

THE CAVERNOMA SOCIETY

England & Wales · Charity number 1184406

Details

Status Registered

Legal form CIO

Registered 2019-07-15

Register [View on the Charity Commission register](#)

Contact

Address Flat 6
5 Riverdale Gardens
Twickenham
TW1 2BX

Phone 03301224470

Email hello@cavernomasociety.org.uk

Website www.cavernomasociety.org.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE:-A) TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF SUFFERERS OF CAVERNOMA THROUGH THE PROVISION OF SUPPORT, EDUCATION, RESEARCH AND PRACTICAL ADVICE ANDB) TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN ALL AREAS RELATING TO CAVERNOMA.

Activities: 1. Providing support to those with cavernoma, their carers, and their family.2. Providing information to those with cavernoma, through literature, meetings, events, and via video or telephone.3. Providing information to the general public about cavernoma and raising awareness.4. Providing information to health professionals and delivering training workshops.5. Doing research.

Classification

- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Ireland
- Northern Ireland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-01-31	£15,197	£15,428	-	-
2024-01-31	£38,912	£42,208	-	-
2023-01-31	£22,627	£20,825	-	-
2022-01-31	£18,513	£24,655	-	-
2021-01-31	£29,158	£10,712	-	-

Trustees

Name	Role	Appointed
Amy Taylor		2022-07-01
Caroline Leonard		2018-11-01
David Weeks		2023-09-29
Dr Marie Robinson		2022-06-01
Simona Stankovska		2018-11-01
Victoria Butler		2022-07-23

THE CAVERNOMA SOCIETY

England & Wales - Charity number 1184406

Accounts



Trustees' Annual Report for the period

From Period start date 01/02/2024 To Period end date 31/01/2025

Charity name: Cavernoma Society

Charity registration number: 1184406

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To provide information and support to those affected by cavernoma, and raise awareness of the condition.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	To raise awareness of cavernoma and support those affected through information and support groups and services.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have run the charity as proposed in the governing document and have therefore met all of the key objectives set out by the charity.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A

<p>Contribution made by volunteers</p>	<p>Para 1.38</p>	<p>We are grateful to all of our volunteers who have worked hard to help us to run the charity and continue supporting members through our vital services. As a small charity with no paid employees we rely on volunteers and our trustees to run our charity. In particular thank you to Hannah Westbury, Karen Smallman, Paul, James and Lizzie Murray, Lisa Goldapple, Jessica Jones, Chloe Robson, Cena Jovanovska, Wayne and Michelle Wright, and all of our trustees.</p>

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Other

We'd like to extend our thanks and gratitude to the following organisations and people for their generous donations.

- The Knowle Golf Club and Ali Coombs for choosing us as charity of the Year and raising £5,000

Anne Flett, in memory of Dicky Flett, who donated £2200

Eva Mainwaring, who raised £3919 for us by walking several miles every day!

Thank you to Hamilton Brown for providing pro-bono services and rebranding our charity.

- Thank you to Hannah Westbury and the Cummins and friends for raising money by taking part in the Bradford Dragon Boat Race.

- Thank you to Paul Smallman, Suzan Smallman, Karen Smallman, Gary Miller, Nigel Lawry, and Tracy Lawry for the Cornwall Trek and raising funds.

- Thank you to JC Decaux for donating billboards for Raspberry Day

Thank you to Michelle Bartholomew for your donation.

Thank you to David James for a donation of £100.

		<p>Thank you to Eden trust for the generous donation.</p> <p>Thank you to Tracy Lewis, our Northern Irish representative and Jill O'Reilly, for helping us to launch the charity in Northern Ireland and the Republic of Ireland.</p> <p>Thank you to Dr Ellie Stankovska for donating her time and supervising our therapists.</p> <p>Thank you to our trustees.</p> <p>Thank you to Eva for raising over £3,000</p> <p>Thank you to James and Lizzie Murray for the Crochetforcavernoma raffles.</p> <p>Thank you to everyone who took part in the Christmas raffle and raised £400.</p> <p>Thank you to Jess Jones for helping source raffle gifts</p> <p>Thank you to Independence at Home grant for helping us to support a member with home renovation to help her disability.</p> <p>Thank you to all of our podcast guests.</p>
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Achievements and Performance

	SORP reference	
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Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

Para 1.20

The Cavernoma Society had another successful year supporting its members and providing services that really made a difference.

