



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## 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	<b>N/A</b>
Policy on social investment including program related investment	Para 1.38	<b>N/A</b>
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"> <li>• Thank you to Acorn Trust and Natasha Whiting for donating funds when closing the charity.</li> <li>• Thank you to Jessica Rose for your generous donation.</li> <li>• Thank you to Beth Dixon and The King James Academy for their fundraising.</li> <li>• Thank you to Hannah Westbury and the Cummins Family for raising funds in the Bradford Dragon Boat Race.</li> <li>• Thank you to Paul Smallman, Suzan Smallman, Karen Smallman, Gary Miller, Nigel Lawry, and Tracy Lawry for the Cornwall Trek and raising funds.</li> <li>• Thank you to JC Decaux for donating billboards for Raspberry Day</li> <li>• Thank you to Boor Park Primary for fundraising</li> </ul>

		<ul style="list-style-type: none"> <li>• Thank you to Jon Fox for your donation</li> <li>• Thank you to Michelle Bartholomew for your donation.</li> <li>• 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.</li> <li>• Thank you as always to Carolyn Nichols and Anji Goddard for our Christmas card designs</li> </ul>
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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	<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 4<sup>th</sup> 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:

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	<b>N/A</b>
Other		<b>N/A</b>

## 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	
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10				
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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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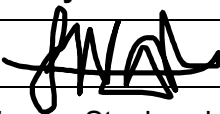
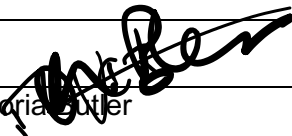
## Other optional information

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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	16/11/2024	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
The Cavernoma Society

No (if any)  
1184406

## Receipts and payments accounts

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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 £
<b>A1 Receipts</b>					
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
		-	-	-	
		-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>22,627</b>	<b>-</b>	<b>-</b>	<b>22,627</b>	<b>18,513</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>22,627</b>	<b>-</b>	<b>-</b>	<b>22,627</b>	<b>18,513</b>
<b>A3 Payments</b>					
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
	-	-	-	-	-
<b>Sub total</b>	<b>17,522</b>	<b>-</b>	<b>-</b>	<b>17,522</b>	<b>24,655</b>
<b>A4 Asset and investment purchases, (see table) merchandise</b>	<b>3,303</b>	<b>-</b>	<b>-</b>	<b>3,303</b>	
	-	-	-	-	
<b>Sub total</b>	<b>3,303</b>	<b>-</b>	<b>-</b>	<b>3,303</b>	<b>-</b>
<b>Total payments</b>	<b>20,825</b>	<b>-</b>	<b>-</b>	<b>20,825</b>	<b>24,655</b>
<b>Net of receipts/(payments)</b>	<b>1,802</b>	<b>-</b>	<b>-</b>	<b>1,802</b>	<b>- 6,142</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>6,966</b>	<b>824</b>	<b>-</b>	<b>7,790</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>8,768</b>	<b>824</b>	<b>-</b>	<b>9,592</b>	<b>- 6,142</b>

## 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		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	8,768	824	-
	(agree balances with receipts and payments account(s))	OK	OK	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	11/16/2024	
		Miss Simona Stankovska	11/16/2024	