Trustees' annual report
for the period

CHARITY COMMISSION
FOR ENGLAND AND WALES

Period start date 0 1 0 1 2 5 Period end date 3 1 1 2 2 5

Charity name The Courage Foundation UK Charity No (if any) 1 1 6 6 0 9 3

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The CIO aims to relieve mental and physical sickness and distress of bereaved children and families in England, particularly through family days out at theme parks.
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	Supporting bereaved children and their families through the provision of days out and annual passes.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees continue to follow all guidance issued by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	The charity makes grants in the form of annual passes and days out only - no grants are made.
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	We are so thankful for our wonderful volunteers who have made everything possible this year.
Other		

Achievements and Performance

	SORP reference	
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	We have continued to support lots of families during the financial period, spending £3500 on annual passes and tickets. This represents around 14 families this year that have benefitted through the work of the charity. We also have managed to increase our profile as a charity through being selected as on of the Lord Mayor of Southampton's annual charities and have secured funding through other corporate relationships too.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

	SORP reference	
Review of the charity's financial position at the end of the period	Para 1.21	The charity remains in a positive position with an increase in funds of around £4000 after debits.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	We have minimal running costs
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
The charity's principal sources of funds (including any fundraising)	Para 1.47	The principal source of funding has been events, donors & the selling of merchandise.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:	SORP reference	
Type of governing document (trust deed, royal charter)	Para 1.25	Trust deed
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	Trustees have remained unchanged.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policies and procedures adopted for the induction and training of trustees	Para 1.51	NA
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	The Courage Foundation UK
Other name the charity uses	
Registered charity number	1166093
Charity's principal address	2 Bursledon Road Southampton SO19 7LW

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	Ruth Palmer	Chair		
2	Tony Palmer	Treasurer		
3	Simon Vargeson			
4	Ellen Vargeson			
5	Mark Vargeson			
6	Beth Vargeson			
7	Matt Long			
8	Rebekah Long			
9	John White			
10	Claire White			
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Reference and Administrative details (cont)

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	None
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)

Exemptions from disclosure

Reason for non-disclosure of key personnel details

Other optional information

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Ruth Palmer	Tony Palmer
Full name(s)	Ruth Palmer	Tony Palmer
Position (eg Secretary, Chair, etc)	Chair	Chair
Date	30th October 2026	

Courage Accounts 2025

	January	February	March	April	May	June	July	August	September	October	November	December	Total
Starting Balance	10848.97	10427.68	10657.54	12367.86	12870.86	12938.12	14250.26	14788.8	15169.99	15825.44	14540.71	14646.29	
Cost of fundraising activities	224.42	0	0		83.35	0	0	0	150.84		0	359.86	818.47
Cost of Merchandise stock	0	0	25	0	0	0	0	0	0	0	0	0	25
Purchase of annual passes	540	0	0	0	0	1322	0	0	0	1704	0	0	3566
Costs											0		0
Bank charges	5	5	5	5	5	5	5	5	5	5	5	5	60
Total Debits	769.42	5	30	5	88.35	1327	5	5	155.84	1709	5	364.86	4469.47
Interest			5.32			6.48			7.5			7.5	26.8
Donations	337.16	95.94	1671.7	472.73	95.94	2563.68	423.54	386.19	789.04	216.71	95.94	534.62	7683.19
Building gifts							0						0
Merchandise income	10.97	138.92	63.3	35.27	59.67	68.98	120	0	14.75	207.56	14.64	38.42	772.48
Total Credits	348.13	234.86	1740.32	508	155.61	2639.14	543.54	386.19	811.29	424.27	110.58	580.54	8482.47
Closing Balance	10427.68	10657.54	12367.86	12870.86	12938.12	14250.26	14788.8	15169.99	15825.44	14540.71	14646.29	14861.97	**14861.97**