



CHARITY COMMISSION
FOR ENGLAND AND WALES

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	
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	<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 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	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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17				
18				
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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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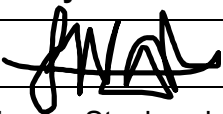
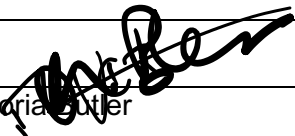
Other optional information

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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)
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Receipts and payments accounts

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For the period from	Period start date	To	Period end date
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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					
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
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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	
		Mrs Victoria butler	11/15/2024	
		Miss Simona Stankovska	11/15/2024	