

Charity registration number 1204544 (England and Wales)

BRAVE PARENTS
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2025

BRAVE PARENTS

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Ms C O'Grady Ms S Walker Ms S Derrick Mr J Kemp	
Charity registration	England and Wales	1204544
Independent examiner	M J Bushell Audit LLP Ground Floor Kings House 101-135 Kings Road Brentwood Essex CM14 4DR	

BRAVE PARENTS

CONTENTS

	Page
Trustees' report	1 - 6
Independent examiner's report	7
Statement of financial activities	8
Balance sheet	9
Notes to the financial statements	10 - 15

BRAVE PARENTS

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 AUGUST 2025

The trustees present their annual report and financial statements for the year ended 31 August 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)".

Objectives and activities

Who we are

Brave Parents (known as 'Brave') provides self-care opportunities for parents who have children with complex medical needs. 'Complex medical needs' refers to children who have been diagnosed by a medical professional, with an illness, disability or sensory impairment (sight and/or hearing impairment) that requires substantial daily support from a Parent Carer.

Our mission

- To provide a support and comfort network for the mental health and wellbeing of parent carers who have children with complex medical needs.
- To provide mental health and well-being support via seasonal "...for you" and Hospital Brave boxes containing self-care items.
- To give parent carers the opportunity to attend local in-person events to help them to establish relationships with those in a similar situation.
- To give parent carers the opportunity to join virtual events for those not able to attend in-person events.
- To collaborate with other charities and organisations that are aligned to Brave's aims.
- To raise awareness of the importance of the parent carer role.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

BRAVE PARENTS

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

Achievements and performance

Highlights of our achievements and performance

Throughout the year we have provided self-care opportunities to 4,643 Parent Carers, including 239 Brave Boxes sent directly to Hospital wards for those Parent Carers staying in with their child.

We have created seasonal Brave Boxes, ran exclusive retreat days, games night, sewing, crochet, date with a mate, 30 day self-care challenge and summer holiday self-care challenge.

Monthly in-person events included:

- Retreat Days
- Mindfulness classes
- Wreath making workshop
- Wellness Walk
- Creative Craft workshops
- Coffee mornings

Virtual events included:

- Virtual Yoga
- Virtual PT session
- Virtual Crochet class
- Virtual Mindfulness "Lego" session
- Virtual Skincare tutorial
- Virtual Mindfulness session
- Virtual Stress and Mindfulness workshop
- Virtual Quiz
- Virtual Music night with takeaway voucher
- Virtual Comedy night

Collaborations

This year, we have seen a notable increase in the number of Charities approaching us for collaboration. We have also continued to provide care packages to hospital wards and other complex needs support groups. We have continued our 'Brave sanitary bags' initiative which have been well received and are now available in the hospital wards and children's hospices who we collaborate with. We intend to keep up and expand our partnerships around the country.

We continue to work closely with Special Needs Schools within the local area, and this year have also hosted in-person events at the school facilities providing support to many Parent Carers whose children attend the School.

BRAVE PARENTS

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

Raising awareness

Increasing awareness of Parent Carers and motivating them to think about their mental health and wellness is one of our goals. In addition to connecting with our local community and providing Parent Carers self-care opportunities to encourage this, Brave has also organised volunteer days for our supporters to observe the effort required to support Parent Carers of children with complex medical needs. They have been incredibly beneficial and have assisted volunteers in realising how, while caring for a child with complex medical requirements, the needs of the parent carer are sometimes neglected or come last.

We are pleased to have supporters across the country who contribute to the growth of our fundraising efforts through a variety of fundraising projects. The money raised has greatly impacted Brave's work, enabling us to offer self-care seasonal packages to all parent carers staying at respite centres and hospices, host monthly events in-person or virtually, and expand our partnerships with organisations and charities that wish to support parent carers without sacrificing their own goals and objectives.

To increase local awareness of our charitable endeavours, we have developed seasonal free events, such as our free Easter egg hunt. This year, we decided to include local Businesses in the Easter Egg Hunt which had a positive impact on both the local Community and local Parent Carers.

