Penhaligon's Friends Impact Report 2025-2026

Charitable Incorporated Organisation 1189323

About Penhaligon's Friends

Penhaligon's Friends is a Cornish charity established in 1995 to support bereaved children, young people, parents, and carers throughout the county. We offer children and young people up until the age of 18 the chance to meet others and share their experiences, as well as practical resources for children and parents. Families are never charged for our support.

The charity is governed by a Board of Trustees who are responsible for the employment of the Charity's CEO, along with policy decisions and the strategic management of the charity. The Trustees give their time freely and receive no remuneration or other financial benefits. The Charitable Incorporated Organisation is governed by it's constitution dated 5/4/2020.

Vision

All bereaved children & young people feel supported, understood and not alone.

Mission

Penhaligon's Friends support bereaved children, young people and families living in Cornwall when they need it and in a way that is right for them.

To achieve this we work closely with parents, carers, professionals and local communities when someone in a child or young person's life has died.

Overview

Penhaligon's Friends has had a year of celebrations as we reached our 30th anniversary of delivering support for bereaved children, young people and their families across Cornwall. Over the 30 years we have supported 13,291 children and young people, an incredible amount. This would not have been possible without the dedication of both our staff and volunteers, and the generosity of our funders and supporters.

Throughout the year, we marked our 30th anniversary through a series of special events and initiatives, including a Family Fun Day bringing together families, supporters, and partners and a celebration Charity Ball with a 1930's theme. These celebrations reminded us not only of our history, but of the countless lives touched by our work.

We also launched our first formal Strategic Plan, following 12 months of reflection and consultation. This project was a really beneficial exercise and has helped us to understand the service we deliver and realise our priorities and direction for the future.

Ways We Support

- Telephone Advice
- Resources
- Family Visits
- Memory Days
- Training
- Teens Support Groups
- Family Support Groups
- Activity Days
- Individual Work (1-1 Support)
- School Support

In 2025/26 we supported

1304

children & young people across Cornwall

Charity Finances

It was an eventful year for Penhaligon's Friends, celebrating the 30th anniversary of the charity being founded and also launching our Strategic Plan. On the financial side, we undertook a major project to migrate our financial systems to a new online platform to streamline processes and provide greater security, efficiency, and transparency.

Total income for the year was £332,968, representing an increase of 7% compared with the previous year. Grant income remained broadly consistent at £156,355, accounting for 47% of total income. Donations increased significantly by 14% to £166,058, reflecting both the generosity of our supporters and the value they place on the services we provide. Total expenditure increased by 10% to £333,079 and the charity finished the year with a small deficit of £413.

The charity's income continues to be achieved through a variety of sources - grants, donations, contracts, fundraising, corporate support, training, and sales. This range of funding puts us in a strong position moving forward.

Funding from Cornwall Integrated Care Board and the National Lottery Reaching Communities Fund have provided the largest income, with other project funding from Cornwall Community Foundation, Forte Charitable Foundation, Bolingey Barbarians, Masonic Charitable Foundation, Anton Jurgens Foundation, Norman Family Trust and Tesco Stronger Starts.

Family Services

At Penhaligon's Friends we understand that every bereaved child, young person and family's experience and journey is unique. We aim to take time to really listen so that we can work out together what might be helpful for each individual and family.

We have supported over 800 families across Cornwall throughout the year, and have been able to continue to offer a flexible and responsive service to meet the individual needs of bereaved children. We have provided a combination of in-person and virtual support, telephone support, groups, memory days, activity days and individual support.

We supported 1304 children and young people in the 2025/26 year. Most referrals have been families self-referring, followed by schools and other professionals. Almost 40 families were referred following a bereavement by suspected suicide.

452 Bespoke Postal Grief Packs were sent to children & young people, these include a selection of resources and information to support the young person in their grief. We have supported 15 schools and settings, giving support and guidance following the death of a student, member of staff or parent.

Our group and activity day numbers are growing steadily, with 154 people attending a Family Group, 38 people attending a Teens Group and 225 people attending an Activity Day.

Our 2025/2026 Highlights

This year was a huge anniversary for Penhaligon's Friends, as the charity commemorated 30 years since it was founded in 1995. To mark the milestone, we held our 30th Birthday Ball, a Family Fun Day and our 30k in May dog walking challenge, each were a massive success and raised funds to allow us to continue what we do for years to come. Huge thanks to the Penventon Park Hotel, Penmellyn Vets, Enable Law and all of the other businesses and individuals who supported these events, we really couldn't have done it without your support!

During the year, we shared the powerful voices of young people & families who have been supported by the charity over the years. When Penhaligon's Friends first started, we supported around 20-30 children & young people annually. Now, we support more than 1,000 each year through groups, telephone support and resources, one-to-one support, memory days, activity days and more. We estimate to have supported over 13,000 children & young people across three decades!

> "Penhaligon's Friends were a lifeline for us when our world fell apart.
>
> Penhaligon's Friends helped us to process and grieve but also learn to live and remember and move on."

Juliet - Parent

CASE STUDY

LEO'S STORY

Leo's dad died suddenly when he was 8 years old. His mum, Sue, described the loss as a huge shock that left the family devastated. In the months that followed, Leo struggled to make sense of what had happened, and school quickly became difficult.

