

FREE FROM FAMILIES

Trustees' Annual Report

For the period 2 December 2024 to 30 October 2025

Charity number: 1211215

Reference and administrative details

Charity name	Free From Families
Charity number	1211215
Charity structure	Charitable Incorporated Organisation (CIO)

Free From Families is governed by its CIO constitution. The charity is managed by its trustees, who met during the period to oversee the charity's activities, finances and development.

The charity had no paid employees during the period. Its work was carried out by trustees and volunteers, none of whom received payment for their work.

Objectives and activities

Free From Families was established to preserve and protect the health of children and their families affected by allergies, asthma, eczema and other skin conditions.

The charity seeks to achieve this through education, support and advocacy; providing opportunities for families to share experiences and offer mutual support; helping families navigate the challenges associated with these conditions; and developing resources and activities which increase understanding and support.

The trustees have had regard to the Charity Commission's guidance on public benefit when planning the charity's activities.

During its first accounting period, the charity focused on establishing Free From Families, developing its resources and creating opportunities for families to access free information and peer support.

The charity regularly sought feedback from families within the community to help ensure its work reflected their experiences and needs.

Achievements and performance

This was Free From Families' first accounting period following its registration as a charity in December 2024.

- attended a Healthwatch Stockport community event, raising awareness of the charity and providing information to families;

- held a free back-to-school evening on 21 July 2025 for parents of children preparing to start secondary school that September;
- held a free peer-to-peer back-to-school support group on 29 September 2025 for families whose children had recently returned to school;
- launched the Free From Families website on 1 October 2025, providing a central place for families to access information, support and resources; and
- held an Allergy Friendly Guide to Halloween community event at the Drill Hall in Cheadle on 30 October 2025. Families took part in activities including painting teal pumpkins and learning about the Switch Witch. Free From Families shared its Halloween guide and poem, and free-from snacks donated by Tesco were distributed to families.

All family support activities and community events delivered by the charity during the period were provided free of charge.

Allergy Allies

During the period, Free From Families developed Allergy Allies, a scheme of work for schools designed to improve children's understanding of allergies and help create more inclusive school communities for children living with allergic disease.

The programme was introduced in July 2025 and piloted by schools during 2025. Initial pilot feedback was received in October 2025 and used to inform the continued development of the programme.

The development of Allergy Allies formed an important part of the charity's work to improve allergy education and understanding within schools.

Financial review

The charity received £1,797.86 during the period, consisting entirely of donations and fundraising income.

This included £1,765.79 raised through a sponsored half marathon, alongside other donations totalling £32.07.

Total expenditure during the period was £502.52. Expenditure supported the establishment and activities of the charity and included fundraising and event materials, resources, website costs and charity insurance.

At 30 October 2025, the charity held total funds of £1,295.34, comprising £1,273.27 held in the charity bank account and £22.07 held as cash donations.

All funds held at the end of the period were unrestricted.

The charity received no grant funding during the period.

Reserves

Free From Families did not have a formal written reserves policy during its first accounting period.

At the end of the period, the charity retained its unrestricted funds to support future charitable activities, community events, resources, website costs and other costs associated with continuing the charity's work.

The trustees will continue to review the charity's financial position and its approach to reserves as the charity develops.

Trustee remuneration

No trustees received remuneration or other financial benefit from the charity during the period.

Plans for the future

Following its first year, Free From Families intends to continue developing its support for families affected by allergies, asthma, eczema and related conditions.

The charity plans to build upon its community and peer-support activities, continue developing resources for families and schools, further develop the Allergy Allies programme and use its website to increase access to information and support.

The trustees will continue to seek feedback from families and the wider community to help shape the charity's future work.

Approval

This report was approved by the trustees on:

Date: 25.8.26

and signed on their behalf by:

Trustee: Laurence Aspinall

Signature: L.Aspinall



CHARITY COMMISSION
FOR ENGLAND AND WALES

Free From Families

1211215

Receipts and payments accounts

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For the period from	02/12/2024	To	30.10.2025
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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					
Donations	32.07	-	-	32	-
Fundraising Income	1765.79	-	-	1,766	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,798	-	-	1,798	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,798	-	-	1,798	-
A3 Payments					
Fundraising and event costs	170	-	-	170	-
Charitable activity resources	41	-	-	41	-
Website Costs	180	-	-	180	-
Insurance	112	-	-	112	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	503	-	-	503	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	503	-	-	503	-
Net of receipts/(payments)	1,295	-	-	1,295	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	1,295	-	-	1,295	-

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	Co-operative Bank account	1,273	-	-
	Cash donations held	22	-	-
		-	-	-
	Total cash funds	1,295	-	-
	(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)
	Sum Up Card Reader	unrestricted	53	-
	Donation collection boxes	unrestricted	41	-
	Fundraising wheel	unrestricted	29	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
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	
	L.Aspinall	Laurence Aspinall	24.08.26	
	J. Ormiston	Jade Ormiston		
			24.8.26	