Our social media presence has grown because of our successful Parent Carer Awareness Day campaign, which has reached more parent carers around the United Kingdom. It has also helped Parent Carers' friends and relatives have an insight into what it is like to care for a child with complex medical needs and the toll this might have on their well-being.

We have been able to expand our promotional activities through the purchase of a branded Gazebo, which was purchased from the Fundraiser – 'Founder's Fund'. Both parent carers and members of the public who wish to help our cause are now more aware of Brave as a charity thanks to this visual impact.

Significant activities and achievements

Since we began, the demand for parent carer support has significantly increased. Numerous UK charities, hospitals and hospices whose main objective is to care specifically for the child/ren with complex needs continue to reach out to us requesting our assistance in providing the Parent Carer with much-needed support. They have seen the benefit of what we can offer the Parent Carer and how our collaborative efforts allow for the whole family unit to be supported.

We continue to assist local special needs schools, where we have raised awareness, developed our network of Parent Carer support groups, and given Parent Carers self-care packages.

Our successful Brave virtual roadshow not only reached individual parent carers but also featured in community spaces within hospital and hospice accommodation.

We are very proud to have secured a site for our Brave Garden. This will be a reflective calming space for bereaved Parent Carers. We are looking forward to planning and preparing the Garden ready for blooms next year.

In addition to helping as many parent carers as possible in the UK, we're working to raise awareness among people who know a parent carer about the negative effects caring for a child with complex medical needs may have on their mental health and general wellbeing. Our work is made possible by donations, fundraising initiatives, grants, and volunteers; the secret to our ongoing success is the support we get from these sources in the future.

Grants are made in accordance with charity law, our constitution and the wishes and directions of our supporters. We endeavour to direct funds towards providing the support needed for Parent Carers. During the year grants totalling just under £2,000 were made. When considering where to focus our attention our Trustee's board have paid regard to the Charity Commission's guidance on public benefit and what this means for Brave. Our future plan to secure further grants will help us provide more in-person events nationwide.

BRAVE PARENTS

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

Proud supporters, fundraisers and volunteers

On behalf of the Trustee body, we would like to thank our "proud supporters of Brave," who enable us to reach even more parent carers nationwide and continuously provide the supplies needed for our seasonal boxes.

We are also grateful to the members of public who give of their time out of hours in support of the work of the Brave, in developing ideas, in packing our seasonal boxes, raising awareness, fundraising activities and their continual championing of our Charity.

Financial review

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Structure, governance and management

Brave Parents is a registered charity as of 31 August 2023, with charity number 1204544.

The trustees who served during the year and up to the date of signature of the financial statements were:

Ms C O'Grady
Ms S Walker
Ms S Derrick
Mr J Kemp

Recruitment and appointment of trustees

Apart from the first charity trustees, every trustee must be appointed by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as new charity trustees, the existing charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The company's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London WC1A 1DU).

The company's current policy concerning the payment of trade creditors is to:

- settle the terms of payment with suppliers when agreeing the terms of each transaction;
- ensure that suppliers are made aware of the terms of payment by inclusion of the relevant terms in contracts; and
- pay in accordance with the company's contractual and other legal obligations.

