

# SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES

England & Wales · Charity number 1084898

## Details

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**Other names** STARS, THE BLACKOUTS TRUST

**Status** Registered

**Legal form** Other

**Registered** 2001-02-06

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Murphy Salisbury  
Celixir House  
Stratford Business Park  
Innovation Way  
Stratford upon Avon  
CV37 7GZ

**Phone** 01789867503

**Email** [info@stars.org.uk](mailto:info@stars.org.uk)

**Website** [www.stars.org.uk](http://www.stars.org.uk)

## Activities

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**Objects:** TO ALLEVIATE THE EFFECTS OF, PROVIDE SUPPORT AND INFORMATION ON REFLEX ANOXIC SEIZURES (KNOW AS RAS) AND OTHER NON- EPILEPTIC SEIZURES TO THOSE IN DISTRESS AS A RESULT OF THESE SEIZURES (WHETHER SUFFERED BY THEMSELVES OR A MEMBER OF THEIR FAMILY GROUP).

**Activities:** To alleviate the effects of and provide support and information on, syncope and reflex anoxic seizures, to those in distress as a result of these seizures, whether suffered by themselves or as a member of the family group To advance the education of the medical profession and the general public on the subject of syncope and reflex anoxic seizures and its implications for the individual and family

## Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

## Geography

- **Area of benefit:** NATIONAL & OVERSEAS
- China
- Denmark
- France
- Italy
- Netherlands
- Northern Ireland
- Norway
- Poland
- Scotland
- Spain
- Sweden
- United States
- Throughout England And Wales

## Finances

| Period end | Income   | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2024-12-31 | £106,975 | £76,145     | -      | -         |
| 2023-12-31 | £121,559 | £79,302     | -      | -         |
| 2022-12-31 | £243,609 | £72,309     | -      | -         |
| 2021-12-31 | £135,529 | £77,698     | -      | -         |
| 2020-12-31 | £112,480 | £56,596     | -      | -         |

## Trustees

| Name                                       | Role | Appointed  |
|--------------------------------------------|------|------------|
| CATHRINE LOUISE REID                       |      |            |
| Dr Mehran Asgari                           |      | 2021-07-19 |
| Dr WILLIAM PATRICK AUDIFFRED<br>WHITEHOUSE |      |            |
| Jane Elizabeth Bateson                     |      | 2021-05-01 |

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

England & Wales - Charity number 1084898

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# Accounts

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**Charity registration number 1084898**

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

## SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES

### LEGAL AND ADMINISTRATIVE INFORMATION

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|                             |                                                                                                                                                                        |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Trustees</b>             | Dr. W P Whitehouse<br>Mrs C L Reid<br>E Bateson<br>Dr M Asgari                                                                                                         |
| <b>Charity number</b>       | 1084898                                                                                                                                                                |
| <b>Principal address</b>    | TC Group<br>Celixir House<br>Straford Business & Technology Park<br>Innovation Way, Banbury Road<br>Stratford-upon-Avon<br>Warwickshire<br>CV37 7GZ                    |
| <b>Independent examiner</b> | TC Group<br>Celixir House<br>Stratford Business & Technology Park<br>Innovation Way, Banbury Road<br>Stratford-upon-Avon<br>Warwickshire<br>United Kingdom<br>CV37 7GZ |

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## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

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## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **TRUSTEES' REPORT**

**FOR THE YEAR ENDED 31 DECEMBER 2024**

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The Trustees present their annual report and financial statements for the year ended 31 December 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charity's [governing document], the Charities Act 2011 and "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 2019).

#### **Objectives and activities**

The principal objectives of the charity are:

To alleviate the effects of and provide support and information on, syncope and reflex anoxic seizures, to those in distress as a result of these seizures, whether suffered by themselves or as a member of the family group.

To advance the education of the medical profession and the general public on the subject of syncope and reflex anoxic seizures and its implications for the individual and family.

To promote research into the management of syncope and reflex anoxic seizure and to publish the useful results thereof and to support organisations promoting research into syncope and reflex seizures.

There have been no changes to these objectives since the last annual report.

#### *Volunteers*

STARS utilises volunteers to assist in our work.

STARS Trustees review the aims, objectives and the activities of the Charity each year. This report looks at what the Charity has achieved and the outcomes of its activities in the reporting period, January to December 2024. The review also helps to ensure that the Charity's aims, objectives and activities remain focused on its stated purposes.

*There is no such thing as a simple faint; Syncope is a symptom not a condition; take fainting to heart.* Quotes that are synonymous with the campaigns STARS has run over the years and which have been instrumental in raising awareness and reducing misdiagnosis.

Our vision is that every patient with syncope received a correct diagnosis and treatment.

Our mission is working together to improve the diagnosis, treatment and quality of life for all those affected by syncope. This year STARS celebrates its' 31st anniversary.

#### *Public benefit*

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake. The trustees confirm that they have complied with their duty under Section 4 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit.

## SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES

### TRUSTEES' REPORT (CONTINUED)

**FOR THE YEAR ENDED 31 DECEMBER 2024**

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#### **Achievements and performance**

##### *Significant activities and achievements against objectives*

STARS continues to be the only organisation globally dedicated to providing information, support, education and awareness on unexplained loss of consciousness, syncope, reflex anoxic seizures, PoTS and related conditions. We are frequently requested to present at medical meetings, provide answers to schools about how to receive a child with RAS and to provide the necessary support to parents, caregivers, and families to help them better support the person living with the condition.

#### **Professor John B P Stephenson**

STARS Founding Patron, Professor John B P Stephenson sadly passed away on 17 April 2024. The Charity is immensely grateful for all the support and commitment he provided over more than 30 years.

It was 1978 when Prof Stephenson gave a name to the unexplained loss of consciousness young children were experiencing. Reflex Anoxic Seizures (RAS). Until then, many children were being misdiagnosed with epilepsy and prescribed what would have been unnecessary anti-epileptic medication. It was Prof Stephenson who then asked whether we would like to start a small 'support group to help about ten families a year'. This was March 1993, and STARS was conceived.

In 1994, he presented at the very first STARS Patient Day, attended by 106 adults and 98 children. The children, some of whom actually had an RAS attack on the day, were looked after in five creches by qualified volunteers. The Professor thought this was marvellous as it helped with his research. He was already becoming internationally recognised as a pioneer in paediatric neurology and until last year had published numerous papers and books.

He kept his promise he made in 1993 to support STARS; he attended every patient day for the next 20 years and more and presented at the Heart Rhythm Congress. He also made a surprise entrance at the Palace of Westminster for STARS 25<sup>th</sup> anniversary. He was very proud of STARS and all that we have achieved.

He had a vision no child would be misdiagnosed with epilepsy as long as RAS was recognised and understood by the medical profession. STARS will continue to support his work and ensure it has not been in vain.

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **TRUSTEES' REPORT (CONTINUED)**

***FOR THE YEAR ENDED 31 DECEMBER 2024***

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#### **Supporting people living with Syncope, RAS and PoTS**

STARS educational videos, resources, online forums and other information continue to deliver information, support, education, and awareness to all those affected by syncope and loss of consciousness. Webinars were produced with guidance and contributions from healthcare professionals, ensuring our material is up to date and informative for STARS audience. Over 109,000 individual views during 2024. A new RAS Discussion Guide was also developed during the year.

#### **Virtual coffee mornings**

An opportunity to talk to patients, caregivers and family members sharing experiences, and where the STARS team can provide reassurance and guidance. During 2024 STARS online meetings included topics such as:

- RAS – Starting School and College held on the 04 July 2024

**Living with RAS and Syncope** – STARS continued throughout 2024 with its 'Living With...' series for patient video education on a range of subjects which includes Living with RAS and Syncope. All of these are available online and are free to register to watch.

#### **Raising awareness of syncope and syncope-related conditions - World Heart Rhythm Week 2024**

STARS collaborates and supports the World Heart Rhythm Week hosted in June each year and organised by its sister charity – Arrhythmia Alliance.

For WHRW2024 the theme was 'Act Smart, You Only Have One Heart'! Supporters were encouraged to raise awareness of syncope, highlighting that syncope is often overlooked, but it can be a warning sign of an underlying heart rhythm disorder. Early detection and proper diagnosis are key to preventing serious complications, and during the week STARS was able to ensure more people were aware of syncope as a potential symptom of an irregular heart rhythm, to seek medical advice if they or a loved one experienced

unexplained loss of consciousness or have a history of sudden cardiac death in the family, and to access STARS resources.

We received support from thousands of individuals, organisations, and healthcare professional around the globe, resulting in our campaign reaching many millions of people.

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **TRUSTEES' REPORT (CONTINUED)**

**FOR THE YEAR ENDED 31 DECEMBER 2024**

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#### **Hosting events for both healthcare professionals, patients, and caregivers.**

**STARS Patients Educational Day** was held as part of the annual Heart Rhythm Congress at the ICC in Birmingham. The day was well attended and, sessions included presentations on the various concerns relating to Situational Syncope, RAS /Syncope in the young, Cardiac Syncope, Complexity of Syncope in the elderly, and Tilt Table Testing. There was a live patient story which also included the opportunity for questions and answers. All sessions were recorded and hosted online so those who could not attend in person could still access this information. This enables access throughout the year to all patients and care givers.