This year we had a full rebrand, with our iconic raspberry logo being redesigned to represent people hugging - showing our cavernoma community. We also have a brand new website (which is being designed), as well as new merchandise and a brand new colour-scheme! We are excited for the next stage of the charity's growth.

Fundraising proved more difficult this year and we had to come up with new ways to raise funds.

We sadly had no retreat this year - it had to be cancelled at the last minute due to our organiser getting seriously ill and having to be admitted to hospital.

We attended several PIP tribunals with members and WON all of them, meaning that our members have the right support in place.

Our free counselling service has helped even more people in crisis, and this year we saw roughly 80 members for counselling. This year we said goodbye to two therapists and gained one new trainee.

We were chosen as charity of the Year by the Knowle Golf club and also The Eden project, so received vital funds - thank you.

We once again celebrated our annual awareness day – Raspberry Day in September and were supported by JC Decaux, who donated more than 2,000 billboard marketing across the UK - helping raise awareness.

We also wrote many GP referral letters, Blue Badge support letters, and helped members to get a second opinion, genetic testing, and neuro rehab services.

		<p>We also took part in several fundraising events, including the London marathon, The Cornwall Trek, and The Bradford Dragon Boat race.</p> <p>Thank you to Anne Flett who donated £2200 in memory of her late husband Dicky Flett</p> <p>We'd like to share our condolences with Tracey Lawry and The Lassman family. This year we lost Nigel Lawry and Ben Lassman, who were avid supporters of the charity.</p> <p>We helped a member by securing grants to help her home renovation in order to aid her mobility.</p> <p>We helped several members to get a second opinion with Mr Mario Teo on the NHS.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>We met our objectives, as we provided information, support, events, and raised awareness. Our Raspberry Day is having a bigger impact every year. This year's billboard was designed by Hamilton Brown, and it looked incredible! Thank you to JC Decaux for helping us spread the word in The UK.</p> <p>Our founder went to Northern Ireland and met with ministers at Stormont with our Irish representative Tracy Lewis, with the aim of registering the charity in Ireland too.</p>
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Performance of fundraising activities against objectives set	Para 1.41	Fundraising has been difficult this year. People are being squeezed for money and therefore have less to donate. We also didn't have our Facebook donate button (we are working to fix this), so we lost vital fundraising. We are looking at new ways to raise funds by giving members something back in return, like raffles etc. We are also taking part in bigger fundraising events, such as the London Marathon.
Investment performance against objectives	Para 1.41	N/A
Other		N/A

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The Charity is performing consistently and sustainably. We are incredibly grateful to our members for fundraising and keeping the charity going, as well as our volunteers and trustees who dedicate their time to the charity to make sure that it is delivering its objectives.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Because we are only a small charity, we try to only hold back £500 in reserves to cover our website costs and annual insurance.
Amount of reserves held	Para 1.22	£500
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	We have no uncertainties about the charity continuing to operate as we are in a stable financial position.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	At the moment, our principal source of funds is monies raised by our members.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	We need to continue to encourage our members to keep fundraising.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Our Trustees are reviewed annually and we have to vote in a new trustee

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Each trustee is sent the governing document and information from the Charity Commission.
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The charity's organisational structure and any wider network with which the charity works	Para 1.51	We are run by trustees and have no employees.
Relationship with any related parties	Para 1.51	N/A
Other		

Reference and Administrative details

Charity name	Cavernoma Society
Other name the charity uses	
Registered charity number	1184406
Charity's principal address	5 Riverdale Gardens, Twickenham, TW1 2BX

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole	

	year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

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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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information


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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)



Marie Robinson
Trustee

Full name(s)

Position (eg Secretary, Chair, etc)