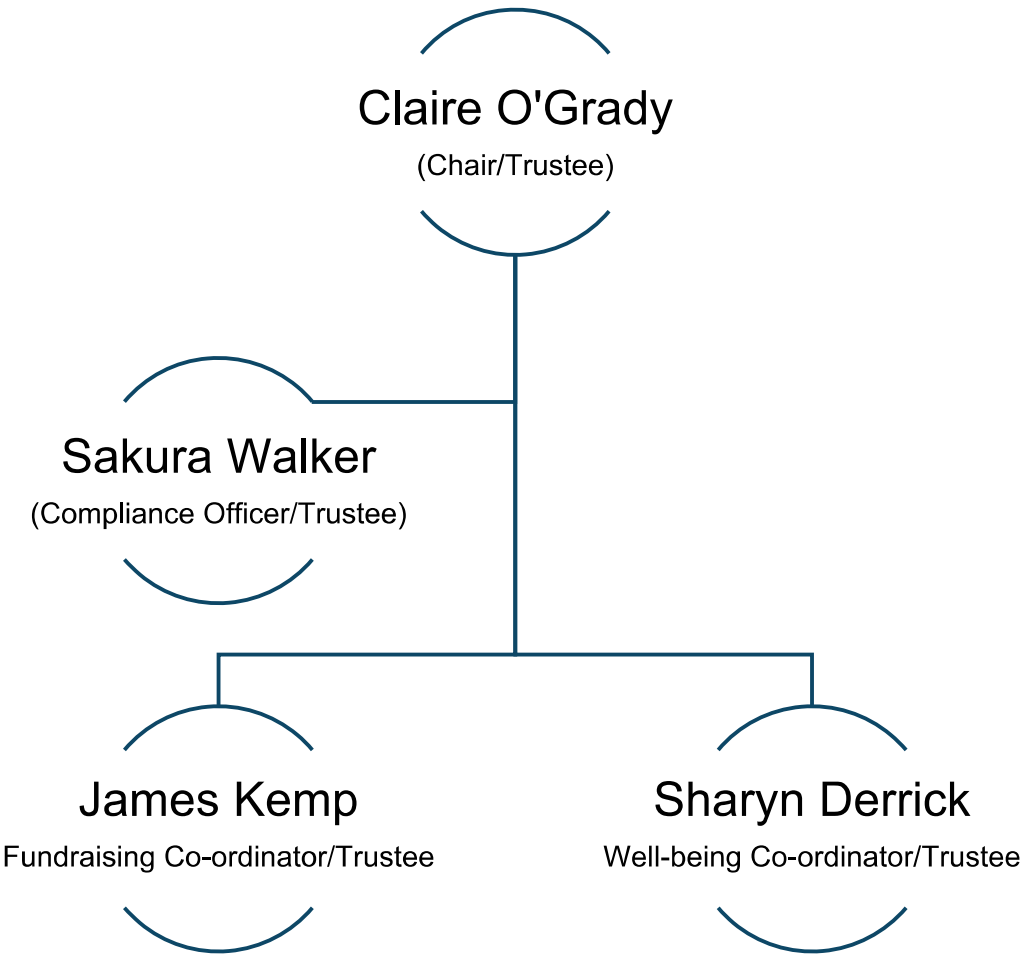
BRAVE PARENTS

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 AUGUST 2025

Organisational structure

Brave’s Trustees have responsibility for fulfilling our strategic plans and ensuring all our activities are inline with our constitution, aims and objectives.

Brave Parents organisational structure is as follows:



BRAVE PARENTS

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

The trustees' report was approved by the Board of Trustees.



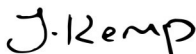
.....
Ms C O'Grady
Trustee



.....
Ms S Walker
Trustee



.....
Ms S Derrick
Trustee



.....
Mr J Kemp
Trustee

1 May 2026
Date:

BRAVE PARENTS

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF BRAVE PARENTS

I report to the trustees on my examination of the financial statements of Brave Parents (the charity) for the year ended 31 August 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

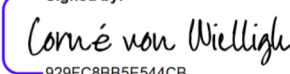
Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

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

Signed by:



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M J Bushell Audit LLP

Ground Floor

Kings House

101-135 Kings Road

Brentwood

Essex

CM14 4DR

Date: 13 May 2026

BRAVE PARENTS

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 AUGUST 2025

	Notes	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Income and endowments from:			
Donations and legacies	2	17,847	23,937
Other trading activities	3	2,793	2,117
Other income	4	-	200
Total income		<u>20,640</u>	<u>26,254</u>
Expenditure on:			
Raising funds	5	3,073	5,957
Charitable activities	6	17,469	13,436
Total expenditure		<u>20,542</u>	<u>19,393</u>
Net income and movement in funds		98	6,861
Reconciliation of funds:			
Fund balances at 1 September 2024		<u>6,861</u>	-
Fund balances at 31 August 2025		<u>6,959</u>	<u>6,861</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.


