Charity number: 205274

BERKSHIRE NURSES AND RELIEF IN SICKNESS TRUST

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2026

BERKSHIRE NURSES AND RELIEF IN SICKNESS TRUST

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 MARCH 2026

Trustees

Ms H Alexander
Mrs F Connolly
Mrs L Damani
Mrs A Farley
Mr R Newham
Mrs L Palmer, Chair
Mrs F Simpson, Vice Chair
Ms O Christian
Ms L Sansom
Mrs A Verity (appointed 14 April 2026)

Charity registered number

205274

Principal office

BNRST
c/o James Cowper Kreston
Apex, Forbury Road
Reading
Berkshire
RG1 1AX

Secretary

Mrs V Woodley

Treasurer

Mr S Wilden

Accountants

James Cowper Kreston
Chartered Accountants
Apex
Forbury Road
Reading
Berkshire
RG1 1AX

Bankers

Barclays Bank plc
90-93 Broad Street
Reading
RG1 2HD

The Charity Bank Ltd
Fosse House
182 High Street
Tonbridge
TN9 1BE

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2026

The Trust was established under a Scheme dated 25 April 1980 to provide financial assistance to retired nurses who worked in Berkshire and to persons resident in Berkshire (and those parts of Oxfordshire which used to be in Berkshire prior to 1974) who are in need through sickness or disability.

I am pleased to report that the past year has in many ways been a more positive one than I reported last year. In April the Trust was very fortunate to appoint Mrs Valerie Woodley as the Honorary Secretary. Mrs Woodley has improved our efficiency, ensured our adherence with legislation, and assisted with the setting up of a BNRST website. I believe the Trust is recognised as a responsive and efficient Organisation.

During this financial year 58 grants were made to individuals totaling £30,328.19. The smallest Grant was £114.50 for a Prepayment Certificate, and the highest award was £1,865.00 for half of the cost of laying artificial grass to enable children with complex health needs to have safe use of the family's back garden. This grant was matched by the Reading Dispensary Trust, a Charity we regularly work alongside.

The previous year's figures for individual grants were 42 grants with a total of £29,852.

During this year 11 grants were made to Organisations which totalled £37,826.54. These grants ranged from £681.54 to fund an outdoor adjustable height table for a day Centre for children with special needs (including wheelchair users) to £5,240.00 to enable a Charity for the Homeless to meet a range of their user's needs.

Last year the figures were 14 grants with a total of £60,162.

The task of assessing applications between meetings has been carried out by Ms. H Alexander, Ms. O Christian, Mrs. F Connolly, Mrs. L Damani, Mrs. A Farley, Mr. R Newham, Mrs. L Palmer, Ms. L Sansom and Ms. F Simpson. There was one vacant Trustee post which we expected to fill in April 2026.

1. Public Benefit

The public benefit from the Trust's activities is both substantial and expeditious, within the Trust's constitution. Access is via statutory and voluntary caring organizations, Social Services Departments and Housing Departments, Health Authorities, Citizen's Advice Bureau etc., to whom the existence of the Trust is well known. As in previous years the majority of our applications were for white goods or flooring, these needs being identified by Housing Support staff and others dealing with people being rehoused. Similarly, we continue to receive requests for grants for house and garden clearance to provide a safe environment or to prevent eviction. I am pleased to report that the Trust continues to respond speedily when required.

Whilst there was an increase in the number of applications for individual grants over the past year, the actual amounts requested had been less partly due to the sharing of costs with other Charities.

The Trust received fewer applications from Organisations' but I believe that was a matter of timing, more applications being received the following month.

2. Income & Expenditure for the Year

The revenue income of the Trust for the year ended 31st March 2026 was £105,717 an increase of £4,064 compared to 2024/25 or 4.0%. This was due to an increase in income from investments.

Expenditure for the year was £81,672 made up as follows:

	2025/26	2024/25
Grants to Individuals (net)	**£28,986**	£29,672
Grants to Organisations	**£37,827**	£60,162
Administrative expenses	**£14,859**	£11,865
Total Expenditure	**£81,672**	£101,699
Excess of Income over Expenditure	**£24,045**	£ (46)
	£105,717	£101,653

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2026

3. Investments and Other Assets

(a) The net assets of the Trust as at 31st March 2026 amounted to £2,142,555 (31st March 2025 - £1,832,408). The common investment funds are shown at market price on that date.