STARS Patients Day provides the opportunity to hear the latest developments in syncope, and treatment options, from leading medical experts from the UK, USA, Canada, Europe and Monaco.

**STARS Symposia** for healthcare professionals was hosted during the Heart Rhythm Congress. Subjects covered were: -

Syncope: Driving and flying, Syncope in the workplace, Syncope: Real-life diagnostic tests in a modern syncope unit, Syncope in the emergency department, Syncope and genetic arrhythmias and Syncope epidemiology and natural history. Presented by speakers from Europe; Canada; Monaco; UK & USA.

#### **Resources**

New publications for 2024 include a RAS discussion guide which is available online and in paper format. With a full listing of publications also available on our website [www.stars.org.uk](http://www.stars.org.uk)

#### **Fundraising**

During the current economic situation STARS has received significantly reduced donations however we did see many more fundraisers during 2024 through JustGiving, adding a boost to our funds. Monthly amounts were raised through lending of books organised by a STARS Trustee, and a Dr based in Glasgow raised money for STARS by cycling from Lands' End to John O Groats.

#### **STARS Helpline**

STARS has received even more enquiries during 2024 – the demand increases year on year, and we will continue to meet this demand and work to reduce the struggle to find an appropriate healthcare professional to diagnose correctly and to reduce the number of misdiagnoses for people living with these conditions.

STARS continues to meet demand from patients, caregivers, families, schools, colleges and universities, work environments and care homes plus healthcare professionals and clinics seeking information, education, support and greater awareness. We plan for future years to be as successful as the previous 31 years and live in hope that as awareness increases so too will detection and diagnosis leading to better outcomes for all those impacted by these conditions. We must also focus on ensuring no matter where someone lives, they can access a service near to them. Currently with so few dedicated clinics it is a challenge for so many to find an expert locally.

#### **Communicating our work**

Effective communications are key to sharing the work that the Charity undertakes. Raising awareness of our website resources, and our use of social media are vital to growing patient engagement and awareness of syncope and unexplained loss of consciousness.

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **TRUSTEES' REPORT (CONTINUED)**

**FOR THE YEAR ENDED 31 DECEMBER 2024**

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#### **Financial review**

The Charity has seen a decrease in income from £121,559 in 2023 to £106,975 in 2024. This is due to a decrease in donation income from £17,239 in 2023 to £14,068 in 2024 and a decrease in grant income from £103,667 in 2023 to £89,674 in 2024.

Expenditure decreased from £79,302 in 2023 to £76,145 in 2024. The Charity's total funds increased by £30,830 to £636,150 in the financial year.

The Trustees have a strategic and operational plan in place to ensure stability and growth.

#### *Reserves policy*

The Trustees have a policy of maintaining a level of unrestricted reserves which should ensure that there are adequate funds to meet anticipated future liabilities. In practice the Trustees consider that holding reserves equivalent to a minimum of 3 months' core costs, excluding funds tied up in fixed assets should provide sufficient funds to respond to unexpected adverse changes in the Charity's funding or activities. This equates to a minimum of £15,000 based on the current levels of activity. The Trustees consider that the current level of unrestricted reserves is therefore adequate.

#### **Structure, governance and management**

##### *Governing document*

The Charity is constituted under a Charity Commission Scheme and is registered Charity number 1084898. The Charity's activities are governed by a Declaration of Trust adopted on 24 November 2000. The Charity was granted charitable status on 6 February 2001.

The Trustees who served during the year and up to the date of signature of the financial statements were:

Dr. W P Whitehouse

Mrs C L Reid

E Bateson

Dr M Asgari

##### *Recruitment and appointment of trustees*

The management of the Charity is responsible of the Trustees who are elected and co-opted under the terms of the Trust deed. There must at all times be a minimum of three Trustees in office. The first Trustees are entitled to hold office for life. New Trustees are appointed by a resolution passed by the Trustees in special meeting.

##### *Organisational structure*

The Trustees delegate the day to day management of the Charity to the Chief Executive and her support staff.

##### *Induction and training of trustees*

New Trustees undergo an orientation process to brief them on their legal obligations under Charity law the Charity's governing documents, the committee and decision making process, the business plan and recent financial performance of the Charity. During the induction process they meet key employees and other trustees. Trustees are encouraged to attend appropriate external and internal training events which will assist them in carrying out their role.

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **TRUSTEES' REPORT (CONTINUED)**

**FOR THE YEAR ENDED 31 DECEMBER 2024**

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#### **Acknowledgements**

STARS would like to acknowledge the various Trusts, Foundations and Medical Industry that so generously gave their support during the financial year.

The Trustees would like to recognise the outstanding contribution made by Trudie Lobban in pursuit of STARS goals and the significant and high impact achievements attained this year through her vision and determination. The Trustees would also like to acknowledge the commitment of the STARS team in their empathetic approach to the delivery of STARS service throughout the year.

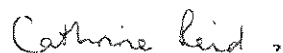
#### **Connected Charities**

Arrhythmia Alliance (AA), a UK registered Charity, number 1107496 is connected to STARS as an affiliate of the umbrella organisation.

Atrial Fibrillation Association (AFA), a UK registered charity, number 1122442 is connected to STARS as an affiliate of the umbrella organisation.

STARS US, Inc, a registered 501(c) non profit organisation in the USA is connected to AFA as an affiliate of the umbrella organisation.

The Trustees' report was approved by the Board of Trustees.



Mrs C L Reid

**Trustee**

20 August 2025

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **INDEPENDENT EXAMINER'S REPORT**

#### **TO THE TRUSTEES OF SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

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I report to the Trustees on my examination of the financial statements of Syncope Trust and Reflex Anoxic Seizures (the Charity) for the year ended 31 December 2024.

#### **Responsibilities and basis of report**

As the Trustees of the Charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

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

#### **Independent examiner's statement**

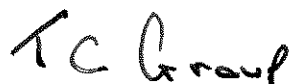
Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with 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 financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements to be reached.



**TC Group**

Celixir House  
Stratford Business & Technology Park  
Innovation Way, Banbury Road  
Stratford-upon-Avon  
Warwickshire  
CV37 7GZ  
United Kingdom

Dated: 20 August 2025

# SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2024

|                                          | Notes | Unrestricted<br>funds<br>2024<br>£ | Unrestricted<br>funds<br>2023<br>£ |
|------------------------------------------|-------|------------------------------------|------------------------------------|
| <b>Income from:</b>                      |       |                                    |                                    |
| Donations and legacies                   | 3     | 14,068                             | 17,239                             |
| Charitable activities                    | 4     | 89,674                             | 103,667                            |
| Investments                              | 5     | 3,233                              | 653                                |
| <b>Total income</b>                      |       | <b>106,975</b>                     | <b>121,559</b>                     |
| <b>Expenditure on:</b>                   |       |                                    |                                    |
| Charitable activities                    | 6     | 76,145                             | 79,302                             |
| <b>Total expenditure</b>                 |       | <b>76,145</b>                      | <b>79,302</b>                      |
| <b>Net income and movement in funds</b>  |       | <b>30,830</b>                      | <b>42,257</b>                      |
| <b>Reconciliation of funds:</b>          |       |                                    |                                    |
| Fund balances at 1 January 2024          |       | 605,320                            | 563,063                            |
| <b>Fund balances at 31 December 2024</b> |       | <b>636,150</b>                     | <b>605,320</b>                     |

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

# SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES

## BALANCE SHEET

AS AT 31 DECEMBER 2024

|                                                       | Notes | 2024<br>£      | £                     | 2023<br>£      | £                     |
|-------------------------------------------------------|-------|----------------|-----------------------|----------------|-----------------------|
| <b>Current assets</b>                                 |       |                |                       |                |                       |
| Debtors                                               | 13    | 79,328         |                       | 540,379        |                       |
| Cash at bank and in hand                              |       | 560,280        |                       | 68,597         |                       |
|                                                       |       | <u>639,608</u> |                       | <u>608,976</u> |                       |
| <b>Creditors: amounts falling due within one year</b> | 14    | (3,458)        |                       | (3,656)        |                       |
| <b>Net current assets</b>                             |       |                | 636,150               |                | 605,320               |
| <b>Net assets excluding pension liability</b>         |       |                | <u>636,150</u>        |                | <u>605,320</u>        |
|                                                       |       |                | <u><u>636,150</u></u> |                | <u><u>605,320</u></u> |
| <b>The funds of the Charity</b>                       |       |                |                       |                |                       |
| Unrestricted funds                                    |       |                | 636,150               |                | 605,320               |
|                                                       |       |                | <u>636,150</u>        |                | <u>605,320</u>        |
|                                                       |       |                | <u><u>636,150</u></u> |                | <u><u>605,320</u></u> |

The financial statements were approved by the Trustees on 20 August 2025

*Catharine Reid*

Mrs C L Reid  
Trustee

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 DECEMBER 2024**

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#### **1 Accounting policies**

##### **Charity information**

Syncope Trust and Reflex Anoxic Seizures is a unincorporated Charity.