Date: 29/11/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

The Cavernoma Society

1184406

CC16a

Receipts and payments accounts

For the period from	01/02/2024	To	31/01/2025
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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					
Member fundraising	14,939		-	14,939	31,691
Retreat deposits			-	-	
Merchandise Sales	258	-	-	258	1,006
Savings		-	-	-	5,000
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	15,197	-	-	15,197	37,697
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	15,197	-	-	15,197	37,697
A3 Payments					
Running costs	1,264	-	-	1,264	2,146
Therapy	5,932	-	-	5,932	2,920
Postage	59	-	-	59	328
Services	1,485	-	-	1,485	-

Retreats	-	-	-	-	17,687
Chelsea Flower Show		-	-	-	15,827
misc	6,688	-	-	6,688	2,862
Merchandise		-	-	-	438
	-	-	-	-	-
Sub total	15,428	-	-	15,428	42,208
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	
Total payments	15,428	-	-	15,428	42,208
Net of receipts/(payments)	- 231	-	-	- 231	- 4,511
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 231	-	-	- 231	- 4,511

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		-	-	-
		-	-	-
		-	-	-
	Total cash funds	4,724		-
	(agree balances with receipts and payments account (s))	Agreement Error	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds

B2 Other monetary assets

Details	to nearest £	to nearest £	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
	Simona Stankovska	29/11/2025
	Dr Marie Robinson	29/11/2025

THE CAVERNOMA SOCIETY

England & Wales - Charity number 1184406

Accounts



Trustees' Annual Report for the period

From Period start date 01/02/2023 To Period end date 31/01/2024

Charity name: Cavernoma Society

Charity registration number: 1184406

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To provide information and support to those affected by cavernoma, and raise awareness of the condition.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	To raise awareness of cavernoma and support those affected through information and support groups and services.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have run the charity as proposed in the governing document and have therefore met all of the key objectives set out by the charity.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A

<p>Contribution made by volunteers</p>	<p>Para 1.38</p>	<p>We are grateful to all of our volunteers who have worked hard to help us to run the charity and continue supporting members through our vital services. As a small charity with no paid employees we rely on volunteers and our trustees to run our charity. In particular thank you to Hannah Westbury, Karen Smallman, Paul, James and Lizzie Murray, Lisa Goldapple, Jessica Jones, Chloe Robson, Cena Jovanovska, Wayne and Michelle Wright, and all of our trustees.</p>

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Other

We'd like to extend our thanks and gratitude to the following organisations and people for their generous donations.

- Thank you to Beth Dixon and The King James Academy for their fundraising.
- Thank you to Hannah Westbury and the Cummins Family for raising funds in the Bradford Dragon Boat Race.
- Thank you to Paul Smallman, Suzan Smallman, Karen Smallman, Gary Miller, Nigel Lawry, and Tracy Lawry for the Cornwall Trek and raising funds.
- Thank you to JC Decaux for donating billboards for Raspberry Day

Thank you to Michelle Bartholomew for your donation.

- Thank you to Wayne Wright, coffee artist for donating Christmas card designs.

Achievements and Performance

	SORP reference	
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<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>The Cavernoma Society had another successful year supporting its members and providing services that really made a difference.</p> <p>We attended several PIP tribunals with members and WON all of them, meaning that our members have the right support in place.</p> <p>We also spoke with Manira Wilson, Lib Dem MP about working with DWP so that they understand cavernoma better. Ms Wilson did take this to DWP but sadly they have refused to consider this as there are many 'rare' conditions.</p> <p>We are incredibly proud of our free counselling service. This year we took on two new trainee therapists and said goodbye to three. We also started working with a new external supervisor, who supervises all of our trainees.</p> <p>We ran two Heal Your Brain Retreats in Scotland and In Lincolnshire, helping more than 50 people.</p> <p>In January we once again ran our January Wellness month, which included online yoga, meditation, and hypnotherapy.</p> <p>Throughout the year we also ran free online Reiki courses, as well as yoga and Pilates.</p> <p>We once again celebrated our annual awareness day – Raspberry Day in September and were supported by JC Decaux, who donated more than 1,000 billboard marketing across the UK.</p> <p>We also wrote over 20 GP referral letters and helped members to get a second opinion, genetic testing, and neuro rehab services.</p>
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		<p>We helped to design the Cavernoma on My Mind Garden at the 2023 RHS Chelsea Flower show, which won a Silver Award. We fundraised for this and came up with the story behind it - trying to raise awareness for our members.</p> <p>We also took part in several fundraising events, including the London Landmarks half marathon, and The Bradford Dragon Boat race.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	We met our objectives, as we provided information, support, events, and raised awareness.
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Performance of fundraising activities against objectives set	Para 1.41	The funds raised were similar to last year. We have been affected by COVID as well as Facebook donate changing over to Paypal, so we've struggled to set up the new Facebook donate and therefore are losing many donations as a result.
Investment performance against objectives	Para 1.41	N/A
Other		N/A

