



2026 IMPACT REPORT

JAMES COWPER KRESTON
FOUNDATION

EXECUTIVE SUMMARY

As Trustees of the James Cowper Kreston Foundation, we are delighted to present our Impact Report, showcasing our ongoing commitment to supporting local charities and strengthening communities across Berkshire, Hampshire, London, and Oxfordshire. Since our establishment in 2021, we have awarded over £160,000 in grants, directly benefiting thousands of individuals and families.

We are proud to have supported a diverse range of organisations, each addressing unique needs from therapy and arts to emergency care and inclusion. In a challenging landscape, we remain agile, transparent, and committed to continuous improvement, ensuring every project delivers meaningful impact.

Looking ahead, we will continue to champion diverse projects and encourage staff volunteering. Our heartfelt thanks go to our donors, partners, volunteers, and staff. Your support makes a lasting difference.

Together, we reaffirm our mission: to create positive, lasting change for those who need it most.



Alex Peal

Alex Peal
Trustee



Andy Cowie

Andy Cowie
Trustee



Phil Snell

Phil Snell
Trustee



2021-2025 IN NUMBERS



£160,000
Funded so far



**Charities
Supported**



**Committee
Members**



30,000
Beneficiaries



**Operating
Regions**

MISSION, VISION & OBJECTIVES

Our mission is to support charities across Berkshire, Hampshire, London, and Oxfordshire by helping them achieve their goals and strengthen local communities through grant funding. We aim to increase collaboration, innovation, and inclusivity by supporting projects that address real needs and create lasting change.

SUMMARY OF ACTIVITIES

Over the past few years, we have supported organisations working in a wide range of causes, including healthcare, support for young people, inclusion, the arts, elderly care, and disability services. The following highlights some of the projects and beneficiaries reached through our grant funding.

HEALTHCARE & WELLBEING

MS Therapy Centre – Oxygen therapy for people with multiple sclerosis

Rowans Hospice – Funding for a specialised mattress for palliative care

Royal Berks Charity – Airvo 3 machine – high flow oxygen device for the Paediatric emergency department

CHILDREN & YOUNG PEOPLE

Abby’s Heroes – Play therapy for children with cancer and their families

The Baby Bank – Beds, mattresses, and uniforms for children in need

Alexander Devine Children’s Hospice Service – Acheeva Learning Station Chair for children with life-limiting conditions

ARTS, CULTURE & EDUCATION

RABBLE Theatre – Theatre acting internships supporting youth wellbeing

SPUD – Arts and architecture engagement for community wellbeing

Plus You Ltd – Theatre access for children from low-income families

ELDERLY & SOCIAL INCLUSION

The Link Visiting Scheme – A variety of Christmas activities for isolated older people

DISABILITY SUPPORT

YMCA – Wheelchair and hoist equipment

Dogs for Autism – Providing assistance dogs to autistic people

INCLUSION & DIVERSITY

Queer Britain – UK’s first LGBTQ+ museum; funding for an environmental monitoring system



TESTIMONIALS

We are grateful to receive feedback from our beneficiaries, which helps us understand the real-world impact of our support:



"We are so grateful to the James Cowper Kreston Foundation for helping us bring our 'Love Your Liver' roadshow to Reading. Thanks to your support, 163 people were able to find out more about their liver health and receive a free liver scan to detect any signs of liver damage. We are extremely grateful to everyone who keeps us on the road and supports our life saving work."

Jane Leighton

Trusts & Foundations Officer



"Thanks to a generous £3,666 grant from the James Cowper Kreston Foundation in November 2024, Cardiac Rehab was able to replace vital gym equipment—some over 20 years old—used by around 750 participants in our exercise-based health programmes."



The new recumbent bike, upright bike, and leg-press, delivered in early 2025, have benefited all 450 new referrals this year, supporting our mission to improve heart health and wellbeing in Alton, Hampshire.

This support has enabled us to continue providing essential rehabilitation services to those at risk of heart disease, ensuring our community has access to quality, reliable facilities."

