Target CSF Leaks

Defending your Dura

TRUSTEE'S ANNUAL REPORT & ACCOUNTS

For the year ending March 2026.

General Meeting – 14th September 2026, 10:00am

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);
HELEN SEAGER-SHAW (SECRETARY); ELIZABETH PRUETT (TRUSTEE);

VIRGINIA TROTT (RESIGNED 2 DEC 2025); SAPNA BIDWALL (RESIGNED 5 FEB 2026)

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

As Chair of Target CSF Leaks, I am pleased to present this report for the past year.

This year has been one of continued growth and development for the charity, building on the foundations established during our first year. Our focus has remained on providing clear, practical information, strengthening support for those affected by CSF leaks, and raising awareness of a condition that remains poorly understood.

Developments and Resources

During the year, we significantly expanded the range of information and practical resources available through Target CSF Leaks.

New resources included information on the different types of CSF leak, a six-step guide for patients with suspected CSF leaks and negative imaging, an MRI anxiety resource, information on life after a CSF leak, menstrual cycle and CSF leak symptoms, spiky leaky syndrome, barometric pressure, and preventing deconditioning while managing a CSF leak.

We also substantially developed our existing support resources, including a revamped *Plan for Your Appointment* page and a new consultation aid to help patients organise and communicate important information ahead of clinical appointments.

Alongside these resources, we continued to develop educational content through videos, practical guidance and Target Talks, helping patients and supporters better understand CSF leaks and the challenges associated with diagnosis, treatment and recovery.

Patient Support and Community

Our patient support provision has continued to grow throughout the year.

Leaky Café, our weekly virtual support group, reached its second anniversary in October and continues to provide a valuable space for people affected by CSF leaks to connect, share experiences and access peer support.

Our membership also continued to grow, reaching **131 members by the end of March 2026**. This growth reflects the increasing need for accessible, practical support for patients and their families.

In October, we launched the **Patient Grant Scheme**, providing targeted financial assistance towards an initial private consultation for eligible members where specific barriers to accessing specialist assessment exist.

We also introduced **Sunflower Lanyards** for those who may benefit from a discreet way of communicating that they have a hidden disability or additional support needs.

The development of practical consultation resources has remained an important part of our work, helping patients to prepare for appointments and communicate their history and concerns as effectively as possible.

Awareness and Advocacy

Advocacy and awareness have continued to become an increasingly important part of Target CSF Leaks' work.

We continued to support and promote campaigns relating to access to appropriate investigation and care, including our ongoing petitions concerning lumbar puncture safety and access to appropriate imaging.

A significant milestone was the establishment of **National CSF Leak Awareness Day**, which took place for the first time on **8 August 2025** under the theme **“It's Time”**. Establishing a dedicated national awareness day provided an opportunity to bring greater attention to CSF leaks and the experiences of those affected, while encouraging wider understanding of the condition.

We have also continued to explore ways of making information about CSF leaks more accessible and relevant to patients, supporters and healthcare professionals.

Challenges

Despite the progress made, many of the challenges faced by people with CSF leaks remain.

Awareness and understanding of CSF leaks within healthcare settings continues to vary, and patients can still experience significant delays in diagnosis, investigation and appropriate treatment. Ensuring that accurate and accessible information is available remains a key priority for the charity.

As Target CSF Leaks continues to grow, so too does the demand for patient support and resources. Sustaining and expanding this work depends on continued fundraising, membership and community support, while ensuring that the charity's activities remain manageable and sustainable.

Looking Forward

In the year ahead, we will continue to build on the foundations established during our first two years.

Our priorities will include further development of patient information and support resources, continued advocacy and awareness work, strengthening our support for members, and developing new ways to reach people affected by CSF leaks.

We will also continue to build relationships within the wider CSF leak community and with healthcare professionals, with the aim of improving understanding and ultimately helping patients to access appropriate care.

Closing

I would like to extend my thanks to our members, supporters and everyone who has contributed to the work of Target CSF Leaks during the past year.

The continued growth of the charity demonstrates both the need for the work we do and the strength of the community that has developed around it. What began as a small organisation has continued to grow into a wider source of information, support and advocacy for people affected by CSF leaks.

I am proud of what Target CSF Leaks has achieved during its second year and grateful to everyone who has helped make that progress possible. I look forward to continuing this work in the year ahead.

- Naomi Cornish,
  Founder & CEO, Target CSF Leaks

Financial Review

The charity continues to operate carefully and sustainably, with expenditure focused on supporting its charitable activities and developing resources and services for those affected by CSF leaks. The surplus will help provide a financial foundation for the charity's continuing work and future development.

- **Total income:** £5,241
- **Total expenditure:** £1,258

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

TARGET CSF LEAKS

As at 31 Mar 26

		£	£
Capital Assets			
Net Book Value		0	
Current Assets		**4,486**	
	Bank Account: Business Current Account	4,486	
***less* Current Liabilities**			**1,021**
	Trade Debtors		0
	Bank Account: Target CSF Leaks's PayPal Account (J5DE9LFT9DVBA) - GBP		631
	Bank Transfers in Progress		389
Net Current Assets		**£3,465**	
Total Assets		**£3,465**	
Owner's Equity			
Retained Profit			3,465
Total Owner's Equity			**£3,465**

Profit & Loss

TARGET CSF LEAKS

Accounting Year 2025/26

		Debit	Credit
Turnover			**1,037**
	Sales		1,037
***add* Other Income**			**4,203**
	Interest Received		150
	Grant Income		4,053
Gross Profit			**5,241**
***less* Administration Expenses**		**1,258**	
	Printing	485	
	Miscellaneous	75	
	Postage	557	
	Subscriptions	66	
	Bank/Finance Charges	31	
	Insurance	45	
Operating Profit			**£3,982**
less **Drawings**			**£0**
less **Profit & Loss journal entries**			**£0**
Retained Profit this period:			**£3,982**
Retained Profit brought forward:			**-£518**
Distributable Reserves / Retained Profit carried forward:			**£3,465**

This report and accounts were approved by the trustees on 14 September 2026 and signed on their behalf by:



Naomi Cornish – Chair
Date: 14 September 2026