In those early days, Sue found great comfort in being able to pick up the phone and speak to someone from the Penhaligon's Friends team to share what was happening within her family. Those early conversations helped them take the first steps towards joining the Penhaligon's Friends Family Group.

Sue described the Family Group as an incredibly supportive environment which helped her feel better equipped to support her whole family. She found the group to be a caring and compassionate space where no one was judged. At the Family Group, Leo met Eliza who had also experienced bereavement, and discovered that she would be attending the same school he was about to join. This connection made a real difference, particularly during the transition to a new environment.

Leo also benefited from one-to-one support and, in the years that followed, enjoyed building friendships through monthly Teens Groups, activity days, and a Teens Group residential.

Leo continues to attend the monthly Teens Group and has found that sharing his experiences of grief has become an important part of his journey. Earlier this year, he completed Penhaligon's Friends Peer Mentor Training so that he can support other young people following bereavement.

Both Sue and Leo feel very grateful for the support they have received from Penhaligon's Friends. Together they feel it has helped them navigate the darkest days while giving them a foundation of hope and strength for the future.

Volunteering

Volunteers are at the heart of Penhaligon's Friends. Their compassion, dedication, and generosity enable us to make a profound difference to the children, young people, and families we support.

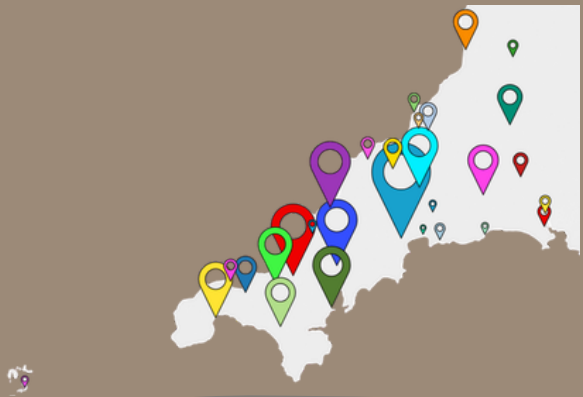
The appointment of a dedicated Volunteer Coordinator in 2025 reflects Penhaligon's Friends' strategic commitment to strengthening volunteer support, recruitment, training, and induction, while continuing to ensure that our volunteers remain central to the delivery and development of our services.

Our 45 active volunteers give their time and skills to support our fundraising, events, community outreach, family visits, one-to-one support, Teens, and Family Groups as well as memory and activity days. To enable and strengthen our volunteer recruitment, we have introduced a more flexible and accessible training pathway which we will run regularly at venues across the county.

Whether you have a few hours or a few days a month to spare we would love to have you as part of the team!

FIND OUT MORE!

Penhaligon's Friends Support Across Cornwall in 2025/26



Fundraising

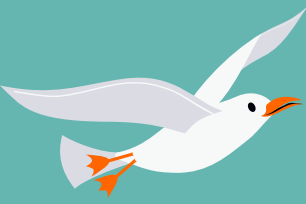
On top of our anniversary year, many of you in the community have gone above and beyond by taking on challenging fundraising runs and hikes, school bake sales to corporate partnerships and individual donations.

Penmount Crematorium handed over an incredible £10,000 cheque to Penhaligon's Friends as their chosen charity of the year, raising money for charities related to bereavement.

Another special thanks go to Newells Travel who have been supporting us as their charity partner, already raising an amazingly generous donation of over £10,000 from various fundraising events, including their 'Race Across the County' challenge. We also received very generous donations of £3,500 from Sticker Vintage Rally and £2,228 from Pall, alongside many individual donations.

David Gamble completed the Camino de Santiago Trail raising an outstanding £6,480.00, and we had some incredible efforts in marathons, half-marathons, triathlons and running challenges including the wonderful Chloe Howard who is on the front cover and raised a fabulous £735 running the Great West Run.

It's impossible to name all our incredible fundraisers but we want to say thank you to each and every one of you who has made a difference this year.



OUR FACTS & FIGURES

1304

Children and young people were supported across Cornwall

225

Children and young people attended a fun activity day to meet other people experiencing bereavement

452

bespoke grief postal packs were sent out to children and young people

108

Family visits were carried out to open up conversations and help support the family's grief

How your support helps...

£10

Buys a child a Penhaligon's Friends teddy bear

£150

Pays for ongoing phone support, advice and resources for a bereaved family

£1,000

Pays for a Family Fun Day for up to 20 families

£100

Funds activities for one of our Family Groups for a term

£25

Buys a bespoke grief postal pack for a bereaved child

£2,000

Pays for an entire Memory Day for up to up to 20 families

Thank you!

We really appreciate all of the donations and support we have received in the 2025/2026 year. It is impossible to thank everyone individually for their contributions throughout the year, but without the help of our incredible volunteers, donors, fundraisers and communities we would not be able to provide this valuable service to bereaved children & young people in Cornwall. We are so grateful!

Have you got a fundraising idea?

We always welcome any donations, big or small, from coffee mornings to bigger events like concerts or sporting challenges. If you have an idea for a fundraising event we would love to hear from you! Please get in touch so that we can share resources and support you by sharing your event on our website, social media and our newsletter, if you would like.

Perhaps you could ask for donations at a special event such as a big birthday or anniversary? Others may choose to give to our charity to remember a loved one, leave a gift in their will, or collect donations at a funeral. Please do get in touch, we'd love to hear from you.

Get in touch

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