

ANNUAL REPORT

2025



cocoon

CARE AFTER CARE

SUPPORTING CARE-EXPERIENCED YOUNG ADULTS TO LIVE AND THRIVE, NOT JUST SURVIVE

We are a small, award-winning charity fully dedicated to creating opportunity, community and connection for care-experienced young adults with links to the London Boroughs of Richmond, Kingston, and Hounslow.

Life after leaving care can be incredibly challenging - emotionally, practically and financially. Young people who have grown up in care are forced into independence at a much younger age than those who grew up in their family home. Many are living with the effects of trauma, have a much smaller support network and are dealing with multiple challenges.

We stand alongside care-experienced young adults, offering personalised support that eases hardship, combats isolation, and empowers them to move forward with confidence.

We strive to find ways of removing obstacles in the way of them having a good standard of living, fulfilling their potential, leading healthier and happier lives and able to participate in society, with the same chances and opportunities afforded to many non-care experienced people.



THE SUPPORT WE PROVIDE

Removing financial barriers

We bridge the gap between the care leaver allowances provided by statutory services and the real world cost of:

- Setting up and maintaining a home
- Gaining and sustaining educational, training and employment opportunities.

We pay for things that would enrich their lives but are prohibitively expensive:

- Participating in social activities such as sport and recreation
- Driving lessons
- Bikes to get to college

We offer immediate assistance in times of financial crisis:

- Supermarket vouchers
- Clothing
- Travel to get to work or college
- Moving costs

We also support those care leavers who are young parents and may need help to provide essential items for their children.

“

I finally passed and if you guys didn't help me I would never have been able to get to where I am now. I'm so grateful for you supporting me through this and helping me pass my driving test!

”



THE SUPPORT WE PROVIDE

Short and long-term practical help

Our kind, skilled volunteers regularly help young people with tasks they are finding challenging on their own - tasks that others would turn to their family network for assistance with. Challenges such as completing forms to claim benefits and entitlements, liaising with social care, housing and utility companies, dealing with debt, accessing additional services to support their health and wellbeing, accompanying to appointments, learning to cook, putting together furniture and making home improvements.

Our volunteers work alongside them to share their skills, guide and advise so the young people gain the confidence to tackle them independently in the future.

“

I thought there was no help out there. But they helped me so much.

They are kind and generous and the work they do for us young people is beautiful.

”



THE SUPPORT WE PROVIDE

Social events

Community is at the heart of Cocoon. We host regular in-person get togethers to reduce isolation and facilitate new connections. In 2025 we organised meals out, an art workshop and a parent and child afternoon where the little ones could play and the parents could chat and relax.

The care-experienced community is a special one, and many young people tell us that they value the opportunities to spend time with others who know what their experience feels like.



“

**It's special every time and makes us feel warm and loved.
All the events I have attended have been amazing.**

”

THE SUPPORT WE PROVIDE

Cocoon Christmas Day

Our annual flagship event is still going strong since it's inception in 2017. Fifty young people come to us on Christmas Day so that they are not alone or somewhere they do not want to be. The community support in 2025 was as incredible as it always has been. The day is simply not possible without it. Hundreds of people are involved - fundraising, buying and wrapping gifts, organising each element of the day, prepping the venue and food and so much more. Guests are treated to a traditional Christmas dinner, entertainment, pampering, gifts, hampers and most importantly they are treated with kindness, care and respect.



“I wouldn't want to spend Christmas with anyone else. Thank you for the laughs and memories that I will cherish forever. Merry Christmas to my homemade family.”