BRAVE PARENTS


BALANCE SHEET

AS AT 31 AUGUST 2025

	Notes	2025 £	£	2024 £	£
Current assets					
Stocks	12	300		300	
Cash at bank and in hand		7,619		7,521	
		<u>7,919</u>		<u>7,821</u>	
Creditors: amounts falling due within one year	13	(960)		(960)	
Net current assets			<u>6,959</u>		<u>6,861</u>
The funds of the charity					
Unrestricted funds	14		<u>6,959</u>		<u>6,861</u>
			<u>6,959</u>		<u>6,861</u>

The financial statements were approved by the trustees on ..1.5.2026.....


.....
Ms C O'Grady
Trustee


.....
Ms S Walker
Trustee


.....
Ms S Derrick
Trustee


.....
Mr J Kemp
Trustee

BRAVE PARENTS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 AUGUST 2025

1 Accounting policies

Charity information

Brave Parents works as a support network for parents who have children with complex medical needs. They provide self care opportunities and raise parent carer awareness.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £1.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

BRAVE PARENTS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2025

1 Accounting policies

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition. Items held for distribution at no or nominal consideration are measured the lower of replacement cost and cost.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

BRAVE PARENTS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 AUGUST 2025

1 Accounting policies

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee’s services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Income from donations and legacies

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Cash donations	13,190	13,009
Grant income	2,000	2,935
Donated goods	2,657	7,993
	<u>17,847</u>	<u>23,937</u>

3 Income from other trading activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Donations from fundraising activities and events	<u>2,793</u>	<u>2,117</u>

4 Other income

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Bank interest and compensation	<u>-</u>	<u>200</u>

BRAVE PARENTS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2025

5 Expenditure on raising funds

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising and publicity		
Cost of fundraising events and activities	1,107	1,865
Goods donated for fundraising events and activities	1,966	4,092
	<u>3,073</u>	<u>5,957</u>

This includes the cost of prizes donated for use in fundraising events.

6 Expenditure on charitable activities

	Charitable Expenditure 2025 £	Charitable Expenditure 2024 £
Direct costs		
Goods purchased for donation to parent carers	8,913	4,709
Goods donated for donation to parent carers	691	3,901
Cost of events and activities run for parent carers	6,442	2,876
	<u>16,046</u>	<u>11,486</u>
Share of support and governance costs (see note 7)		
Support	349	408
Governance	1,074	1,542
	<u>17,469</u>	<u>13,436</u>
Analysis by fund		
Unrestricted funds	<u>17,469</u>	<u>13,436</u>

7 Support costs allocated to activities

	2025 £	2024 £
IT and website costs	170	60
Insurance	179	348
Governance costs	1,074	1,542
	<u>1,423</u>	<u>1,950</u>
Analysed between:		
Charitable Expenditure	<u>1,423</u>	<u>1,950</u>

BRAVE PARENTS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2025

7 Support costs allocated to activities

	2025 £	2024 £
Governance costs comprise:		
Independent examination and accountancy fees	1,074	1,542
	<u>1,074</u>	<u>1,542</u>

8 Net movement in funds

	2025 £	2024 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	1,074	1,542
	<u>1,074</u>	<u>1,542</u>

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

10 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Total	-	-
	<u>-</u>	<u>-</u>

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

None.

11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

12 Stocks

	2025 £	2024 £
Stock of donated goods	300	300
	<u>300</u>	<u>300</u>

Stock held relates to goods donated for the purpose of donation to parent carers. All stock held as at the year end date has been subsequently donated to parent carers.

BRAVE PARENTS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2025

13 Creditors: amounts falling due within one year

	2025 £	2024 £
Accruals and deferred income	960	960

14 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 September 2024 £	Incoming resources £	Resources expended £	At 31 August 2025 £
General funds	6,861	20,640	(20,542)	6,959

Previous period:

	At 1 September 2023 £	Incoming resources £	Resources expended £	At 31 August 2024 £
General funds	-	26,254	(19,393)	6,861

15 Related party transactions

There were no disclosable related party transactions during the year.