##### **1.1 Accounting convention**

The financial statements have been prepared in accordance with the Charity's [governing document], the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 2019). The Charity is a Public Benefit Entity as defined by FRS 102.

The Charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements 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 Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

##### **1.2 Going concern**

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

##### **1.3 Charitable funds**

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

##### **1.4 Income**

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

## SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

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#### 1 Accounting policies

(Continued)

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

#### 1.5 Expenditure

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 are allocated on the portion of the asset's use.

#### 1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

|                       |                   |
|-----------------------|-------------------|
| Fixtures and fittings | 50% straight line |
|-----------------------|-------------------|

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

#### 1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

#### 1.8 Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

**1 Accounting policies**

**(Continued)**

***Basic financial assets***

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

***Basic financial liabilities***

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

***Derecognition of financial liabilities***

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

**1.9 Employee benefits**

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

**1.10 Retirement benefits**

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

**2 Critical accounting estimates and judgements**

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

**FOR THE YEAR ENDED 31 DECEMBER 2024**

**3 Donations and legacies**

|                                   | <b>Unrestricted<br/>funds<br/>general<br/>2024<br/>£</b> | <b>Unrestricted<br/>funds<br/>general<br/>2023<br/>£</b> |
|-----------------------------------|----------------------------------------------------------|----------------------------------------------------------|
| Donations and gifts               | 6,492                                                    | 11,603                                                   |
| Other fundraising and sponsorship | 7,576                                                    | 5,636                                                    |
|                                   | <u>          </u>                                        | <u>          </u>                                        |

**4 Income from charitable activities**

|                              | <b>Unrestricted<br/>funds<br/>2024<br/>£</b> | <b>Unrestricted<br/>funds<br/>2023<br/>£</b> |
|------------------------------|----------------------------------------------|----------------------------------------------|
| <b>Charitable activities</b> |                                              |                                              |
| Grants and other income      | 89,674                                       | 103,667                                      |
|                              | <u>          </u>                            | <u>          </u>                            |

**5 Income from investments**

|                     | <b>Unrestricted<br/>funds<br/>2024<br/>£</b> | <b>Unrestricted<br/>funds<br/>2023<br/>£</b> |
|---------------------|----------------------------------------------|----------------------------------------------|
| Interest receivable | 3,233                                        | 653                                          |
|                     | <u>          </u>                            | <u>          </u>                            |

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

**FOR THE YEAR ENDED 31 DECEMBER 2024**

**6 Expenditure on charitable activities**

|                                                           | Unrestricted<br>funds<br>2024<br>£ | Unrestricted<br>funds<br>2023<br>£ |
|-----------------------------------------------------------|------------------------------------|------------------------------------|
| <b>Direct costs</b>                                       |                                    |                                    |
| Staff costs                                               | 36,609                             | 34,857                             |
| Printing, postage and stationery                          | 673                                | 6,619                              |
| Recharges                                                 | 6,237                              | 4,800                              |
| Fundraising expenses                                      | 216                                | 786                                |
|                                                           | <u>43,735</u>                      | <u>47,062</u>                      |
| <b>Share of support and governance costs (see note 7)</b> |                                    |                                    |
| Support                                                   | 30,590                             | 30,420                             |
| Governance                                                | 1,820                              | 1,820                              |
|                                                           | <u>76,145</u>                      | <u>79,302</u>                      |
| <b>Analysis by fund</b>                                   |                                    |                                    |
| Unrestricted funds                                        | <u>76,145</u>                      | <u>79,302</u>                      |

**7 Support costs allocated to activities**

|                          | 2024<br>£     | 2023<br>£     |
|--------------------------|---------------|---------------|
| Staff costs              | 10,868        | 10,711        |
| Rent                     | 9,000         | 9,000         |
| Sundries                 | 407           | 435           |
| Insurance                | 1,335         | 1,294         |
| Consultancy fees         | 8,640         | 8,640         |
| Professional fees        | 340           | 340           |
| Governance costs         | 1,820         | 1,820         |
|                          | <u>32,410</u> | <u>32,240</u> |
| <b>Analysed between:</b> |               |               |
| Unrestricted funds       | <u>32,410</u> | <u>32,240</u> |

# SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

| 8 | Net movement in funds | 2024<br>£ | 2023<br>£ |
|---|-----------------------|-----------|-----------|
|---|-----------------------|-----------|-----------|

The net movement in funds is stated after charging/(crediting):

|                                                                                    |       |       |
|------------------------------------------------------------------------------------|-------|-------|
| Fees payable for the independent examination of the charity's financial statements | 1,820 | 1,820 |
|------------------------------------------------------------------------------------|-------|-------|

## 9 Employees

The average monthly number of employees during the year was:

| 2024<br>Number | 2023<br>Number |
|----------------|----------------|
| 2              | 2              |

| Employment costs      | 2024<br>£ | 2023<br>£ |
|-----------------------|-----------|-----------|
| Wages and salaries    | 31,774    | 39,060    |
| Social security costs | 3,756     | 3,361     |
| Other pension costs   | 1,079     | 816       |
|                       | 36,609    | 43,308    |

There were no employees whose annual remuneration was more than £60,000.

## 10 Trustees remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 31 December 2024 nor for the year ended 31 December 2023.

### Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2024 nor for the year ended 31 December 2023.

## 11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

**FOR THE YEAR ENDED 31 DECEMBER 2024**

**12 Tangible fixed assets**

|                                    | Fixtures and fittings<br>£ |
|------------------------------------|----------------------------|
| <b>Cost</b>                        |                            |
| At 1 January 2024                  | 15,895                     |
| At 31 December 2024                | 15,895                     |
| <b>Depreciation and impairment</b> |                            |
| At 1 January 2024                  | 15,895                     |
| At 31 December 2024                | 15,895                     |
| <b>Carrying amount</b>             |                            |

**13 Debtors**

|                                             | 2024<br>£     | 2023<br>£      |
|---------------------------------------------|---------------|----------------|
| <b>Amounts falling due within one year:</b> |               |                |
| Other debtors                               | 78,992        | 540,053        |
| Prepayments and accrued income              | 336           | 326            |
|                                             | <u>79,328</u> | <u>540,379</u> |

**14 Creditors: amounts falling due within one year**

|                              | 2024<br>£    | 2023<br>£    |
|------------------------------|--------------|--------------|
| Other creditors              | 1,778        | 1,976        |
| Accruals and deferred income | 1,680        | 1,680        |
|                              | <u>3,458</u> | <u>3,656</u> |

**15 Retirement benefit schemes**

|                                                                     | 2024<br>£ | 2023<br>£ |
|---------------------------------------------------------------------|-----------|-----------|
| <b>Defined contribution schemes</b>                                 |           |           |
| Charge to profit or loss in respect of defined contribution schemes | 1,079     | 816       |

# SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

### 15 Retirement benefit schemes

(Continued)

The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund.

### 16 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

|                | At 1 January<br>2024 | Incoming<br>resources | Resources<br>expended | At 31<br>December<br>2024 |
|----------------|----------------------|-----------------------|-----------------------|---------------------------|
|                | £                    | £                     | £                     | £                         |
| General funds  | 605,320              | 106,975               | (76,145)              | 636,150                   |
|                | <u>          </u>    | <u>          </u>     | <u>          </u>     | <u>          </u>         |
| Previous year: | At 1 January<br>2023 | Incoming<br>resources | Resources<br>expended | At 31<br>December<br>2023 |
|                | £                    | £                     | £                     | £                         |
| General funds  | 563,063              | 121,559               | (79,302)              | 605,320                   |
|                | <u>          </u>    | <u>          </u>     | <u>          </u>     | <u>          </u>         |

### 17 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

### 18 Transactions with connected charities

During the year, the charity was recharged £6,237 (2023: £4,800) by Arrhythmia Alliance (AA), charity number 1107496 for costs incurred on its behalf. Repaying of services was apportioned from AA of £52,924 (2023: £85,417). At the year end, there was a balance due from this charity of £46,689 (2023: £411,315).

During the year, the charity recharge £25,560 (2023: £25,790) for salary costs incurred on behalf of Atrial Fibrillation Association, charity number 1122442. At the year end, there was a balance due from this charity of £25,560 (2023: £121,758).