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The Charity is performing consistently and sustainably. We are incredibly grateful to our members for fundraising and keeping the charity going, as well as our volunteers and trustees who dedicate their time to the charity to make sure that it is delivering its objectives.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Because we are only a small charity, we try to only hold back £500 in reserves to cover our website costs and annual insurance.
Amount of reserves held	Para 1.22	£500
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	We have no uncertainties about the charity continuing to operate as we are in a stable financial position.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	At the moment, our principal source of funds is monies raised by our members.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	We need to continue to encourage our members to keep fundraising.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Our Trustees are reviewed annually and we have to vote in a new trustee

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Each trustee is sent the governing document and information from the Charity Commission.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	We are run by trustees and have no employees.
Relationship with any related parties	Para 1.51	N/A
Other		

Reference and Administrative details

Charity name	Cavernoma Society
Other name the charity uses	

Registered charity number	1184406
Charity's principal address	5 Riverdale Gardens, Twickenham, TW1 2BX

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's	

objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

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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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information


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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)



A handwritten signature in black ink, appearing to read 'Marie Robinson', written over a horizontal line.

Marie Robinson
Trustee

Full name(s)

Position (eg Secretary, Chair, etc)

Date: 29/11/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

The Cavernoma Society

1184406

CC16a

Receipts and payments accounts

For the period from	01/02/2023	To	31/01/2024
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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					
Member fundraising	16,741	14,950	-	31,691	15,932
Retreat deposits		500	-	500	420
Merchandise Sales	1,006	-	-	1,006	560
Savings	5,715	-	-	5,715	5,715
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	23,462	15,450	-	38,912	22,627
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	23,462	15,450	-	38,912	22,627
A3 Payments					
Running costs	2,146	-	-	2,146	2,096
Therapy	2,920	-	-	2,920	1,705
Postage	328	-	-	328	100
Services		-	-	-	4,334

Retreats	17,687	-	-	17,687	3,137
Chelsea Flower Show		15,827	-	15,827	5,536
misc	2,862	-	-	2,862	126
Merchandise	438	-	-	438	488
	-	-	-	-	-
Sub total	26,381	15,827	-	42,208	17,522
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	
Total payments	26,381	15,827	-	42,208	17,522
Net of receipts/(payments)	- 2,919	- 377	-	- 3,296	5,105
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 2,919	- 377	-	- 3,296	5,105

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		-	-	-
		-	-	-
		-	-	-
	Total cash funds	8,401		-
	(agree balances with receipts and payments account (s))	Agreement Error Unrestricted funds	Agreement Error Restricted funds	OK Endowment funds

B2 Other monetary assets

Details	to nearest £	to nearest £	to nearest £
		-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-


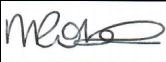
B4 Assets retained for the charity's own use

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
	Simona Stankovska	29/11/2025
	Dr Marie Robinson	29/11/2025



**Independent examiner's
report on the accounts**



**Report to the trustees/
members of**

The Cavernoma Society

**On accounts for the year
ended**

31/01/2024

**Charity no
(if any)**

1184406

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **DD / MM / YYYY**.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

29/11/2025

Name:

Ann O'Driscoll

Relevant professional qualification(s) or body (if any):

--

Address:

15 South Vale

Northallerton

DL6 1DQ

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

A large, empty rectangular box with a thin black border, occupying the majority of the page's width and height. It is intended for the user to provide details as requested in the text to its left.