	2025/26	2024/25
Investments	**£1,993,268**	£1,707,166
Current and deposit account	**£ 151,597**	£ 127,486
Debtor	**£ 450**	£ 396
Less sundry creditors	**£ (2,760)**	£ (2,640)
	£2,142,555	£1,832,408

(b) The market value of the Trust's investments increased by £286,102 compared to the balance sheet figure for 2024/25. This represents an increase of 16.8%, reflecting a strong performance in the Trust's funds during the year.

4. Reserves

The amount of reserves held at the 31st March 2026 was £2,142,555. The Trust's policy is to award grants as well as covering administration expenditure up to the amount of income generated by the Trust's investments, therefore maintaining the level of reserves. The Trustees would consider reducing the level of reserves in the event of agreed grant applications exceeding income in any given year.

5. Other

The Trust's investment objectives are for a balanced return from income and from capital growth. It should be noted that the Trustee Act 2000 created wider powers of investment for Trustees. Also, a new safeguard for beneficiaries was introduced in the form of a statutory duty of care.

The COIF Charities Deposit Fund represents a cash reserve. Its purpose is to smooth cash flow during the year and to provide for contingencies such as grants in excess of income in a particular year. During the year, the Trust also opened a deposit account with Charity Bank, owing to its more attractive interest rates. This action also reduced the possibility of the combined Barclays and Charity Bank deposits exceeding the protected level of £120,000.

6. Annual General Meeting

The Annual General Meeting of the Trust was held on 7th October 2025 in Reading. Seven Trustees were present. The minutes of the forty fourth Annual General Meeting were approved following slight amendment and signed. The forty fifth Annual Report was presented by the Chairman and was adopted. The Accounts for the period 1st April 2024 to 31st March 2025 were presented by the Honorary Treasurer and were adopted.

7. Appointment of the Chairman of Trustees

Mrs. L Palmer was appointed as Chairman for the year 2025/2026. The appointment was proposed by Mrs. A Farley and seconded by Ms. L Sansom and unanimously adopted.

8. Appointment of Vice-Chairman

Ms. F Simpson was appointed as Vice-Chairman for the year 2025/2026. The appointment was proposed by Mrs. L Palmer and seconded by Mrs. H Alexander and unanimously adopted.

9. Appointment of Honorary Treasurer

Mr. S Wilden was re-appointed as Honorary Treasurer for the year 2025/2026.

10. Appointment of Honorary Secretary

Mrs. V Woodley was appointed as Honorary Secretary for the year 2025/2026.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2026

11. Appointment of the Body of Trustees

The Body of Trustees comprises, when complete, ten Co-opted Trustees. Vacancies are filled by Nomination and Election at Trust meetings, as per the Trust Scheme. Trustees usually serve for a period of four years before re-election. At the time of writing there is one vacant post.

Mrs. L Palmer (Chairman)	Re-appointed for four years with effect from 14th April 2026
Ms. F Simpson (Vice Chairman)	Re-appointed for four years With effect from 9th January 2023
Ms. H Alexander	Re-appointed for four years with effect from 8th July 2025
Ms. O Christian	Appointed for four years With effect from 9th January 2024
Mrs. F Connolly	Re-appointed for four years With effect from 2nd October 2023
Mrs. L Damani	Re-appointed for four years With effect from 9th January 2023
Mrs. A Farley	Re-appointed for four years With effect from 7th October 2025
Mr. R Newham	Re-appointed for four years with effect from 8th July 2025
Ms. L Sansom	Appointed for four years with effect from 2nd July 2024

12. Appointment of Independent Examiners

James Cowper Kreston were re-appointed Independent Examiners of the Trust for the year 2025/26.

13. Trust Meetings

Five meetings of the Trust (including the Annual General Meeting) were held in the accounting period for the year 2025/2026.

Approved by order of the members of the board of Trustees and signed on their behalf by:

L Palmer
.....
Mrs L Palmer
Chairman
Date: 6-10-26

INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 MARCH 2026

Independent Examiner's Report to the Trustees of Berkshire Nurses and Relief in Sickness Trust ('the charity')

I report to the charity Trustees on my examination of the accounts of the charity for the year ended 31 March 2026.