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

England & Wales - Charity number 1084898

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# Accounts

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**Charity registration number 1084898**

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **LEGAL AND ADMINISTRATIVE INFORMATION**

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|                             |                                                                                                                                                                        |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Trustees</b>             | Dr. W P Whitehouse<br>Mrs C L Reid<br>E Bateson<br>Dr M Asgari                                                                                                         |
| <b>Charity number</b>       | 1084898                                                                                                                                                                |
| <b>Principal address</b>    | TC Group<br>Celixir House<br>Straford Business & Technology Park<br>Innovation Way, Banbury Road<br>Stratford-upon-Avon<br>Warwickshire<br>CV37 7GZ                    |
| <b>Independent examiner</b> | TC Group<br>Celixir House<br>Stratford Business & Technology Park<br>Innovation Way, Banbury Road<br>Stratford-upon-Avon<br>Warwickshire<br>United Kingdom<br>CV37 7GZ |

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## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

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| Independent examiner's report     | 7           |
| Statement of financial activities | 8           |
| Balance sheet                     | 9           |
| Notes to the financial statements | 10 - 17     |

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## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **TRUSTEES' REPORT**

***FOR THE YEAR ENDED 31 DECEMBER 2023***

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The Trustees present their annual report and financial statements for the year ended 31 December 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charity's [governing document], the Charities Act 2011 and "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 2019).

#### **Objectives and activities**

The principal objectives of the charity are:

To alleviate the effects of and provide support and information on, syncope and reflex anoxic seizures, to those in distress as a result of these seizures, whether suffered by themselves or as a member of the family group.

To advance the education of the medical profession and the general public on the subject of syncope and reflex anoxic seizures and its implications for the individual and family.

To promote research into the management of syncope and reflex anoxic seizure and to publish the useful results thereof and to support organisations promoting research into syncope and reflex seizures.

There have been no changes to these objectives since the last annual report.

#### ***Volunteers***

STARS utilises volunteers to assist in our work.

#### ***Public benefit***

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake. The trustees confirm that they have complied with their duty under Section 4 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit.

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **TRUSTEES' REPORT (CONTINUED)**

**FOR THE YEAR ENDED 31 DECEMBER 2023**

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#### **Achievements and performance**

##### *Significant activities and achievements against objectives*

STARS continues to be the only organisation globally dedicated to providing information, support, education and awareness on syncope, reflex anoxic seizures, PoTS and related conditions. We are frequently requested to present at medical meetings, provide answers to schools about how to receive a child with RAS and to provide the necessary support to parents, caregivers, and families to help them better support the person living with the condition.

#### **Celebrating 30 years of STARS (1993-2023)**

STARS was founded by Trudie Lobban MBE in March 1993 and was established at the request of a paediatric neurologist Professor John Stephenson who gave a name to the unexplained loss of consciousness young children were experiencing – Reflex Anoxic Seizures. STARS began to build a collaboration of patients, carers, healthcare professionals and policy makers aiming to spread the word and reduce misdiagnosis. STARS has a Medical Advisory Board, and all publications are reviewed and approved by them; it is recognised worldwide as the only organisation providing information, awareness, education and support to all those affected by syncope and related conditions.

This year STARS celebrates its' 30<sup>th</sup> anniversary. Since that March day in 1993, STARS has had a huge impact nationally and internationally in raising awareness of syncope and unexplained loss of consciousness. There are two landmarks from many that deserve remembering. In 2000, our Founder and CEO, Trudie Lobban established the first STARS Medical Advisory Committee (STARS MAC), a multi-disciplinary committee that has been and will continue to be vital to our success. In 2004, the much-acclaimed STARS Blackouts Checklist was introduced to help individuals and their doctors reach a correct diagnosis.

STARS US was introduced to America in 2007. This Chapter of the charity was a direct result of high demand from patients and medical professionals who had no comparable support of this nature in the US. To date STARS is now active in more than 30 countries.

*There is no such thing as a simple faint; Syncope is a symptom not a condition; take fainting to heart.* Quotes that are synonymous with the campaigns STARS has run over the years and which have been instrumental in raising awareness and reducing misdiagnosis.

2009, 16 years after she first founded the charity, STARS Founder and CEO, Trudie Lobban was awarded the MBE in recognition of her work and campaigning for better detection, diagnosis and management of syncope and unexplained loss of consciousness. Countless lives have been saved due to the work of STARS as all too often the only symptom prior to Sudden Cardiac Arrest is 'fainting/loss of consciousness'. When a correct diagnosis is received the correct treatment can be implemented and therefore those suffering from loss of consciousness and a potentially fatal heart rhythm disorder (arrhythmia) can be treated thus avoiding Sudden Cardiac Death.

STARS led the call to including the addition of Chapter 8 to the National Service Framework on Coronary Heart Disease, Founder Trudie Lobban was the first non-medical person to be invited by the Department of Health to sit on the expert writing committee. Publication of NICE Transient Loss of Consciousness (TLoC) Guidelines was also instigated by STARS and its Medical Advisory Committee, STARS with Trudie at its helm continues to be in much demand to present at national and international conferences STARS is represented on numerous research projects seeking to improve the diagnosis and treatment options for people living with syncope, RAS, PoTS and unexplained loss of consciousness.

## SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES

### TRUSTEES' REPORT (CONTINUED)

**FOR THE YEAR ENDED 31 DECEMBER 2023**

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#### **Supporting people living with Syncope, RAS and PoTS**

STARS educational videos, resources, online forums and other information continue to deliver information, support, education, and awareness to all those affected by syncope and loss of consciousness. Webinars were produced with guidance and contributions from healthcare professionals, ensuring our material is up to date and informative for STARS audience. Over 129,000 individual views during 2023

#### **Virtual coffee mornings**

An opportunity to talk to patients, caregivers and family members sharing experiences, and STARS team can provide reassurance and guidance. STARS online meetings included topics such as: -

Back to school or college? Reflex Anoxic seizures (RAS) Sept 2023

Syncope & falls in the elderly - Dec 2023

**Living with RAS and Syncope** – STARS continued throughout 2023 with its 'Living With...' series patient video education on a range of subjects which included new this year on the subject of PoTs, all available online and free to register to watch. 2023 saw over 2000 registrations and reached audiences from all over the world.

#### **Raising awareness of syncope and syncope-related conditions - World Heart Rhythm Week 2023**

STARS collaborates and supports the World Heart Rhythm hosted in June each year and organised by its sister charity – Arrhythmia Alliance.

For WHRW2023 supporters were encouraged to focus on sharing the connection between fainting, syncope, misdiagnosis of epilepsy and Sudden Cardiac Arrest. By highlighting that syncope is a symptom often masking potential fatal underlying heart rhythm conditions STARS was able to ensure more people were aware and to seek medical advice and STARS resources if they suffer with unexplained loss of consciousness or have a history of sudden cardiac death in the family.

We received support from hundreds of individuals, organisations, and healthcare professional around the globe, resulting in our campaign reaching many millions of people.

WHRW2023 Palace of Westminster, London event was held as part of celebrating 30 years of STARS. It was only right that therefore the focus was on **'Take Fainting to Heart – there is no such thing as a simple faint'**. WHRW2023 drew attention to the link between syncope and arrhythmias and how syncope is a symptom not a condition, however, should always be investigated in case there is an underlying, potentially fatal, arrhythmia. The reception made sure this important message was delivered.

*During the reception at the Palace of Westminster STARS Healthcare Pioneers Report 2023 was launched with the announcement of the winners. The report highlights the innovative and inspiring work that is being undertaken to improve care and quality of life for people experiencing unexplained loss of consciousness or fainting (syncope).*

The aim of the STARS Pioneer Report is inspiring others to improve healthcare services for people living with syncope, unexplained loss of consciousness, RAS and PoTS. STARS called for healthcare teams to share case studies of their exemplary work.

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **TRUSTEES' REPORT (CONTINUED)**

**FOR THE YEAR ENDED 31 DECEMBER 2023**

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#### **Hosting events for both healthcare professionals, patients, and caregivers.**

**STARS Patients Educational Day** was held as part of the annual Heart Rhythm Congress at the Hyatt Regency Hotel in Birmingham, organised by Arrhythmia Alliance; our first in person STARS Patients Day since the covid pandemic. The day was well attended and, sessions included presentations on the various concerns relating to RAS /Syncope in the young, syncope in the elderly, and PoTS. It also included a session with patients' story with the opportunity for questions and answers. All sessions were recorded and hosted online so those who could not attend in person could still access this information. It. Enabled access throughout the year to all patients and care givers

STARS Patients Day provides the opportunity to hear the latest developments in syncope, and treatment options, from leading medical experts from the UK, USA, Canada, Europe and Monaco.

**STARS Symposia** for healthcare professionals was hosted during the Heart Rhythm Congress. Subjects covered were: -

Reflex Syncope: New diagnostic approaches; Syncope: Risk stratification in the emergency department; PoTS: and Vasovagal Syncope. Presented by speakers from Europe; Canada; Monaco; UK & USA

There was a special Anniversary Dinner held on the Monday evening of HRC2023 to celebrate the 30 years of STARS and to mark the occasion special memento gifts were presented to the guests – medical experts in syncope who have shown their dedication and support to STARS throughout the decades.