”

OUR IMPACT IN NUMBERS



304 individual requests for support fulfilled

Urgent support

supermarket vouchers, food bank, hygiene bank and baby bank referrals

54

Flooring

Furniture & Furnishings

White Goods

Appliances &
smaller homeware

39

98

37

60

29 'year-round' volunteers providing **223** hours of practical support

19 Learner Drivers with 10 passes by end of 2025

78 attendees of social events

7 vocational courses completed

British Sign Language

PADI Diving

Lash Technician

Personal Training

Sports Massage

Security

Nail Technician

25 young people provided with essential equipment
for study and work

7 young people supported to pursue their passions
including art, horse-riding, singing and fashion
design

OUR IMPACT - FEEDBACK FROM BENEFICIARIES

In 2025, an independent consultant worked with us to develop our Theory of Change. During the process, people who had received support from us provided feedback about how it had impacted their lives.

Cocoon was consistently described as removing practical barriers, responding quickly and clearly, offering dependable, non-judgmental, person-led support that feels like a safety net after leaving care.

Young people reported concrete progress - completing vocational training, moving into and furnishing a first home, learning to drive, sustaining study, and feeling more hopeful, connected, and stable.

What makes Cocoon's support special?

Speed and simplicity: quick responses, minimal bureaucracy, hassle-free processes.

Consistency and reliability: 'always there' quality; ongoing support rather than one-off contact.

Non-judgmental, person-led approach: asking what the young person needs; support rather than control; respecting boundaries.

Feeling invested-in: young people experience that someone believes in them and is willing to back their goals.

Dignity and comfort in asking for help: staff and volunteers communicate in ways that reduce awkwardness and stigma.

Community-building: events and group activities that create belonging and peer networks.

Family-inclusive lens: noticing and including children, which multiplies the practical and emotional impact.

OUR IMPACT - CASE STUDIES

#1 “Removing barriers to progress”

‘L’ had recently left care and wanted to complete a professional qualification to enter the fitness industry. Financial pressures and travel costs made this goal feel out of reach. Cocoon covered the course fee and provided a travel card, enabling them to attend daily classes. The process was described as “really quick - no hoops to jump through.” Gaining the qualification increased their confidence and sense of belonging: “Now that I have my Level 3, I know where my place is and where I want to be in society.”

Timely, practical investment combined with belief in the young person’s goal restored agency and direction.



#2 “Responding with humanity during crisis”



‘A’ experienced severe mental-health challenges that made it impossible to manage daily tasks and keep their home clean. After reaching out, Cocoon asked what would help most, arranged volunteers to assist with cleaning, and offered simple advice about food and budgeting. The individual said, “I couldn’t do anything and I was getting into debt... they sent volunteers and it helped so much.”

Rapid, compassionate, non-judgmental response in moments of crisis prevented further decline and modelled reliable support.

#3 “Bridging the gap after leaving care”

‘S’ moved into their first flat and found that statutory grants did not cover all the essentials. Cocoon provided flooring and additional household items, explained their process clearly, and treated the person with respect: “It was hassle-free and clear. They didn’t tip-toe around me or give false hope.”

Honest communication plus tangible help reduced stress, built trust, and supported sustainable independent living.

ACKNOWLEDGEMENTS

None of this impact would be possible without our donors, volunteers, partners, and community supporters. Thank you for your commitment to improving the lives of the care-experienced community.

Our 2025 Funders and Partners

B&Q Foundation

Big Yellow Self Storage, Twickenham

Clorox

Duke of London

Fine and Country Foundation

Fiona Forbes

Garfield Weston Foundation

Kurt Geiger Kindness Foundation

Lidl Community Fund

Lloyds Bank Foundation

National Lottery Community Fund

Nationwide

Swire Charitable Trust

The Big Give (Christmas Challenge match funding)

Registered name: Cocoon - Care After Care

Charity number: 1197058

Trustees: Zoe Sargent (Chair), Ewen Mitchell (Secretary), Sharon Eyre (Treasurer), Joyce Akpogheneta, Florida Yacob, Whitney Clark, Will Hoyle, Nick Turk

Staff team: Adriana Thomas (CEO), Helen Lorigan (Volunteer Coordinator - voluntary role), Stephanie Chopra (Operations Assistant)