Pauline Rafferty

Trusts Fundraising



**Sport
In Mind**

"Thank you so much to James Cowper Kreston Foundation for your grant which has enabled us to support over 200 young people struggling with their mental health in Oxfordshire."

Jemima Morris

Project Manager

"I like parkour because it's very active, great fun, meet friends and the coaches are very nice."

"Parkour helps me in different ways, it gives me exercise, I like to learn how to climb safely on the big blocks."

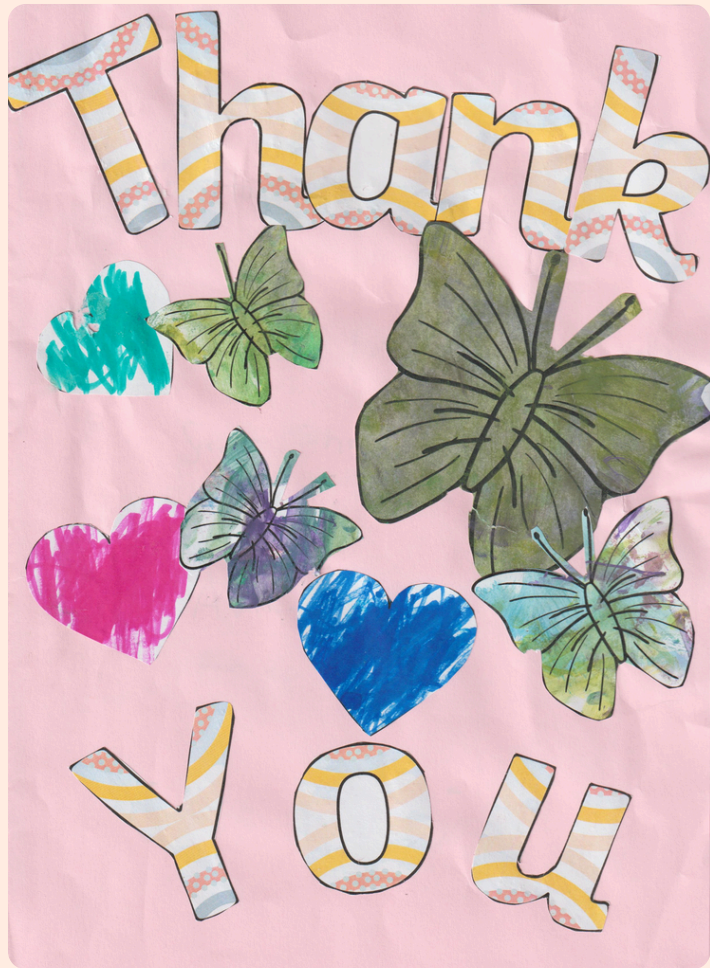
Participants

Testimonials from the sessions

"From my point of view there is an improvement in the various skills from when the children started. These children get physically involved, challenge themselves and push their barriers. I believe this 1 hour session per week that is given to them makes a big difference to them. They all say they can't wait to get to class."

