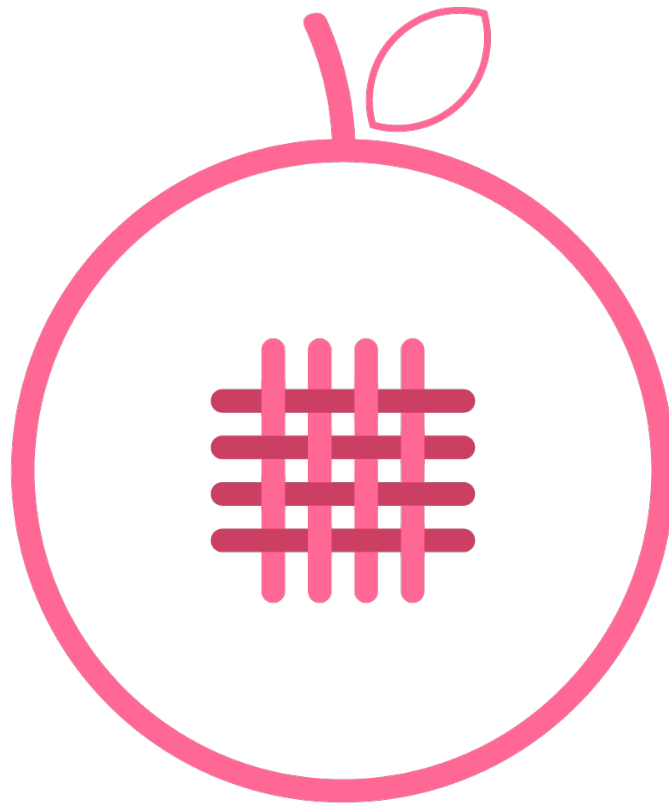


Charity Number: 1157143



C O R R E

Trustees' Report and financial statements

For the Year ended 31st March 2022

Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	01	04	2021		31	03

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			

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

Rachael Gale, Founder and Lead Facilitator
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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by

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 continued its work with young people, specifically developing its accessibility to young people of all gender identities and neuro diversities, who identify as being highly sensitive. Through the groupwork program we aim to give information and support around the trait of high sensitivity, to strengthen **confidence**, promote **optimism**, build **resilience**, and increase **esteem** -CORE!

CORE has also offered one-to-one space for young people that have completed the groupwork program to continue looking at the topics covered in a more detailed and individually tailored way. CORE use a creative format for its sessions that engage young people on topics such as identity, influences, relationships, growing and changing, stress and relaxation.

The work of CORE takes place in schools and among the community of Brighton & Hove. The focus this year has been secondary schools. Traditionally young people access groups such as these by being referred by their teacher or pastoral staff within the school. We wanted to ensure it was accessible for everyone so developed a self-referral process involving a questionnaire that was filled out by students in their form time on their levels of sensitivity. This enabled young people to self-refer to the group. Through the evaluation forms we have seen that this has brought a greater variety of ways that students have become aware of and been able to access the groups.

Exiting the lockdown from Covid-19 pandemic has increased levels of anxiety for those who felt safer and less overwhelmed working from home and many have really struggled to get back to school. There has been a lot of raised anxiety and social isolation for young people throughout this time, the groups 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 sensitive young people have experienced.

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

Summary of the main achievements of the charity during the year

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

- Strengthen Confidence
- Promote Optimism
- Build Resilience
- Increase Esteem

The achievements have had a particular focus through the post pandemic period of increasing young people's sense of confidence being back in the school environment, increase sense of connection and shared experiences, therefore reducing their sense of isolation, increase confidence and resilience.

The topics 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 provided education on sensitivity, some time out to process and work through individual challenges and consider the things that have helped and gone well, it has given young people a shared sense of experience, reducing feelings of isolation and has provided tools and techniques for overcoming challenges.

The following comments come from some of the young people we have supported this year, when asked how the CORE work has helped them;

'I feel I've gotten more confident. I'm handling the comments people throw at me.'

'I have had less panic attacks.'

'I have missed less school.'

'Being able to stand up for myself.'

'I have started accepting compliments and I have learnt new ways to calm myself down.'

'I have been able to cope with overwhelming emotions better.'

'More confident and more able to cope with things.'

'The advice has helped me to stay calm and love myself more.'

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.

We are very grateful to The Sussex Community Foundation for their grant in the previous year as well as The Chalk Cliff Trust for their grant this year which has helped us deliver this important project.

Section F

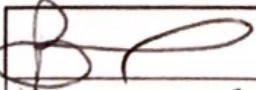
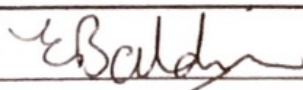
Other optional information

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	ELLEN BALDWIN
Position (eg Secretary, Chair, etc)	TRUSTEE	TRUSTEE
Date	13.12.22	

Receipts and payments accounts

For the period from	1st April 2021	To	31st March 2022
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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	5,102	-	-	5,102	3,486
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	5,102	-	-	5,102	3,486
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5,102	-	-	5,102	3,486
A3 Payments					
Group Facilitators	2,323	2,361	-	4,684	1,159
Group Resources	323	-	-	323	146
Stationery & Postage	-	-	-	-	-
Travel & Subsistence	-	-	-	-	-
Telephone & IT	-	-	-	-	598
Insurance	203	-	-	203	87
Training	145	-	-	145	115
Administration	79	-	-	79	435
Marketing	-	-	-	-	-
Sub total	3,073	2,361	-	5,434	2,540
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,073	2,361	-	5,434	2,540
Vet of receipts/(payments)	2,029	2,361	-	332	946
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,350	2,361	-	4,711	3,765
Cash funds this year end	4,379	-	-	4,379	4,711

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	4,248	-	-
	Petty cash	131	-	-
		-	-	-
	Total cash funds	4,379	-	-

(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			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

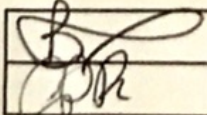
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature

Print Name

Date of approval



HANNAH BISHOP
CAROLINE PALMER TR

13.12.22
13/12/22