Responsibilities and Basis of Report

As the Trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

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

Independent Examiner's Statement

Your attention is drawn to the fact that the charity has prepared the accounts in accordance with 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) 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 been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015. 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 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts 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 accounts to be reached.

This report is made solely to the charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's Trustees as a body, for my work or for this report.

Signed: _____ Dated: 12/10/26

Darren O'Connor BSc (Hons) FCA ACCA

James Cowper Kreston
Chartered Accountants
Apex
Forbury Road
Reading
Berkshire
RG1 1AX

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2026

	Note	Unrestricted funds 2026 £	Endowment funds 2026 £	Total funds 2026 £	Total funds 2025 £
Income and endowments from:					
Investments	2	**105,717**	-	**105,717**	101,653
Total income and endowments		**105,717**	-	**105,717**	101,653
Expenditure on:					
Charitable activities	4	**81,672**	-	**81,672**	101,699
Total expenditure		**81,672**	-	**81,672**	101,699
Net income/(expenditure) before net gains on investments		**24,045**	-	**24,045**	(46)
Net gains on investments		-	**286,102**	**286,102**	51,051
Net movement in funds		**24,045**	**286,102**	**310,147**	51,005
Reconciliation of funds:					
Total funds brought forward		**127,209**	**1,705,199**	**1,832,408**	1,781,403
Net movement in funds		**24,045**	**286,102**	**310,147**	51,005
Total funds carried forward		**151,254**	**1,991,301**	**2,142,555**	1,832,408

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 8 to 16 form part of these financial statements.

BALANCE SHEET
AS AT 31 MARCH 2026

	Note		2026 £		2025 £
Fixed assets					
Investments	7		**1,993,268**		1,707,166
			1,993,268		1,707,166
Current assets					
Debtors	8	**450**		396	
Cash at bank and in hand		**151,597**		127,486	
		152,047		127,882	
Current liabilities					
Creditors: amounts falling due within one year	9	**(2,760)**		(2,640)	
Net current assets			**149,287**		125,242
Total net assets			**2,142,555**		1,832,408
Charity funds					
Endowment funds	10		**1,991,301**		1,705,199
Unrestricted funds	10		**151,254**		127,209
Total funds			**2,142,555**		1,832,408

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

.....L Palmer.....
Mrs L Palmer
Chairman
Date: 6.10.26

The notes on pages 8 to 16 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2026

1. Accounting policies

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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) (effective 1 January 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and 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 Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Berkshire Nurses and Relief in Sickness Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Funds structure

The Charity has an expendable endowment fund, created by a scheme dated 25 April 1980. The trustees can apply all the income, and at their discretion the whole or part of the property of the charity. All income is treated as being unrestricted.

Unrestricted income funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects.

1.3 Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity, this is normally upon notification of the interest paid or payable by the bank institution with whom the funds are deposited.

Dividends are recognised once declared and notification has been received of the dividend due.

1.4 Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to the expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis.

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 allocated on the portion of the asset's use.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2026

1. Accounting policies (continued)

1.4 Expenditure (continued)

Expenditure on charitable activities is incurred on directly undertaking the activities which further the charity's objectives, as well as any associated support costs.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

All expenditure is inclusive of irrecoverable VAT.

1.5 Charitable activities

Costs of charitable activities include grants made to individuals and organisations, support costs and governance costs.

Support costs comprise all day to day costs of administering the Charity and making grant payments. These include those for offices, stationery, printing, postage, and the cost of the secretary's honorarium.

Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice. These costs, include the cost of the independent examination of the financial statements, treasurer's honorarium, costs of trustee meetings and travel costs.

1.6 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Statement of Financial Position date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of financial activities.