THE CAVERNOMA SOCIETY

England & Wales - Charity number 1184406

Accounts



Trustees' Annual Report for the period

From Period start date 01/02/2022
31/01/2023

To Period end date

Charity name: Cavernoma Society

Charity registration number: 1184406

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To provide information and support to those affected by cavernoma, and raise awareness of the condition.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	To raise awareness of cavernoma and support those affected through information and support groups and services.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have run the charity as proposed in the governing document and have therefore met all of the key objectives set out by the charity.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	We are grateful to all of our volunteers who have worked hard to help us to run the charity and continue supporting members through our vital services. As a small charity with no paid employees we rely on volunteers and our trustees to run our charity. In particular thank you to Hannah Westbury, Karen Smallman, Paul

		Smallman, Emily Sudlow, Emma Christides, and Chloe Robson.
Other		<p>We'd like to extend our thanks and gratitude to the following organisations and people for their generous donations.</p> <ul style="list-style-type: none"> • Thank you to Acorn Trust and Natasha Whiting for donating funds when closing the charity. • Thank you to Jessica Rose for your generous donation. • Thank you to Beth Dixon and The King James Academy for their fundraising. • Thank you to Hannah Westbury and the Cummins Family for raising funds in the Bradford Dragon Boat Race. • Thank you to Paul Smallman, Suzan Smallman, Karen Smallman, Gary Miller, Nigel Lawry, and Tracy Lawry for the Cornwall Trek and raising funds. • Thank you to JC Decaux for donating billboards for Raspberry Day • Thank you to Boor Park Primary for fundraising

		<ul style="list-style-type: none"> • Thank you to Jon Fox for your donation • Thank you to Michelle Bartholomew for your donation. • Thank you to the late, beloved Ben Lassman for raising funds to provide Build a Bear teddies and Pyjama fairy PJs to our child members. • Thank you as always to Carolyn Nichols and Anji Goddard for our Christmas card designs
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Achievements and Performance

	SORP reference	
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<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>The Cavernoma Society had another successful year supporting its members and providing services that really made a difference.</p> <p>We are incredibly proud of our free counselling service which has grown. We took on new trainee therapists and grew the team to 6. This means that we see at least 18-20 members per week for therapy sessions.</p> <p>We ran another Heal Your brain retreat in Wales, supporting more than 25 members.</p> <p>In January we once again ran our January Wellness month, which included online yoga, meditation, and hypnotherapy.</p> <p>Throughout the year we also ran free online Reiki courses, as well as yoga and Pilates.</p> <p>We once again celebrated our annual awareness day – Raspberry Day in September and were supported by JC Decaux, who donated billboard marketing across the UK.</p> <p>We held a BBQ to celebrate our 4th birthday as well as Raspberry Day in September.</p> <p>With thanks to the late Ben Lassman we delivered more than 30 Build a Bear teddies and Pyjama Fairy Pjs to our child members.</p> <p>We worked with Same You Charity, founded by Emilia Clarke `to raise awareness of Cavernoma.</p> <p>We continued to help members to claim ESA, UC, and PIP, and attend tribunals with members.</p> <p>We also wrote over 30 GP referral letters and helped members to get a second opinion, genetic testing, and neuro rehab services.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>We met our objectives, as we provided information, support, events, and raised awareness.</p>
--	------------------	--

Performance of fundraising activities against objectives set	Para 1.41	The funds raised were similar to last year. We have been affected by COVID as well as Facebook donate changing over to Paypal, so we've struggled to set up the new Facebook donate and therefore are losing many donations as a result.
Investment performance against objectives	Para 1.41	N/A
Other		N/A

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The Charity is performing consistently and sustainably. We are incredibly grateful to our members for fundraising and keeping the charity going, as well as our volunteers and trustees who dedicate their time to the charity to make sure that it is delivering its objectives.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Because we are only a small charity, we try to only hold back £500 in reserves to cover our website costs and annual insurance.
Amount of reserves held	Para 1.22	£500
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	We have no uncertainties about the charity continuing to operate as we are in a stable financial position.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	At the moment, our principal source of funds is monies raised by our members.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	We need to continue to encourage our members to keep fundraising.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Our Trustees are revied annually and we have to vote in a new trustee