**Resources:** new publications for 2023 include 6 myths about Syncope, PoTS discussion guide, Syncope discussion guide, Living with RAS and Syncope information sheet. All available online and in paper format. With a full listing of publications also available on our website [www.stars.org.uk](http://www.stars.org.uk)

#### **Fundraising**

During the recovery from the pandemic and the current economic situation STARS has received significantly reduced donations however we did see many more fundraisers this year through JustGiving, adding a boost to our funds with challenge events such as a Kilt Walk and monthly amounts were raised through lending of books organised by our STARS Trustee Jane Bateson and has continued throughout 2023.

#### **STARS Helpline**

STARS has received even more enquiries during 2023 – the demand increases year on year, and we will continue to meet this demand and work to reduce the struggle to find an appropriate healthcare professional to diagnose correctly and to reduce the number of misdiagnoses for people living with theses conditions.

STARS continues to meet demand from patients, caregivers, families, schools, colleges and universities, work environments and care homes plus healthcare professionals and clinics seeking information, education, support and greater awareness. We plan for the next 30 years to be as successful as the previous 30 years and live in hope that as awareness increases so too will detection and diagnosis leading to better outcomes for all those impacted by these conditions. We must also focus on ensuring no matter when someone lives, they can access a service near to them. Currently with so few dedicated clinics it is a challenge for so many to find an expert locally.

#### **Statistics**

Over all of our STARS websites there have been 128644 views throughout 2023.

Follower/members on social media groups are currently at 31555

Email marketing for patients has an open rate of 35.9%.

All time members on health unlocked is standing at 1264

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **TRUSTEES' REPORT (CONTINUED)**

**FOR THE YEAR ENDED 31 DECEMBER 2023**

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#### **Financial review**

The Charity has seen a decrease in income from £243,611 in 2022 to £121,559 in 2023. This is due to a decrease in donation income from £60,585 in 2022 to £17,239 in 2023 and a decrease in grant income from £182,978 in 2022 to £103,667 in 2023.

Expenditure increased from £72,311 in 2022 to £79,302 in 2023. The Charity's total funds increased by £42,257 to £605,320 in the financial year.

The Trustees have a strategic and operational plan in place to ensure stability and growth.

#### *Reserves policy*

The Trustees have a policy of maintaining a level of unrestricted reserves which should ensure that there are adequate funds to meet anticipated future liabilities. In practice the Trustees consider that holding reserves equivalent to a minimum of 3 months' core costs, excluding funds tied up in fixed assets should provide sufficient funds to respond to unexpected adverse changes in the Charity's funding or activities. This equates to a minimum of £15,000 based on the current levels of activity. The Trustees consider that the current level of unrestricted reserves is therefore adequate.

#### **Structure, governance and management**

##### *Governing document*

The Charity is constituted under a Charity Commission Scheme and is registered Charity number 1084898. The Charity's activities are governed by a Declaration of Trust adopted on 24 November 2000. The Charity was granted charitable status on 6 February 2001.

The Trustees who served during the year and up to the date of signature of the financial statements were:

Dr. W P Whitehouse

Mrs C L Reid

E Bateson

Dr M Asgari

##### *Recruitment and appointment of trustees*

The management of the Charity is responsible of the Trustees who are elected and co-opted under the terms of the Trust deed. There must at all times be a minimum of three Trustees in office. The first Trustees are entitled to hold office for life. New Trustees are appointed by a resolution passed by the Trustees in special meeting.

##### *Organisational structure*

The Trustees delegate the day to day management of the Charity to the Chief Executive and her support staff.

##### *Induction and training of trustees*

New Trustees undergo an orientation process to brief them on their legal obligations under Charity law the Charity's governing documents, the committee and decision making process, the business plan and recent financial performance of the Charity. During the induction process they meet key employees and other trustees. Trustees are encouraged to attend appropriate external and internal training events which will assist them in carrying out their role.

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **TRUSTEES' REPORT (CONTINUED)**

**FOR THE YEAR ENDED 31 DECEMBER 2023**

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#### **Acknowledgements**

STARS would like to acknowledge the various Trusts, Foundations and Medical Industry that so generously gave their support during the financial year.

The Trustees would like to recognise the outstanding contribution made by Trudie Lobban in pursuit of STARS goals and the significant and high impact achievements attained this year through her vision and determination. The Trustees would also like to acknowledge the commitment of the STARS team in their empathetic approach to the delivery of STARS service throughout the year.

#### **Connected Charities**

Arrhythmia Alliance (AA), a UK registered Charity, number 1107496 is connected to STARS as an affiliate of the umbrella organisation.

Atrial Fibrillation Association (AFA), a UK registered charity, number 1122442 is connected to STARS as an affiliate of the umbrella organisation.

STARS US, Inc, a registered 501(c) non profit organisation in the USA is connected to AFA as an affiliate of the umbrella organisation.

The Trustees' report was approved by the Board of Trustees.



Mrs C L Reid  
**Trustee**

2 July 2024

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **INDEPENDENT EXAMINER'S REPORT**

#### **TO THE TRUSTEES OF SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

---

I report to the Trustees on my examination of the financial statements of Syncope Trust and Reflex Anoxic Seizures (the Charity) for the year ended 31 December 2023.

#### **Responsibilities and basis of report**

As the Trustees of the Charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

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

#### **Independent examiner's statement**

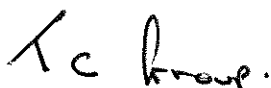
Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with 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 financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements to be reached.



**TC Group**

Celixir House  
Stratford Business & Technology Park  
Innovation Way, Banbury Road  
Stratford-upon-Avon  
Warwickshire  
CV37 7GZ  
United Kingdom

Dated: 2 July 2024

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**STATEMENT OF FINANCIAL ACTIVITIES  
INCLUDING INCOME AND EXPENDITURE ACCOUNT**

**FOR THE YEAR ENDED 31 DECEMBER 2023**

|                                          | Notes | Unrestricted<br>funds<br>2023<br>£ | Unrestricted<br>funds<br>2022<br>£ |
|------------------------------------------|-------|------------------------------------|------------------------------------|
| <b>Income from:</b>                      |       |                                    |                                    |
| Donations and legacies                   | 3     | 17,239                             | 60,585                             |
| Charitable activities                    | 4     | 103,667                            | 182,978                            |
| Investments                              | 5     | 653                                | 48                                 |
|                                          |       | <u>          </u>                  | <u>          </u>                  |
| <b>Total income</b>                      |       | <b>121,559</b>                     | <b>243,611</b>                     |
| <br><b>Expenditure on:</b>               |       |                                    |                                    |
| Charitable activities                    | 6     | 79,302                             | 72,311                             |
|                                          |       | <u>          </u>                  | <u>          </u>                  |
| <b>Total expenditure</b>                 |       | <b>79,302</b>                      | <b>72,311</b>                      |
|                                          |       | <u>          </u>                  | <u>          </u>                  |
| <b>Net income and movement in funds</b>  |       | <b>42,257</b>                      | <b>171,300</b>                     |
| <br><b>Reconciliation of funds:</b>      |       |                                    |                                    |
| Fund balances at 1 January 2023          |       | 563,063                            | 391,764                            |
|                                          |       | <u>          </u>                  | <u>          </u>                  |
| <b>Fund balances at 31 December 2023</b> |       | <b>605,320</b>                     | <b>563,064</b>                     |
|                                          |       | <u>          </u>                  | <u>          </u>                  |

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

# SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES

## BALANCE SHEET

AS AT 31 DECEMBER 2023

|                                                       | Notes | 2023<br>£      | £       | 2022<br>£      | £       |
|-------------------------------------------------------|-------|----------------|---------|----------------|---------|
| <b>Current assets</b>                                 |       |                |         |                |         |
| Debtors                                               | 13    | 540,379        |         | 479,079        |         |
| Cash at bank and in hand                              |       | 68,597         |         | 87,173         |         |
|                                                       |       | <u>608,976</u> |         | <u>566,252</u> |         |
| <b>Creditors: amounts falling due within one year</b> | 14    | (3,656)        |         | (3,188)        |         |
|                                                       |       | <u></u>        |         | <u></u>        |         |
| <b>Net current assets</b>                             |       |                | 605,320 |                | 563,064 |
|                                                       |       |                | <u></u> |                | <u></u> |
| <b>Net assets excluding pension liability</b>         |       |                | 605,320 |                | 563,064 |
|                                                       |       |                | <u></u> |                | <u></u> |
|                                                       |       |                | <u></u> |                | <u></u> |
| <b>The funds of the Charity</b>                       |       |                |         |                |         |
| Unrestricted funds                                    |       |                | 605,320 |                | 563,064 |
|                                                       |       |                | <u></u> |                | <u></u> |
|                                                       |       |                | 605,320 |                | 563,064 |
|                                                       |       |                | <u></u> |                | <u></u> |

The financial statements were approved by the Trustees on 2 July 2024

*Catharine Reid*

Mrs C L Reid  
Trustee

# **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

## **NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 DECEMBER 2023**

---

### **1 Accounting policies**

#### **Charity information**

Syncope Trust and Reflex Anoxic Seizures is a unincorporated Charity.