Coach Vince



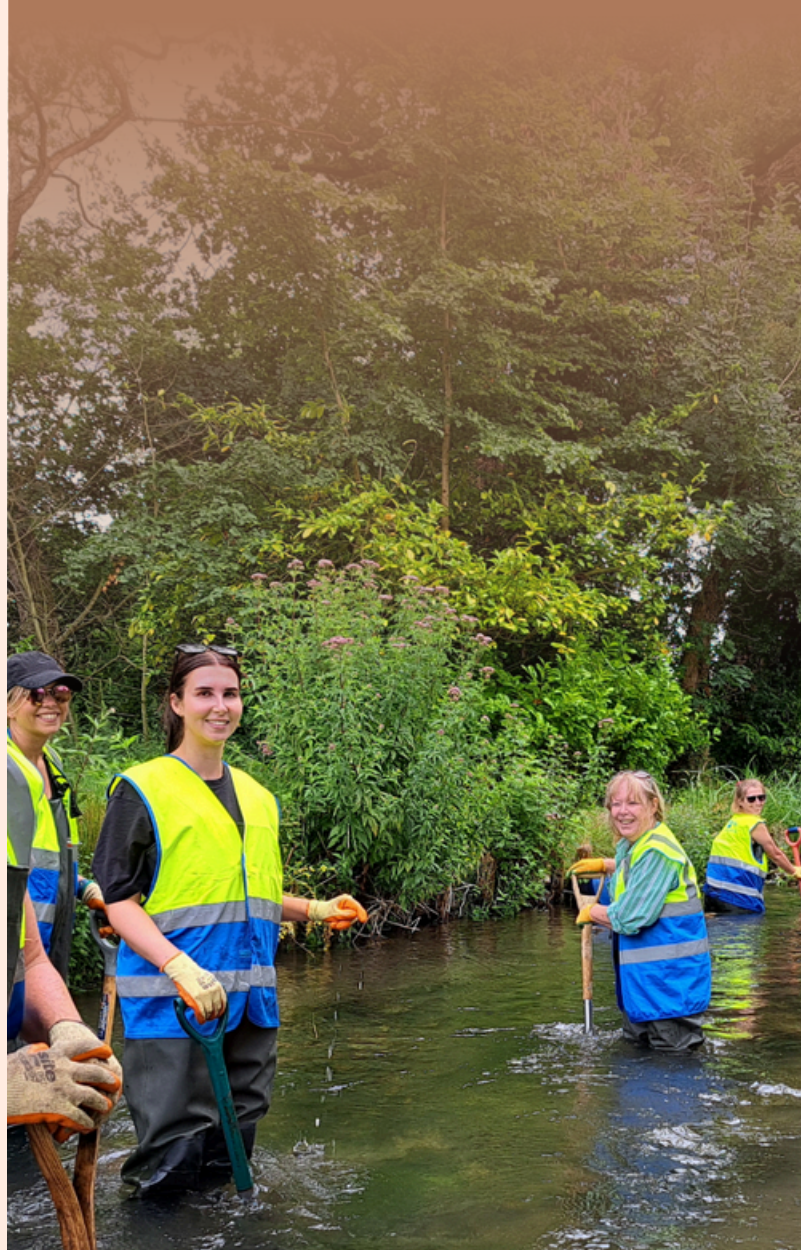


CHALLENGES & LESSONS LEARNED

Each funding round brings more applications than we can support, reflecting the growing need for charitable assistance, especially in the wake of the pandemic and ongoing cost of living challenges. Deciding which charities to fund is never easy, given the scale of need. This makes it all the more vital that we focus our resources where they will have the greatest impact, ensuring every grant delivers meaningful support to those who need it most.

VOLUNTEERS

Our volunteers are central to our success. Their dedication and willingness to share responsibilities ensure our processes run smoothly and enable us to respond quickly to community needs. Without their commitment, we simply could not reach as many people or deliver support as effectively as we do.





CONTINUOUS IMPROVEMENT

We are committed to ongoing improvement. After each funding round, we gather feedback and review our processes to make applying easier and more efficient. We regularly assess the range of organisations and causes we support, striving for fairness and maximum impact across our regions.

FUTURE PLANS

FUNDING ROUNDS

Continue awarding grants to charities in our regions, with regular funding rounds.

EXPANSION

Explore opportunities to support a broader range of projects and increase our reach.

COMMUNITY ENGAGEMENT

Strengthen partnerships and encourage staff volunteering to extend our impact.

FUNDRAISING ACTIVITIES

Actively seek new fundraising opportunities to boost the resources available for our charitable work.

ACKNOWLEDGEMENTS

We extend our heartfelt thanks to our donors, partners, volunteers and staff. Your support enables the Foundation to make a real difference in our local communities.

Special thanks to the James Cowper LLP Partners for their ongoing financial contributions and to all who participate in fundraising events and project delivery. Together, we look forward to building on our achievements and creating even greater impact in the years ahead.

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