



Target CSF Leaks

Defending your Dura

TRUSTEE'S ANNUAL REPORT & ACCOUNTS

For the year ending March 2025.

General Meeting – 15th September 2025, 13:30pm

CHARITY DETAILS:

CHARITY NAME: TARGET CSF LEAKS

REGISTERED CHARITY NUMBER: 1209509

CONTACT ADDRESS: 21 KESTREL PARK, WHITCHURCH, TAVISTOCK, DEVON, PL19 9FX

TRUSTEES DURING THE YEAR:

NAOMI CORNISH (CHAIR); LAURA BARTRUM (VICE CHAIR);

SAPNA BIDWALL (TREASURER, APPOINTED 21 SEPTEMBER 2024);

HELEN SEAGER-SHAW (SECRETARY); ELIZABETH PRUETT (APPOINTED 19 MAY 2025);

VIRGINIA TROTT (APPOINTED 19 MAY 2025)

RON ASHFORD (RESIGNED 3 MARCH 2025); SARAH RIDEAL (RESIGNED 19 JULY 2025)

OBJECTIVES & ACTIVITIES

Target CSF Leaks is established for the public benefit to preserve and protect the health of persons affected by a cerebrospinal fluid leak (csf) by providing and assisting in the provision of facilities, grants, support, advice and education services and equipment not normally provided by the statutory authorities, as well as advocating for effective diagnostic and treatment options. To relieve the needs of persons affected by a cerebrospinal fluid leak by providing a self-help support group to patients and carers and to educate and increase awareness of the public and healthcare professionals about cerebrospinal fluid leaks.

CHAIR'S REPORT

This has been our first full year as a registered charity, and it has been both exciting and challenging. In just 12 months, we have laid strong foundations for the work ahead and started making a measurable impact for people affected by CSF leaks.

Since launch, we have grown to over 80 active members, who now have access to a range of informative resources including recovery and daily tracker sheets, and helping patients manage their condition as well as have our assistance with letter writing and discussions with their doctors. Our membership subscription model has enabled us to plan and deliver these resources sustainably.

We have successfully launched the SurFIVE'r Kits, which are being distributed to GP surgeries across the UK and to date we have sent over 200 of these. These kits provide concise, targeted information to support faster recognition, diagnosis, and treatment of CSF leaks, and directly help ensure patients are guided to the right specialist teams.

The Ambassador Programme has engaged passionate supporters, enabling individuals with experience of CSF leaks to help share our message, raise awareness, and support outreach efforts.

We have conducted extensive clinician outreach, contacting national medical organisations including the Royal College of General Practitioners, the Royal College of Radiologists, the Royal College of Physicians, the British Society of Radiographers, and the Association of British Neurologists. In addition, we have reached out to all UK medical schools to raise awareness of CSF leaks among future clinicians.

Our Target Talks have covered important topics such as post-surgery pressure issues, blood patches, myelography, and symptom management, all of which were positively received by attendees.

Patient advocacy remains central to our work. We have initiated petitions for lumbar puncture safety (1,296 signatures) and access to the PCCT scanner (632 signatures), highlighting crucial patient safety issues and supporting access to specialist diagnostic tools.

We have also begun the development of a Medical Advisory Board, with one clinician already contributing anonymously behind the scenes, which will strengthen our clinical guidance and reach.

Despite these achievements, there have been challenges. Responses from some national medical organisations have been limited, and progress in building collaborations has been slower than hoped. Sustainable funding remains a priority to expand kit distribution, awareness initiatives, and patient support.

Looking ahead to our second year, our priorities are to:

- Grow National CSF Leak Awareness Day into an annual flagship event.
- Increase SurFIVE'r Kit distribution through targeted fundraising campaigns.
- Continue developing the Medical Advisory Board to strengthen clinical reach.
- Build stronger awareness among healthcare professionals across the UK.
- Develop new informative resources to further support patients and professionals.
- Begin offering small patient grants to support access to initial consultations with CSF leak specialists.

I would like to thank my fellow trustees, our ambassadors, our members, and every supporter who has shared our message, given their time, or donated to our cause. We are still at the start of our journey, but collectively, we are creating a stronger voice for those living with CSF leaks and ensuring patients are guided to the right team for help.

- Naomi Cornish,
Founder & CEO, Target CSF Leaks

Financial Review

- **Total income:** £2,469.61
- **Total expenditure:** £1,932.71

Reserves policy: The charity will hold a designated reserve of £500 to ensure it can meet essential running costs, including website hosting and insurance. The reserve will be reviewed annually and may be adjusted as the charity grows.

The charity is dependent on donations, membership subscriptions and grants.

The charity's gross income was below the threshold requiring an independent examination or audit.

Structure, Governance and Management

Target CSF Leaks is a Charitable Incorporated Organisation (CIO) governed by its constitution adopted on 26th July 2024.

The trustees manage the charity on a voluntary basis.

ACCOUNTS BALANCE SHEET

	Period	Year to Date
Fixed Assets		
	0.00	0.00
Current Assets		
Paypal	144.27	144.27
Prepayments	30.00	30.00
Bank Account	362.63	362.63
	536.90	536.90
Current Liabilities		
	0.00	0.00
Current Assets less Current Liabilities:	536.90	536.90
Total Assets less Current Liabilities:	536.90	536.90
Long Term Liabilities		
	0.00	0.00
Total Assets less Total Liabilities:	536.90	536.90
Capital & Reserves		
P & L Account	536.90	536.90
	536.90	536.90

PROFIT & LOSS

	<u>Period</u>	<u>Year to Date</u>
Income		
Donations	935.44	935.44
Membership Subscriptions	357.87	357.87
Sales	845.29	845.29
PayPal Giving Fund	331.01	331.01
	2,469.61	2,469.61
	0.00	0.00
	0.00	0.00
Gross Profit/(Loss):	<u>2,469.61</u>	<u>2,469.61</u>
Expenditure		
Printing & Merchandise	1,072.85	1,072.85
Postage	365.26	365.26
Web Development	409.80	409.80
Telephone & Office	10.00	10.00
Insurance	44.80	44.80
Subscription	30.00	30.00
	1,932.71	1,932.71
Net Profit/(Loss):	<u>536.90</u>	<u>536.90</u>

This report and accounts were approved by the trustees on 15 September 2025 and signed on their behalf by:



Naomi Cornish – Chair
Date: 15 September 2025