1.7 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.8 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2026

2. Investment income

	Unrestricted funds 2026 £	Total funds 2026 £	Total funds 2025 £
Investment income	102,658	**102,658**	98,504
COIF deposit account interest	1,450	**1,450**	1,761
Bank interest	1,609	**1,609**	1,388
	105,717	**105,717**	101,653
Total 2025	101,653	101,653	

3. Analysis of grants

	Grants to Institutions 2026 £	Grants to Individuals 2026 £	Total funds 2026 £	Total funds 2025 £
Grants	37,827	28,986	**66,813**	89,834
Total 2025	60,162	29,672	89,834	

The charity has made the following material grants to institutions during the year:

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2026

3. Analysis of grants (continued)

Name of institution	2026 £	2025 £
Ridgeline Trust	-	11,440
Younger People with Dementia	-	10,000
Parents and Children Together	-	9,240
Torch Hub	-	5,000
Clear Sky Children's Charity	**5,000**	5,000
Brave Mind	-	5,000
Berkshire Health and Well Being Social Enterprises	-	5,000
West Berkshire Homeless	**5,240**	-
No 5 Young People	**4,650**	-
Sue Ryder	**5,000**	-
Thames Hospice	**5,000**	-
Asthma Relief Charity	**4,750**	-
	29,640	50,680
Other grants to institutions	**8,187**	9,482
	37,827	60,162

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2026

4. Analysis of expenditure by activities

	Grant funding of activities 2026 £	Support costs 2026 £	Total funds 2026 £	Total funds 2025 £
Charitable activities	66,813	14,859	**81,672**	101,699
Total 2025	89,834	11,865	101,699	

Analysis of support costs

	Total funds 2026 £	Total funds 2025 £
Printing and stationery	**47**	35
Postage and telephone	**72**	-
Secretary - Honorarium	**6,255**	5,203
Secretary - Home office heating etc	**653**	1,251
P O Box	**446**	-
Gifts	**-**	27
Treasurer - Honorarium	**2,533**	2,481
Website	**1,919**	-
Governance costs	**2,934**	2,868
	14,859	11,865

5. Independent examiner's remuneration

	2026 £	2025 £
Fees payable to the charity's independent examiner for the preparation and independent examination of the charity's annual accounts	**2,760**	2,640

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2026

6. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2025 - £NIL).

No trustee expenses were incurred during the year ended 31 March 2026. (2025 - one trustee received a gift of £27 in gratitude for their services.)

7. Fixed asset investments

	Listed securities £
Cost or valuation	
At 1 April 2025	**1,707,166**
Revaluations	**286,102**
At 31 March 2026	**1,993,268**
Net book value	
At 31 March 2026	**1,993,268**
At 31 March 2025	1,707,166

8. Debtors

	2026 £	2025 £
Due within one year		
Other debtors	**450**	396
	450	396

9. Creditors: amounts falling due within one year

	2026 £	2025 £
Accruals and deferred income	**2,760**	2,640

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2026

10. Statement of funds

Statement of funds - current year

	Balance at 1 April 2025 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 March 2026 £
Unrestricted funds					
General Funds	**127,209**	**105,717**	**(81,672)**	**-**	**151,254**
Endowment funds					
Expendable Endowment Funds	**1,705,199**	**-**	**-**	**286,102**	**1,991,301**
Total of funds	**1,832,408**	**105,717**	**(81,672)**	**286,102**	**2,142,555**

The expendable endowment fund was established under a Scheme dated 25 April 1980 in order to assist retired nurses who worked in Berkshire and to help persons resident in Berkshire who are sick, handicapped or infirm.

The unrestricted funds are available to trustees to be spent in furtherance of the charity's activities.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2026

10. Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 April 2024 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 March 2025 £
Unrestricted funds					
General Funds	127,255	101,653	(101,699)	-	127,209
Endowment funds					
Expendable Endowment Funds	1,654,148	-	-	51,051	1,705,199
Total of funds	1,781,403	101,653	(101,699)	51,051	1,832,408

11. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2026 £	**Endowment funds 2026 £**	**Total funds 2026 £**
Fixed asset investments	1,967	1,991,301	**1,993,268**
Current assets	152,047	-	**152,047**
Creditors due within one year	(2,760)	-	**(2,760)**
Total	151,254	1,991,301	**2,142,555**

Analysis of net assets between funds - prior year

	Unrestricted funds 2025 £	Endowment funds 2025 £	Total funds 2025 £
Fixed asset investments	1,967	1,705,199	1,707,166
Current assets	127,882	-	127,882
Creditors due within one year	(2,640)	-	(2,640)
Total	127,209	1,705,199	1,832,408

12. Related party transactions

There were no related party transactions in the reporting period.