CHARITY COMMISSION FOR ENGLAND AND WALES

The Russell and Mary Foreman 1980 Charitable Trust	281543

Receipts and payments accounts

CC16a

For the period from	Period start date 01/04/2025	To	Period end date 31/03/2026

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					
Income From Investments	17,615	-	-	17,615	7,536
Interest Received	15,648	-	-	15,648	465
Additions from Related Trust	-	-	1,098,692	1,098,692	
***Sub total** (Gross income for AR)*	33,263	-	1,098,692	1,131,955	8,001
A2 Asset and investment sales, (see table).					
Sale Of Investments	-	-	365,998	365,998	192,336
Sub total	-	-	365,998	365,998	192,336
Total receipts	33,263	-	1,464,690	1,497,953	200,337
A3 Payments					
Grants Awarded	64,140	-	-	64,140	15,336
Investment Manager Fees	-	-	10,238	10,238	1,378
Trust Administration Fees	7,980	-	-	7,980	2,531
Legal Fees	-	-	-	-	480
Cash Management Fees	605	-	-	605	14
Bank Charges	12			12	
Sub total	72,737	-	10,238	82,975	19,739
A4 Asset and investment purchases, (see table)					
Investment Purchases	-	-	1,286,786	1,286,786	187,200
Sub total	-	-	1,286,786	1,286,786	187,200
Total payments	72,737	-	1,297,024	1,369,761	206,939
Net of receipts/(payments)	- 39,474	-	167,666	128,192	- 6,602
A5 Transfers between funds	68,842		- 68,842	-	-
A6 Cash funds last year end	1,808		3,918	5,726	12,328
Cash funds this year end	31,176	-	102,742	133,918	5,726

Section B Statement of assets and liabilities at the end of the period

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Capital Account	-	-	102,742
	Income Account	31,176	-	-
		-	-	-
	Total cash funds	31,176	-	102,742
	(agree balances with receipts and payments account(s))	OK	OK	OK

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
Investment Portfolio	Endowment	-	1,236,961
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

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
Per electronic approval	Marta Kurpickaja on behalf of Ludlow Trust Company Limited	Per electronic approval

CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1st April 2025 To 31st March 2026

Charity name: The Russell and Mary Foreman 1980 Charitable Trust
Charity registration number: 281543

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The Trustees shall hold the capital and income of the Trust Fund upon trust to apply the income and all or such part or parts of the capital at such time or times and in such manner to or for the benefit of such exclusively charitable objects and purposes in any part of the world as the Trustees may in their absolute discretion think fit. To aid in the relief of need, hardship, and physical and mental distress among persons in any part of the world. As well as the care and protection of animals of all kinds in need of care and attention by reason of sickness, maltreatment, poor circumstances, ill-usage or other similar causes and the prevention of cruelty to and suffering among animals.
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	In furtherance of the charity's objects for the public benefit the trustees provide grants.

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	In determining the charity's activities, the trustees have had regard to the Charity Commission's guidance 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	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
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	During the year under review the charity made grants to the following charities totalling £64,140. • Debt Advice Foundation £32,070 (England) • Rolda UK £32,070 (England)

Additional information (optional)

You may choose to include further statements where relevant about:

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

Review of the charity's financial position at the end of the period	Para 1.21	At the end of the reporting period the charity had free reserves of £31,176 (2025: £1,808). In addition to the free reserves the charity has bank balances of £102,742 (2025: £3,918) and investments valued at £1,236,961 within the expendable endowment fund which can be released to support the activities of the charity.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The Trustees pursue a policy of maintaining a free reserve available to be spent in the furtherance of the charity's objectives as well as covering future needs, opportunities, contingencies and risks.
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
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:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
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		Expendable endowment funds are those which are required to be invested to produce income, but which may be transferred to unrestricted funds at the discretion of the trustees in order that they may be expended in furtherance of the charity's objectives. Unrestricted income funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Structure, Governance and Management

Description of charity trusts:		
Type of governing document	Para 1.25	Trust deed dated: 04/11/1980 as amended by deed dated 19/01/1993 Date registered: 15/01/1981
How is the charity constituted?	Para 1.25	Trust
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 are appointed by the existing trustees.

Additional information (optional)
You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
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	No trustee received any remuneration or was reimbursed any expenses in the year under review. Ludlow Trust Company Limited was paid £8,585 (2025: £2,545) for trust administration and cash management fees during the year under review. These fees are authorised under clause 8 of the trust deed.
Other		During the year, the Charity received additional funds from the Marus Trust (a related trust) following the death of Mrs Foreman, due to her being a settlor of both Trusts.

Reference and Administrative details

Charity name	The Russell and Mary Foreman 1980 Charitable Trust
Other name the charity uses	
Registered charity number	281543
Charity's principal address	Ludlow Trust Company Limited, Tower Wharf, Cheese Lane, Bristol, BS2 0JJ

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)
Ludlow Trust Company Limited			

Corporate trustees – names of the directors at the date the report was approved

Director name		
Walter Duncan Coxon		
Alexander Edward Mulroe		
Ali Reza Sarikhani		
Ziba Christina Sakine Sarikhani		
Christopher Ian Thurlow		
Matthew John Wickers		
Gary St John Collins	Resigned on 31/03/2026	

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	
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
Investment Managers	W1M Wealth Management Limited	16 Babmaes Street London SW1Y 6AH
Bankers	W1M Wealth Management Limited	16 Babmaes Street London SW1Y 6AH
Accountants	Charter Tax Consulting Limited	8th Floor, 1 Southampton Street, London WC2R 0LR

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)	Per electronic approval	
Full name(s)	Marta Kurpickaja	
Position (e.g. Secretary, Chair, etc.)	on behalf of Ludlow Trust Company Limited	
Date	Per electronic approval	

Document Activity Report

Document Sent	Mon, 19 Oct 2026 11:43:04 GMT
Document Approval Status	Approved

Approval Activity Summary

Marta Kurpickaja	Approved	Mon, 19 Oct 2026 11:46:27 GMT

Document Activity History

Document history shows most recent activity first

Date	Activity
Mon, 19 Oct 2026 11:46:23 GMT	Marta Kurpickaja viewed the document

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CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	Charity Name The Russell and Mary Foreman 1980 Charitable Trust		
On accounts for the period ended	31th March 2026	**Charity no (if any)**	281543
Set out on pages	Financial statements page 1 - 2 Trustee report page 3 - 10		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period ended 31/03/2026.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust'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 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:		**Date:**	20/10/2026
Name:	Ian Rodd		
Relevant professional qualification(s) or body (if any):	BSc FCA FCCA		
Address:	TC Group Waverley House,115-119 Holdenhurst Road Bournemouth Dorset BH8 8DY		

Section B	Disclosure
	Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).
Give here brief details of any items that the examiner wishes to disclose.	n/a