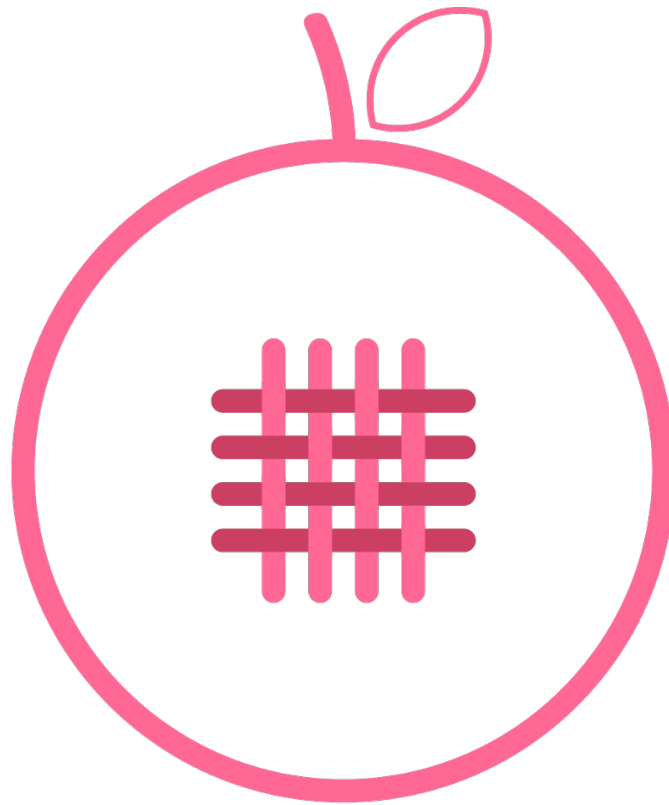


Charity Number 1157143



C O R E

Trustees' Report and Financial Statements

For the year ended 31st March 2024

Receipts and payments accounts

For the period from	1st April 2023	To	31st March 2024
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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	6,300	-	-	6,300	4,557
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	6,300	-	-	6,300	4,557
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	6,300	-	-	6,300	4,557
A3 Payments					
Group Facilitators	4,050	-	-	4,050	3,270
Group Resources	496	-	-	496	121
Stationery & Postage	-	-	-	-	-
Travel & Subsistence	-	-	-	-	-
Telephone & IT	-	-	-	-	-
Insurance	101	-	-	101	101
Training	1,158	-	-	1,158	575
Administration	160	-	-	160	111
Marketing	-	-	-	-	-
Sub total	5,965	-	-	5,965	4,178
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,965	-	-	5,965	4,178
Vet of receipts/(payments)	335	-	-	335	379
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,758	-	-	4,758	4,379
Cash funds this year end	5,093	-	-	5,093	4,758

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds	Cash at bank	4,962	-	-
	Petty cash	131	-	-
		-	-	-
	Total cash funds	5,093	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	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
		22nd November 2024
		22nd November 2024

Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	01	04	2023		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)
Mrs H Bishop			
Mrs C Palmer-Fry	Chair		
Mr S Corry			
Mrs S Macleod			

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

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, one to one sessions and community groups we aim to give support and a tool kit for young people around the trait of high sensitivity, to strengthen **confidence**, promote **optimism**, build **resilience**, and increase **esteem** – CORE.

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. We have continued to focus 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. We have been excited to recruit some talented volunteers who bring their unique experience to support the programs.

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. The young people are consulted on how we can improve our programmes and to highlight the most impactful interventions.

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

We have worked hard to help reduce stress and anxiety levels of sensitive young people we have worked with alongside increasing their sense of confidence and groundedness, specifically in the school environment, increasing a sense of connection and shared experiences, therefore reducing their sense of isolation 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 in regard to their mental and emotional wellbeing. We have helped develop understanding for young people on the impact of stress on the body and brain and tools to support young people at challenging times.

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 learnt that there is a (positive) way to deal with strong emotions"

"I *do* have confidence in me and that I *can* respect myself"

"I'm fidgety, and it's fine because it can calm you down sometimes.

I feel better about myself"

"I feel happy more often"

"I've respected myself more and let positive messages in"

"Everything I was worried about when I first joined is starting to feel less worrying"

"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"

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.

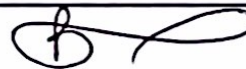
We are very grateful to The Chalk Cliff Trust, Brighton & Hove City Council and the Hornbeam Charitable Trust for their grants this year which have helped us deliver our work.

Section F Other optional information

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

SAMUEL CORRY

HANNAH BISHOP

Position (eg Secretary, Chair, etc)

Date

22nd November 2024