

Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	1	01	2021		31	12

Section A Reference and administration details

Charity name

The Courage Foundation UK

Other names charity is known by

Registered charity number (if any)

1166093

Charity's principal address

2 Bursledon Road

Southampton

Postcode

SO19 7LW

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 Ruth Palmer	Chair		
2 Tony Palmer	Secretary		
3 Simon Vargeson			
4 Ellen Vargeson			
5 Mark Vargeson			
6 Bethany Vargeson			
7 Matthew Long			
8 Rebekah Long			
9 John White			
10 Claire White			
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 (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Appointed by trustees

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.

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

The object of the CIO is for the public benefit to relieve the mental and physical sickness and distress of children and families suffering from bereavement living in England by providing such support as the trustees deem appropriate for such persons in particular (but not exclusively) through the provision of family days out at theme parks.

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)

What

- GENERAL CHARITABLE PURPOSES
- THE ADVANCEMENT OF HEALTH OR SAVING OF LIVES
- RECREATION
- OTHER CHARITABLE PURPOSES

Who

- CHILDREN / YOUNG PEOPLE
- OTHER DEFINED GROUPS

How

- OTHER CHARITABLE ACTIVITIES

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.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The main achievements of this financial year were to increase awareness of the charity through social media, media interviews and large fundraising campaigns. We also managed to navigate the pandemic seeking to secure funding streams and keep communications open with our beneficiaries.

The final part of the year, post-Covid 19, was very busy with purchasing days out and processing applications.

We continue to be staggered by both the demand for the work of the charity and the sheer generosity of so many to enable this work to happen - be that financial support or blood, sweat and tears undertaking huge physical challenges.

Section E Financial review

Brief statement of the charity's policy on reserves

As yet the charity has not had need to put together such a policy.

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) RUTH PALMER

TONY PALMER

Full name(s) Ruth Palmer

Tony Palmer

Position (eg Secretary, Chair, etc)

Chair

Secretary

Date 31/10/22



Receipts and payments account

For the period from	Period start date 01/01/2021	To
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
A1 Receipts			
Donations	10,623	-	-
Income from merchandise	7,099	-	-
Building gifts	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
Sub total (Gross income for AR)	17,722	-	-
A2 Asset and investment sales, (see table).			
	-	-	-
	-	-	-
Sub total	-	-	-
Total receipts	17,722	-	-
A3 Payments			
Cost of fundraising activities	913	-	-
Merchandise	6,232	-	-
Purchasing of annual passes for families	18,239	-	-
Website and media	5,304	-	-
Building & office construction	309	-	-
Bank charges	108	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
Sub total	31,105	-	-
A4 Asset and investment purchases, (see table)			
	-	-	-
	-	-	-
Sub total	-	-	-
Total payments	31,105	-	-
Net of receipts/(payments)	- 13,383	-	-

A5 Transfers between funds	-	-	-
A6 Cash funds last year end	36,455	-	-
<i>Cash funds this year end</i>	23,072	-	-

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

Categories	Details	Unrestricted funds to nearest £
B1 Cash funds		23,072
		-
		-
	Total cash funds	23,072
	(agree balances with receipts and payments account(s))	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £
		-
		-
		-
		-
		-
B3 Investment assets	Details	Fund to which asset belongs
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs
B5 Liabilities	Details	Fund to which liability relates
CCXX R3 accounts (SS)	3	31/10/2022

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

Signature

Print N

o (if any)
166093

units

Period end date
31/12/2021

CC16a



Total funds

Last year

to the nearest £

to the nearest £

10,623	20,247
7,099	5,109
-	9,000
-	-
-	-
-	-
-	-
-	-
-	-
17,722	34,356

-	
-	-
-	-

17,722	34,356
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913	1,642
6,232	5,913
18,239	5,023
5,304	
309	10,113
108	160
-	
-	-
-	-
-	-
31,105	22,851

-	
-	
-	-

31,105	22,851
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-	11,505
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-	-
36,455	24,950
23,072	36,455

Restricted funds

Endowment funds

to nearest £

to nearest £

-
-
-
-

-
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-
-

OK

OK

Restricted funds

Endowment funds

to nearest £

to nearest £

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Cost (optional)

Current value
(optional)

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Cost (optional)

Current value
(optional)

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Amount due
(optional)

When due
(optional)

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-	
-	

ame	Date of approval