

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	04	2023		31	03	2024

Section A

Reference and administration details

Charity name

Who Cares UK

Other names charity is known by

Registered charity number (if any) 1188281

Charity's principal address

9 Chase Side

Enfield

Postcode

EN2 6NB

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	Simon Fraser	Chair	March 2020 - present	
2	Lindsay Ingram		March 2020 - present	
3	Lee Ingram		March 2020 - present	
4	John Fairbairn		March 2020 - present	
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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)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	By appointment

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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Section C Objectives and activities

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

To provide free-of-charge education services, workshops and seminars, for the relief of those in need by reason of them being parents, families or carers of disabled, severely or terminally ill children, seeking to alleviate personal health related issues that may arise from their caring roles.

Working with parents and carers to develop healthier lifestyle habits therefore increasing their ability to manage the daily challenges most go through on a regular basis. All coaching techniques are encouraging the recipient to understand what will work best for them. They are always in control of how they adopt and adapt what is most appropriate to them.

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)

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.

Summary of the main achievements of the charity during the year

This year stands out for working with parent who are afflicted with ADHD as well as those they care for. Encouraged by identifying their values we saw many carers find ways of setting small but significant goals in their quest to have a healthier approach to their daily lives.

Section E Financial review

Brief statement of the charity's policy on reserves

At this moment we do not have funds to keep in reserve. However, we will consider the issue of reserves and develop a policy that is proportionate to the needs of the charity.

Details of any funds materially in deficit

None

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)



Full name(s)

Simon Fraser

Position (eg Secretary, Chair, etc)

Chair

Date

20 March 2024

Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	Text	03	2020		31	03

Section A Reference and administration details

Charity name	Who Cares UK		
Other names charity is known by			
Registered charity number (if any)	1188281		
Charity's principal address	9 Chase Side		
	Enfield		
	Postcode	EN2 6NB	

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	Simon Fraser	Chair	March 2020 - present	
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Name	Dates acted if not for whole year

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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;
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Section C Objectives and activities

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

To provide free-of-charge education services, workshops and seminars, for the relief of those in need by reason of them being parents, families or carers of disabled, severely or terminally ill children, seeking to alleviate personal health related issues that may arise from their caring roles.

As the charity's ability to provide support during the pandemic 2020/21 was limited, the focus has been on building a relationship with The Rainbow Trust, providing health and well-being advice, support and seminars to members of various teams. This was facilitated through one-to-one sessions as well as group workshops via Zoom.

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)

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.

Summary of the main achievements of the charity during the year

As the charity ability to provide support during the pandemic 2020/21 has limited we focused on building a relationship with The Rainbow Trust that provided health and well-being advice, support and seminars to members of various teams. This was facilitated solely through one-to-one sessions as well as group workshops via Zoom.

Section E Financial review

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Details of any funds materially in deficit

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- 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)



Full name(s)

Simon Fraser

Position (eg Secretary, Chair, etc)

Chair

Date

31/1/2025