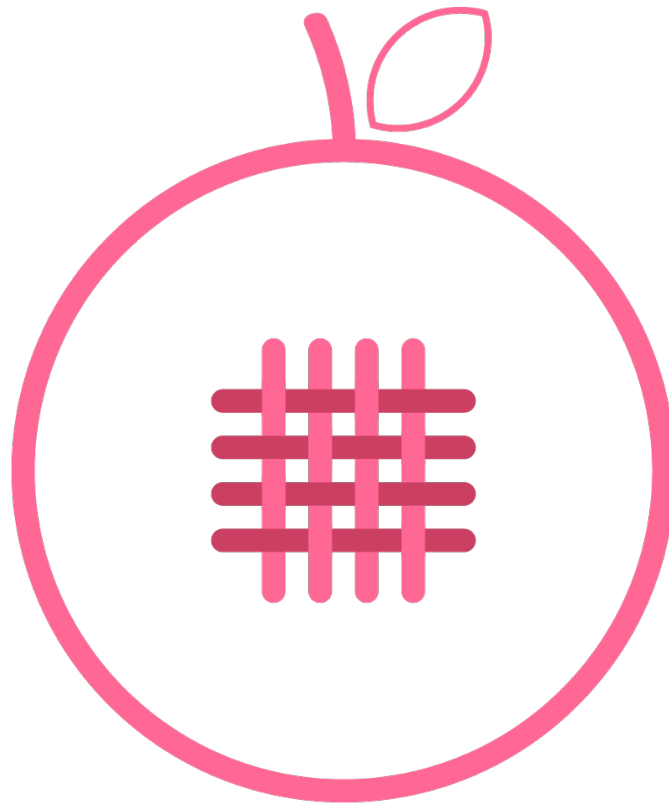


Charity Number 1157143



C O R E

Trustees' Report and Financial Statements

For the year ended 31st March 2025

Trustees' Annual Report for the period

	Period start date				Period end date		
	01	04	2024		31	03	2025
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)
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.

CORE has worked with a youth worker who has a special interest in storytelling and has enabled a CORE facilitator to do some follow up evaluation work with previous group participants, through their group work project called 'Loadstars'.

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;

- "Learned how to help calm myself down and to write down how I feel"
- "I'm less anxious in class"
- "Being yourself is fine, no one will judge you"
- "I learnt a lot, but the thing that has benefitted me most is how to regulate my emotions"
- "It just made me see myself more clearly and sort of feel better about myself, e.g. not judge myself as much"
- "I've felt more calmer and have been able to handle strong emotions easier"
- "Better mental health and improved social skills. This group helped me to become more confident"

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 Headley Foundation and The Fonhill Foundation for their generous grants this year which have helped us deliver our work.

We are also pleased to say that in the first half of the 2025/26 financial year we received £10,000 from two grants.

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)	CARRIE PALMER FR	HANNAH BISHOP
Position (eg Secretary, Chair, etc)	CHAIR	SECRETARY

Date 21st January 2026

Receipts and payments accounts

For the period from	1st April 2024	To	31st March 2025
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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	6,310	-	-	6,310	6,300
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	6,310	-	-	6,310	6,300
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	6,310	-	-	6,310	6,300
A3 Payments					
Group Facilitators	8,089	-	-	8,089	4,050
Group Resources	372	-	-	372	496
Stationery & Postage	-	-	-	-	-
Travel & Subsistence	-	-	-	-	-
Telephone & IT	-	-	-	-	-
Insurance	116	-	-	116	101
Training	270	-	-	270	1,158
Administration	452	-	-	452	160
Marketing	-	-	-	-	-
Sub total	9,299	-	-	9,299	5,965
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	9,299	-	-	9,299	5,965
Net of receipts/(payments)	- 2,989	-	-	- 2,989	335
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	5,093	-	-	5,093	4,758
Cash funds this year end	2,104	-	-	2,104	5,093

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

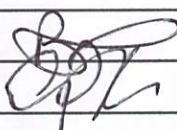
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	1,973	-	-
	Petty cash	131	-	-
		-	-	-
	Total cash funds	2,104	-	-
	(agree balances with receipts and payments account(s))			
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		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



H. BISHOP.
C PALMER FRY

21st January 2026

21st January 2026

21/01/2026