#### **1.1 Accounting convention**

The financial statements have been prepared in accordance with the Charity's [governing document], the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 2019). The Charity is a Public Benefit Entity as defined by FRS 102.

The Charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements 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 Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

#### **1.2 Going concern**

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### **1.3 Charitable funds**

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

#### **1.4 Income**

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

## SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

---

#### 1 Accounting policies

(Continued)

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

#### 1.5 Expenditure

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 are allocated on the portion of the asset's use.

#### 1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

|                       |                   |
|-----------------------|-------------------|
| Fixtures and fittings | 50% straight line |
|-----------------------|-------------------|

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

#### 1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

#### 1.8 Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

**1 Accounting policies**

**(Continued)**

***Basic financial assets***

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

***Basic financial liabilities***

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

***Derecognition of financial liabilities***

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

**1.9 Employee benefits**

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

**1.10 Retirement benefits**

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

**2 Critical accounting estimates and judgements**

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

**FOR THE YEAR ENDED 31 DECEMBER 2023**

**3 Donations and legacies**

|                                   | <b>Unrestricted<br/>funds<br/>general<br/>2023<br/>£</b> | <b>Unrestricted<br/>funds<br/>general<br/>2022<br/>£</b> |
|-----------------------------------|----------------------------------------------------------|----------------------------------------------------------|
| Donations and gifts               | 11,603                                                   | 56,558                                                   |
| Other fundraising and sponsorship | 5,636                                                    | 4,027                                                    |
|                                   | <u>          </u>                                        | <u>          </u>                                        |

**4 Income from charitable activities**

|                              | <b>Unrestricted<br/>funds<br/>2023<br/>£</b> | <b>Unrestricted<br/>funds<br/>2022<br/>£</b> |
|------------------------------|----------------------------------------------|----------------------------------------------|
| <b>Charitable activities</b> |                                              |                                              |
| Grants and other income      | 103,667                                      | 182,978                                      |
|                              | <u>          </u>                            | <u>          </u>                            |

**5 Income from investments**

|                     | <b>Unrestricted<br/>funds<br/>2023<br/>£</b> | <b>Unrestricted<br/>funds<br/>2022<br/>£</b> |
|---------------------|----------------------------------------------|----------------------------------------------|
| Interest receivable | 653                                          | 48                                           |
|                     | <u>          </u>                            | <u>          </u>                            |

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

**FOR THE YEAR ENDED 31 DECEMBER 2023**

**6 Expenditure on charitable activities**

|                                                           | Unrestricted<br>funds<br>2023<br>£ | Unrestricted<br>funds<br>2022<br>£ |
|-----------------------------------------------------------|------------------------------------|------------------------------------|
| <b>Direct costs</b>                                       |                                    |                                    |
| Staff costs                                               | 34,857                             | 32,816                             |
| Printing, postage and stationery                          | 6,619                              | 1,798                              |
| Recharges                                                 | 4,800                              | 4,911                              |
| Fundraising expenses                                      | 786                                | 660                                |
|                                                           | <u>47,062</u>                      | <u>40,185</u>                      |
| <b>Share of support and governance costs (see note 7)</b> |                                    |                                    |
| Support                                                   | 30,420                             | 30,306                             |
| Governance                                                | 1,820                              | 1,820                              |
|                                                           | <u>79,302</u>                      | <u>72,311</u>                      |
| <b>Analysis by fund</b>                                   |                                    |                                    |
| Unrestricted funds                                        | <u>79,302</u>                      | <u>72,311</u>                      |

**7 Support costs allocated to activities**

|                          | 2023<br>£     | 2022<br>£     |
|--------------------------|---------------|---------------|
| Staff costs              | 10,711        | 10,492        |
| Rent                     | 9,000         | 9,000         |
| Sundries                 | 435           | 238           |
| Insurance                | 1,294         | 1,196         |
| Consultancy fees         | 8,640         | 8,940         |
| Professional fees        | 340           | 440           |
| Governance costs         | 1,820         | 1,820         |
|                          | <u>32,240</u> | <u>32,126</u> |
| <b>Analysed between:</b> |               |               |
| Unrestricted funds       | <u>32,240</u> | <u>32,126</u> |

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES****NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)****FOR THE YEAR ENDED 31 DECEMBER 2023**

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|          |                              |             |             |
|----------|------------------------------|-------------|-------------|
| <b>8</b> | <b>Net movement in funds</b> | <b>2023</b> | <b>2022</b> |
|          |                              | <b>£</b>    | <b>£</b>    |

The net movement in funds is stated after charging/(crediting):

|                                                                                    |                   |                   |
|------------------------------------------------------------------------------------|-------------------|-------------------|
| Fees payable for the independent examination of the charity's financial statements | 1,820             | 1,820             |
|                                                                                    | <u>          </u> | <u>          </u> |

**9 Employees**

The average monthly number of employees during the year was:

|                   |                   |
|-------------------|-------------------|
| <b>2023</b>       | <b>2022</b>       |
| <b>Number</b>     | <b>Number</b>     |
| 2                 | 2                 |
| <u>          </u> | <u>          </u> |

|                         |                   |                   |
|-------------------------|-------------------|-------------------|
| <b>Employment costs</b> | <b>2023</b>       | <b>2022</b>       |
|                         | <b>£</b>          | <b>£</b>          |
| Wages and salaries      | 30,680            | 39,060            |
| Social security costs   | 3,361             | 3,477             |
| Other pension costs     | 816               | 771               |
|                         | <u>          </u> | <u>          </u> |
|                         | 34,857            | 43,308            |
|                         | <u>          </u> | <u>          </u> |

There were no employees whose annual remuneration was more than £60,000.

**10 Trustees remuneration and benefits**

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

*Trustees' expenses*

There were no trustees' expenses paid for the year ended 31 December 2023 nor for the year ended 31 December 2022.

**11 Taxation**

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**

**FOR THE YEAR ENDED 31 DECEMBER 2023**

**12 Tangible fixed assets**

|                                    | Fixtures and<br>fittings<br>£ |
|------------------------------------|-------------------------------|
| <b>Cost</b>                        |                               |
| At 1 January 2023                  | 15,895                        |
| At 31 December 2023                | 15,895                        |
| <b>Depreciation and impairment</b> |                               |
| At 1 January 2023                  | 15,895                        |
| At 31 December 2023                | 15,895                        |
| <b>Carrying amount</b>             |                               |

**13 Debtors**

|                                             | 2023<br>£      | 2022<br>£      |
|---------------------------------------------|----------------|----------------|
| <b>Amounts falling due within one year:</b> |                |                |
| Trade debtors                               | -              | 5,000          |
| Other debtors                               | 540,053        | 473,762        |
| Prepayments and accrued income              | 326            | 317            |
|                                             | <u>540,379</u> | <u>479,079</u> |

**14 Creditors: amounts falling due within one year**

|                              | 2023<br>£    | 2022<br>£    |
|------------------------------|--------------|--------------|
| Other creditors              | 1,976        | 1,328        |
| Accruals and deferred income | 1,680        | 1,860        |
|                              | <u>3,656</u> | <u>3,188</u> |

**15 Retirement benefit schemes**

|                                                                     | 2023<br>£ | 2022<br>£ |
|---------------------------------------------------------------------|-----------|-----------|
| <b>Defined contribution schemes</b>                                 |           |           |
| Charge to profit or loss in respect of defined contribution schemes | 816       | 771       |

## SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

#### 15 Retirement benefit schemes

(Continued)

The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund.

#### 16 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

|                | At 1 January<br>2023 | Incoming<br>resources | Resources<br>expended | At 31<br>December<br>2023 |
|----------------|----------------------|-----------------------|-----------------------|---------------------------|
|                | £                    | £                     | £                     | £                         |
| General funds  | 563,063              | 121,559               | (79,302)              | 605,320                   |
|                | <u>          </u>    | <u>          </u>     | <u>          </u>     | <u>          </u>         |
| Previous year: | At 1 January<br>2022 | Incoming<br>resources | Resources<br>expended | At 31<br>December<br>2022 |
|                | £                    | £                     | £                     | £                         |
| General funds  | 391,764              | 243,611               | (72,311)              | 563,064                   |
|                | <u>          </u>    | <u>          </u>     | <u>          </u>     | <u>          </u>         |

#### 17 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

#### 18 Transactions with connected charities

During the year, the charity was recharged £4,800 (2022: £4,911) by Arrhythmia Alliance (AA), charity number 1107496 for costs incurred on its behalf. Repaying of services was apportioned from AA of £85,417 (2022: £151,728). At the year end, there was a balance due from this charity of £411,315 (2022: £330,500).

During the year, the charity recharge £25,790 (2022: £26,672) for salary costs incurred on behalf of Atrial Fibrillation Association, charity number 1122442. At the year end, there was a balance due from this charity of £121,758 (2022: £95,968).

