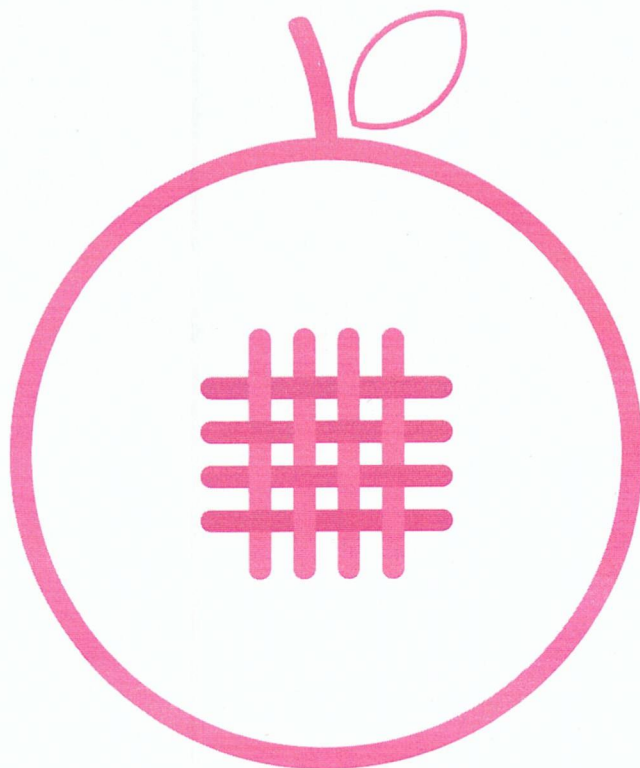


Charity Number 1157143



C O R E

Trustees' Report and Financial Statements

For the year ended 31st March 2023

Receipts and payments accounts

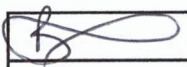

| | | | |
|------------------------|----------------|----|-----------------|
| For the period from | 1st April 2022 | To | 31st March 2023 |
|------------------------|----------------|----|-----------------|

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 | 4,557 | - | - | 4,557 | 5,102 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total (Gross income for AR) | 4,557 | - | - | 4,557 | 5,102 |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 4,557 | - | - | 4,557 | 5,102 |
| A3 Payments | | | | | |
| Group Facilitators | 3,270 | - | - | 3,270 | 4,684 |
| Group Resources | 121 | - | - | 121 | 323 |
| Stationery & Postage | - | - | - | - | - |
| Travel & Subsistence | - | - | - | - | - |
| Telephone & IT | - | - | - | - | - |
| Insurance | 101 | - | - | 101 | 203 |
| Training | 575 | - | - | 575 | 145 |
| Administration | 111 | - | - | 111 | 79 |
| Marketing | - | - | - | - | - |
| Sub total | 4,178 | - | - | 4,178 | 5,434 |
| A4 Asset and investment purchases, (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total payments | 4,178 | - | - | 4,178 | 5,434 |
| Vet of receipts/(payments) | 379 | - | - | 379 | 332 |
| A5 Transfers between funds | - | - | - | - | - |
| A6 Cash funds last year end | 4,379 | - | - | 4,379 | 4,711 |
| Cash funds this year end | 4,758 | - | - | 4,758 | 4,379 |

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 | 4,627 | - | - |
| | Petty cash | 131 | - | - |
| | | - | - | - |
| | Total cash funds | 4,758 | - | - |
| (agree balances with receipts and payments account(s)) | | | | |
| B2 Other monetary assets | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| 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 asset belongs | Cost (optional) | Current value (optional) |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| B5 Liabilities | Details | Fund to which liability relates | Amount due (optional) | When due (optional) |
| | | | - | |
| | | | - | |
| | | | - | |
| | | | - | |

| | | | |
|---|--|-------------------------------|--|
| Signed by one or two trustees on behalf of all the trustees | Signature | Print Name | Date of approval |
| |   | HANNAH BISHOP SAMUEL CORRY | 26th January 2024 26th January 2024 |

| Trustees' Annual Report for the period | | | | | | |
|--|--|-------------------|----|------|-----------------|----|
| From | | Period start date | | | Period end date | |
| | | 01 | 04 | 2022 | To | 31 |

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) |
|------------------|-----------------|---|---|
| Mrs E Baldwin | | Resigned 27 th January 2023 | |
| Mrs H Bishop | | | |
| Mrs C Palmer-Fry | Chair | | |
| Mr S Corry | | Appointed 22 nd March 2023 | |
| Mrs S Macleod | | Appointed 27 th January 2023 | |

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

| |
|--|
| Rachael Gale, Founder and Lead Facilitator |
|--|

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 the community of Brighton & Hove. Young people access groups such as these by being referred by their teacher or pastoral staff within the school.

CORE continued to see increased levels of anxiety from those sensitive students who felt safer and less overwhelmed working from home during COVID lockdowns. These students really struggle to go to school or if in school, they struggle to stay in their lessons. We have focussed more this year on strategies that the young people can develop to overcome their overwhelm and anxiety, the groups continue to be 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.

Section D

Achievements and performance

Section D

Achievements and performance

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 on the stress and anxiety levels of sensitive young people's their sense of confidence and groundedness in the school environment, increasing sense of connection and shared experiences, therefore reducing their sense of isolation, increase self-esteem 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 to consider the things that have helped and gone well. It has also given young people a shared sense of experience, reducing feelings of isolation and has provided tools and techniques for overcoming challenges particularly in regards to their mental and emotional wellbeing.

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 more calm throughout the day after having this session"

"I've become more relaxed when coming to the group"

"I don't know why but I feel more body positive"

"I have been a lot more thoughtful and have made better decisions"

"I realised that lots of people felt the same as me and I know ways of dealing with some emotions"

"I feel like I have become more aware of my feelings and find it easier to recognise how I'm feeling"

"I have started to cope better"

"I think that having been given the chance to think deeply and relax, I've been able to deal with my feelings, accept and move on from any issues I've struggled with"

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 Chalk Cliff Trust for their grant this year which has helped us deliver our work.

Section F


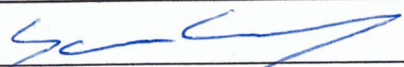
Other optional information

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. | SAMUEL CORRY |
| Position (eg Secretary, Chair, etc) | SECRETARY. | TRUSTEE |
| Date | 26 th January 2024 | |