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Each trustee is sent the governing document and information from the Charity Commission.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	We are run by trustees and have no employees.
Relationship with any related parties	Para 1.51	N/A
Other		

Reference and Administrative details

Charity name	Cavernoma Society
Other name the charity uses	
Registered charity number	1184406
Charity's principal address	4 Arlington Court, Arlington Road Twickenham TW1 2BX

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	Simona Stankovska			
2	Carolyn Nichols			
3	Caroline Leonard		01/02/2022-05/05/2022	
4	Victoria Butler		01/07/2022	
5	Marie Robinson		01/06/2022	
6	Amy Taylor		01/07/2022	
7	Marie Robinson		01/06/2022	
8	Amy Taylor		01/07/2022	
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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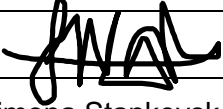
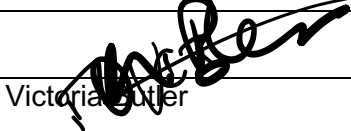
Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Simona Stankovska	Victoria Butler
Position (eg Secretary, Chair, etc)	Secretary	Trustee
Date	16/11/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
The Cavernoma Society

No (if any)
1184406

CC16a

Receipts and payments accounts

For the period from	Period start date 2/1/2022	To	Period end date 1/31/2023
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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					
Member fundraising	15,932		-	15,932	11,474
Retreat deposits	420	-	-	420	150
Merchandise Sales	560	-	-	560	1,889
Savings	5,715	-	-	5,715	5,000
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
Sub total (Gross income for AR)	22,627	-	-	22,627	18,513
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	22,627	-	-	22,627	18,513
A3 Payments					
Running costs	2,096	-	-	2,096	1,812
Therapy	1,705	-	-	1,705	8,120
Postage	100	-	-	100	965
Services	4,334	-	-	4,334	4,176
Retreats	3,137	-	-	3,137	6,279
Chelsea Flower Show	5,536	-	-	5,536	-
misc	126	-	-	126	-
Merchandise	488	-	-	488	3,303
		-	-	-	-
Sub total	17,522	-	-	17,522	24,655
A4 Asset and investment purchases, (see table)					
merchandise	3,303	-	-	3,303	
	-	-	-	-	
Sub total	3,303	-	-	3,303	-
Total payments	20,825	-	-	20,825	24,655
Net of receipts/(payments)	1,802	-	-	1,802	- 6,142
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	6,966	824	-	7,790	-
Cash funds this year end	8,768	824	-	9,592	- 6,142

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		-	-	-
		-	-	-
		-	-	-
	Total cash funds	8,768	824	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	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
		Mrs Victoria butler	11/16/2024
		Miss Simona Stankovska	11/16/2024

THE CAVERNOMA SOCIETY

England & Wales - Charity number 1184406

Accounts



Trustees' Annual Report for the period

From Period start date 01/02/2021
31/01/2022

To Period end date

Charity name: Cavernoma Society

Charity registration number: 1184406

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To provide information and support to those affected by cavernoma, and raise awareness of the condition.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	To raise awareness of cavernoma and support those affected through information and support groups and services.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have run the charity as proposed in the governing document and have therefore met all of the key objectives set out by the charity.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	We are grateful to all of our volunteers who have worked hard to help us to run the charity and continue supporting members through our vital services. As a small charity with no paid employees we rely on volunteers and our trustees to run our charity. In particular thank you to Emily Sudlow and Lisa Goldapple for their help and support.