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

England & Wales - Charity number 1084898

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# Accounts

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**REPORT OF THE TRUSTEES AND**  
**FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**  
**FOR**  
**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

Murphy Salisbury Limited  
Chartered Accountants  
Celixir House  
Stratford Business and Technology Park  
Stratford-upon-Avon  
Warwickshire  
CV37 7GZ

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

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**FOR THE YEAR ENDED 31 DECEMBER 2022**

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| <b>Report of the Trustees</b>                     | <b>2 to 5</b>  |
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| <b>Statement of Financial Activities</b>          | <b>7</b>       |
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**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**REFERENCE AND ADMINISTRATIVE DETAILS**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

|                                      |                                                                                                                                                                 |
|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>TRUSTEES</b>                      | Dr. William Whitehouse<br>Mrs Cathrine Reid<br>Dr Mehran Asgari<br>Elizabeth Bateson                                                                            |
| <b>PRINCIPAL ADDRESS</b>             | c/o Murphy Salisbury Limited<br>Celixir House<br>Stratford Business & Technology Park<br>Stratford upon Avon<br>Warwickshire<br>CV37 7GZ                        |
| <b>REGISTERED CHARITY<br/>NUMBER</b> | 1084898                                                                                                                                                         |
| <b>INDEPENDENT EXAMINER</b>          | Murphy Salisbury Limited<br>Chartered Accountants<br>Celixir House<br>Stratford Business and Technology Park<br>Stratford-upon-Avon<br>Warwickshire<br>CV37 7GZ |

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **REPORT OF THE TRUSTEES** **FOR THE YEAR ENDED 31 DECEMBER 2022**

The trustees present their report with the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of 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 2019).

#### **OBJECTIVES AND ACTIVITIES**

##### **Principal objects**

The principal objectives of the charity are:

To alleviate the effects of and provide support and information on, syncope and reflex anoxic seizures, to those in distress as a result of these seizures, whether suffered by themselves or as a member of the family group.

To advance the education of the medical profession and the general public on the subject of syncope and reflex anoxic seizures and its implications for the individual for the individual and family.

To promote research into the management of syncope and reflex anoxic seizure and to publish the useful results thereof and to support organisations promoting research into syncope and reflex anoxic seizures.

There have been no changes to these objectives since the last annual report.

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

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There have been no changes to these objectives since the last annual report.

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **REPORT OF THE TRUSTEES** **FOR THE YEAR ENDED 31 DECEMBER 2022**

The trustees present their report with the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of 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 2019).

#### **OBJECTIVES AND ACTIVITIES**

##### **Principal objects**

The principal objectives of the charity are:

To alleviate the effects of and provide support and information on, syncope and reflex anoxic seizures, to those in distress as a result of these seizures, whether suffered by themselves or as a member of the family group.

To advance the education of the medical profession and the general public on the subject of syncope and reflex anoxic seizures and its implications for the individual for the individual and family.

To promote research into the management of syncope and reflex anoxic seizure and to publish the useful results thereof and to support organisations promoting research into syncope and reflex anoxic seizures.

There have been no changes to these objectives since the last annual report.

# **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

## **NOTES TO THE FINANCIAL STATEMENTS - continued** **FOR THE YEAR ENDED 31 DECEMBER 2022**

### **2. INVESTMENT INCOME**

|                   | 2022      | 2021     |
|-------------------|-----------|----------|
|                   | £         | £        |
| Interest received | 48        | 6        |
|                   | <u>48</u> | <u>6</u> |

### **3. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

#### **Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 December 2022 nor for the year ended 31 December 2021.

### **4. STAFF COSTS**

|                       | 2022          | 2021          |
|-----------------------|---------------|---------------|
|                       | £             | £             |
| Wages and salaries    | 39,060        | 46,506        |
| Social security costs | 3,477         | 4,013         |
| Other pension costs   | 771           | 934           |
|                       | <u>43,308</u> | <u>51,453</u> |

The average monthly number of employees during the year was as follows:

|           | 2022     | 2021     |
|-----------|----------|----------|
|           | 2        | 2        |
| Employees | <u>2</u> | <u>2</u> |

No employees received emoluments in excess of £60,000.

### **5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

|                                   | Unrestricted<br>fund<br>£ |
|-----------------------------------|---------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b> |                           |
| Donations and legacies            | 8,335                     |
| <b>Charitable activities</b>      |                           |
| Charitable Activities             | 79,438                    |
| Grants received                   | 47,750                    |
| Investment income                 | 6                         |
| <b>Total</b>                      | <u>135,529</u>            |
| <b>EXPENDITURE ON</b>             |                           |
| <b>Charitable activities</b>      |                           |
| Charitable Activities             | 77,698                    |
| Grants received                   | -                         |
| <b>Total</b>                      | <u>77,698</u>             |
| <b>NET INCOME</b>                 | 57,831                    |

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

Unrestricted  
fund  
£

**RECONCILIATION OF FUNDS**

Total funds brought forward

333,933

**TOTAL FUNDS CARRIED FORWARD**

391,764

**6. TANGIBLE FIXED ASSETS**

Office  
Equipment  
£

**COST**

At 1 January 2022 and 31 December 2022

15,895

**DEPRECIATION**

At 1 January 2022 and 31 December 2022

15,895

**NET BOOK VALUE**

At 31 December 2022

-

At 31 December 2021

-

**7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|               | 2022<br>£      | 2021<br>£      |
|---------------|----------------|----------------|
| Trade debtors | 5,000          | -              |
| Other debtors | 473,762        | 252,906        |
| Prepayments   | 317            | 246            |
|               | <u>479,079</u> | <u>253,152</u> |

**8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|                              | 2022<br>£    | 2021<br>£    |
|------------------------------|--------------|--------------|
| Trade creditors              | -            | 180          |
| Other creditors              | 1,328        | 1,368        |
| Accruals and deferred income | 1,860        | 1,580        |
|                              | <u>3,188</u> | <u>3,128</u> |

# **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

## **NOTES TO THE FINANCIAL STATEMENTS - continued** **FOR THE YEAR ENDED 31 DECEMBER 2022**

### **9. MOVEMENT IN FUNDS**

|                           | At 1.1.22<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.12.22<br>£ |
|---------------------------|----------------|----------------------------------|---------------------|
| <b>Unrestricted funds</b> |                |                                  |                     |
| General fund              | 391,764        | 171,300                          | 563,064             |
| <b>TOTAL FUNDS</b>        | <u>391,764</u> | <u>171,300</u>                   | <u>563,064</u>      |

Net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 243,609                    | (72,309)                   | 171,300                   |
| <b>TOTAL FUNDS</b>        | <u>243,609</u>             | <u>(72,309)</u>            | <u>171,300</u>            |

### **Comparatives for movement in funds**

|                           | At 1.1.21<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.12.21<br>£ |
|---------------------------|----------------|----------------------------------|---------------------|
| <b>Unrestricted funds</b> |                |                                  |                     |
| General fund              | 333,933        | 57,831                           | 391,764             |
| <b>TOTAL FUNDS</b>        | <u>333,933</u> | <u>57,831</u>                    | <u>391,764</u>      |

Comparative net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 135,529                    | (77,698)                   | 57,831                    |
| <b>TOTAL FUNDS</b>        | <u>135,529</u>             | <u>(77,698)</u>            | <u>57,831</u>             |

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**9. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined position is as follows:

|                           | At 1.1.21<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.12.22<br>£ |
|---------------------------|----------------|----------------------------------|---------------------|
| <b>Unrestricted funds</b> |                |                                  |                     |
| General fund              | 333,933        | 229,131                          | 563,064             |
| <b>TOTAL FUNDS</b>        | <u>333,933</u> | <u>229,131</u>                   | <u>563,064</u>      |

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 379,138                    | (150,007)                  | 229,131                   |
| <b>TOTAL FUNDS</b>        | <u>379,138</u>             | <u>(150,007)</u>           | <u>229,131</u>            |

**10. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 December 2022.

**11. TRANSACTIONS WITH CONNECTED CHARITIES**

During the year, the charity was recharged £4,911 (2021: £4,527) by Arrhythmia Alliance (AA), charity number 1107496 for costs incurred on its behalf. Repaying of services was apportioned from AA for £151,728 (2021: £79,438). At the year end, there was a balance due from this charity of £330,500 (2021: £183,609).

During the year the charity recharged £26,672 (2021: £21,384) for salary costs incurred on behalf of Atrial Fibrillation Association, charity number 1122442. At the year end, there was a balance due from this charity of £95,968 (2021: £69,296).