Other		
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Achievements and Performance

	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>In this financial year the Cavernoma Society supported both its adult and child members through various holistic services.</p> <p>We ran a 2 day family retreat to Legoland for more than 10 families thanks to the support of Merlin Magic Wand, who donated Legoland tickets.</p> <p>We also ran a 3-day Adult Retreat in Staffordshire for more than 35 people.</p> <p>In January we ran our January Wellness month, which included online yoga, meditation, and hypnotherapy.</p> <p>Throughout the year we also ran free online Reiki courses, as well as yoga and Pilates.</p> <p>Our specialist counselling service was once again extremely popular and our therapists conducted more than 1000 hours of therapy with our members across the year.</p> <p>We once again celebrated our annual awareness day – Raspberry Day in September and were supported by JC Decaux, who donated billboard marketing across the UK.</p> <p>As a result of COVID we ran an online curry making social in December to try and get our members chatting, having fun, and learning something new.</p> <p>We also created and delivered more than 30 COVID packs to members who were struggling financially. These included food, toiletries, and washing products.</p> <p>With thanks to a generous £5000 grant from the Foyle Foundation to run nutritional workshops and courses for our members, concentrating on gut health – providing them with nutritional guidance.</p> <p>We helped more than 30 members with their benefit applications, appeals, and</p>

		<p>tribunals, securing thousands in funding for them.</p> <p>We also wrote over 20 GP referral letters and helped members to get a second opinion, genetic testing, and neuro rehab services.</p> <p>We raised awareness with 5 of our members doing a skydive on Raspberry Day. This also helped to raise money for the charity.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	We met our objectives, as we provided information, support, events, and raised awareness.
Performance of fundraising activities against objectives set	Para 1.41	We raised more than £18000, which was a slow year for us, but it was to be expected during the pandemic.
Investment performance against objectives	Para 1.41	N/A
Other		N/A

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The Charity is raising enough on a monthly basis to cover its ongoing costs. We are always looking at ways to save money, but currently, with no staff costs we are managing our other financial commitments adequately.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Because we are only a small charity, we try to only hold back £500 in reserves to cover our website costs and annual insurance.
Amount of reserves held	Para 1.22	£500
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	We have no uncertainties about the charity continuing to operate as we are in a stable financial position.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	At the moment, our principal source of funds is monies raised by our members.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	We need to continue to encourage our members to keep fundraising.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Our Trustees are revied annually and we have to vote in a new trustee

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Each trustee is sent the governing document and information from the Charity Commission.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	We are run by trustees and have no employees.
Relationship with any related parties	Para 1.51	N/A
Other		

Reference and Administrative details

Charity name	Cavernoma Society
Other name the charity uses	
Registered charity number	1184406
Charity's principal address	4 Arlington Court, Arlington Road Twickenham TW1 2BX

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	Simona Stankovska			
2	Carolyn Nichols			
3	Sangie Cattanach			
4	Nick Page			
5	Caroline Leonard			
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19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

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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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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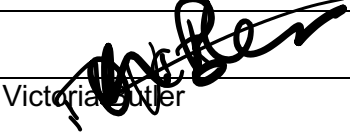
Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Simona Stankovska	Victoria Butler
Position (eg Secretary, Chair, etc)	Secretary	Trustee
Date	15/11/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name _____ No (if any) _____

Receipts and payments accounts

CC16a

For the period from _____ Period start date _____ To _____ Period end date _____

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					
Foyle Foundation Grant	-	5,000	-	5,000	-
Member fundraising	11,474	-	-	11,474	-
Donations	150	-	-	150	-
Merchandise Sales	1,889	-	-	1,889	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	13,513	5,000	-	18,513	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	13,513	5,000	-	18,513	-
A3 Payments					
Running costs	1,812	-	-	1,812	-
Therapy	8,120	-	-	8,120	-
Postage	965	-	-	965	-
Services	-	4,176	-	4,176	-
Retreats	6,279	-	-	6,279	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	17,176	4,176	-	21,352	-
A4 Asset and investment purchases, (see table) merchandise					
	3,303	-	-	3,303	-
	-	-	-	-	-
Sub total	3,303	-	-	3,303	-
Total payments	20,479	4,176	-	24,655	-
Net of receipts/(payments)	- 6,966	824	-	- 6,142	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 6,966	824	-	- 6,142	-

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		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	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
		Mrs Victoria butler	11/15/2024
		Miss Simona Stankovska	11/15/2024