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

|                                   | 2022<br>£     | 2021<br>£    |
|-----------------------------------|---------------|--------------|
| <b>INCOME AND ENDOWMENTS</b>      |               |              |
| <b>Donations and legacies</b>     |               |              |
| Donations                         | 56,556        | 4,987        |
| Other fundraising and sponsorship | 4,027         | 3,348        |
|                                   | <hr/> 60,583  | <hr/> 8,335  |
| <b>Investment income</b>          |               |              |
| Interest received                 | 48            | 6            |
| <b>Charitable activities</b>      |               |              |
| Grants and other income           | 182,978       | 127,188      |
|                                   | <hr/>         | <hr/>        |
| <b>Total incoming resources</b>   | 243,609       | 135,529      |
| <b>EXPENDITURE</b>                |               |              |
| <b>Charitable activities</b>      |               |              |
| Staff costs                       | 28,568        | 36,014       |
| Social security                   | 3,477         | 4,013        |
| Pensions                          | 771           | 934          |
| Printing, postage and stationery  | 1,796         | 2,461        |
| Recharges                         | 4,911         | 4,527        |
| Fundraising expenses              | 660           | 974          |
|                                   | <hr/> 40,183  | <hr/> 48,923 |
| <b>Support costs</b>              |               |              |
| <b>Other</b>                      |               |              |
| Staff costs                       | 10,492        | 10,492       |
| Rent                              | 9,000         | 9,000        |
| Sundries                          | 238           | 330          |
| Insurance                         | 1,196         | 1,033        |
| Consultancy fees                  | 8,940         | 5,760        |
|                                   | <hr/> 29,866  | <hr/> 26,615 |
| <b>Governance costs</b>           |               |              |
| Independent examiner's fees       | 1,820         | 1,720        |
| Professional fees                 | 440           | 440          |
|                                   | <hr/> 2,260   | <hr/> 2,160  |
| <b>Total resources expended</b>   | <hr/> 72,309  | <hr/> 77,698 |
| <b>Net income</b>                 | <hr/> 171,300 | <hr/> 57,831 |

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

England & Wales - Charity number 1084898

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# Accounts

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**REPORT OF THE TRUSTEES AND**  
**FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**  
**FOR**  
**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

Murphy Salisbury Limited  
Chartered Accountants  
15 Warwick Road  
Stratford upon Avon  
Warwickshire  
CV37 6YW

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**CONTENTS OF THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

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| <b>Report of the Trustees</b>                     | <b>2 to 5</b>  |
| <b>Independent Examiner's Report</b>              | <b>6</b>       |
| <b>Statement of Financial Activities</b>          | <b>7</b>       |
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**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**REFERENCE AND ADMINISTRATIVE DETAILS**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

|                                      |                                                                                                                                                                                                |
|--------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>TRUSTEES</b>                      | Mr Andrew Mark Fear (resigned 12.1.21)<br>Prof. Rose Anne Kenny<br>Dr. William Whitehouse<br>Mrs Cathrine Reid<br>Dr Mehran Asgari (appointed 19.7.21)<br>Elizabeth Bateson (appointed 1.5.21) |
| <b>PRINCIPAL ADDRESS</b>             | c/o Murphy Salisbury Limited<br>15 Warwick Road<br>Stratford upon Avon<br>Warwickshire<br>CV37 6YW                                                                                             |
| <b>REGISTERED CHARITY<br/>NUMBER</b> | 1084898                                                                                                                                                                                        |
| <b>INDEPENDENT EXAMINER</b>          | Murphy Salisbury Limited<br>Chartered Accountants<br>15 Warwick Road<br>Stratford upon Avon<br>Warwickshire<br>CV37 6YW                                                                        |

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **REPORT OF THE TRUSTEES** **FOR THE YEAR ENDED 31 DECEMBER 2021**

The trustees present their report with the financial statements of the charity for the year ended 31 December 2021. The trustees have adopted the provisions of 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 2019).

#### **OBJECTIVES AND ACTIVITIES**

##### **Principal objects**

The principal objectives of the charity are:

To alleviate the effects of and provide support and information on, syncope and reflex anoxic seizures, to those in distress as a result of these seizures, whether suffered by themselves or as a member of the family group.

To advance the education of the medical profession and the general public on the subject of syncope and reflex anoxic seizures and its implications for the individual for the individual and family.

To promote research into the management of syncope and reflex anoxic seizure and to publish the useful results thereof and to support organisations promoting research into syncope and reflex anoxic seizures.

There have been no changes to these objectives since the last annual report.

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **REPORT OF THE TRUSTEES** **FOR THE YEAR ENDED 31 DECEMBER 2021**

#### **OBJECTIVES AND ACTIVITIES**

##### **Significant activities**

##### **COVID-19 Pandemic**

Like many other charities, we have had to continue our work during yet another COVID-19 pandemic year, although the future is now looking brighter. We continued to host the annual STARS patients' day on our virtual platform, this decision was taken based on feedback from patients and caregivers from the previous event - saving travel and accommodation costs plus more people were able to attend and access on demand throughout the year.

##### **Supporting patients through the pandemic**

For the second year due to the COVID-19 pandemic we saw demand increasing for continued support, information, and education.

Calls, emails and messages through our social media channels to our patient services team continued to increase as the pandemic imposed a considerable impact on patients, with many reporting their symptoms were more frequent and with rising levels of psychological distress.

We continually updated our COVID-19 webpage supported by the NHS with information and advice on how COVID-19 may affect people with syncope and syncope-related conditions, with the introduction of a COVID-19 vaccine many calls were related to potential side-effects and impact on their condition. We also saw a massive increase of enquires from people who were suffering with Long-covid which mimics many of the symptoms for syncope and PoTS.

Our educational videos relative to COVID-19 and other information have proved to be a perfect way of spreading knowledge to our patients. Webinars were produced with guidance from medical professionals, ensuring our material was up to date and informative for STARS patients. These provided support for patients who were still isolated and frightened and helped doctors who were still managing telephone consultations. Over 120,000 have now viewed to date.

##### **Raising awareness of syncope and syncope-related conditions**

To encourage excellence in the management and treatment of people with syncope and syncope-related conditions, the second report was published - STARS Healthcare Pioneers Report: Showcasing Best Practice in Syncope. The aim of the report is to provide examples of best practice to inspire centres to improve the care and quality of life to people living with these conditions.

The report was promoted via press releases, e-news to healthcare professional and patients, and across social media channels.

The winning six case studies in this year's report range from using novel technologies to diagnosing people presenting with pre-syncope to the benefits of multidisciplinary team working. For example, Dr Matthew Reed and colleagues (Royal Infirmary of Edinburgh SPACE service, Edinburgh, UK) found that the use of smartphone-based event recorder aided diagnosis in people presenting with pre-syncope and palpitations at an emergency department. Additionally, Dr Nadir Khan (New Cross Hospital, Wolframite, UK) and colleagues, in their case report, highlight how close collaboration between neurologists and cardiologists ensures the accurate diagnosis of people with transient loss of consciousness.

##### **Fundraising**

We continue to find ourselves in extremely challenging times with the COVID-19 pandemic continuing and limiting the ability for our supporters to undertake fundraising events in their communities. However, this did not deter one volunteer who raised £1,351 from sales and lending out books and puzzles. Also, Just Giving fundraisers including a virtual London Marathon managed to raise a further £1,965..

##### **Hosting events for both healthcare professionals and patients**

STARS International Syncope Meeting was organised with a collaboration between the STARS team and STARS Medical Advisor - Dr Mehran Asgari - Consultant Cardiologist. An international faculty of experts presented with latest research and treatments to improve outcomes for patients. Due to COVID-19, the meeting was virtual, with the on-demand content made available (for free) on 30th June and a LIVE Q&A (with faculty) was broadcast on the 27th July (now available on-demand).

STARS Patients Day held at part of the annual Heart Rhythm Congress organised by Arrhythmia Alliance.

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **REPORT OF THE TRUSTEES** **FOR THE YEAR ENDED 31 DECEMBER 2021**

#### **OBJECTIVES AND ACTIVITIES**

Patients Day new virtual sessions from 2020 continued for 2021 due to constraints still in place surrounding COVID-19, and with consideration of the enthusiasm by the patients who had welcomed this concept in 2020, especially as many still have very little contact with doctors and wanted to listen to a medical professional who might answer some of their concerns. Sessions included presentations on the various concerns relating to RAS, Reflex syncope, Valhalla syncope and PoTS.

STARS Symposia hosted at the annual Heart Rhythm Congress organised by Arrhythmia Alliance.

STARS was once again invited to host medical symposia at the annual HRC 2021. This was once again a virtual event due to the pandemic however attracted record delegates from 96 countries.

Sessions included 'No faint is a simple faint', 'RAS with a toddler and life thereafter', 'RAS: Why are pacemakers and drugs rarely advised?', 'What do pacemakers actually do?', 'Alternative therapy (mindfulness, CBC, yoga)' and 'PoTS and Long COVID: Which causes which?'.

Chaired by Dr Boom Lim and bringing together international faculty.

#### **Staff**

2021 has again been a demanding year for STARS with staff working remotely from home. The team receives many calls and emails predominantly about PoTS and psychogenic blackouts or, RAS and frightened, anxious parents. Many of our enquiries are from patients and families who have been signposted to us from other organisations/groups.

The team are aware that many people with these conditions can also struggle with their mental well-being and anxiety, so it is so important to be able to communicate and reassure and to follow through with communications after the initial interaction.

STARS continues to be the only organisation globally dedicated to providing information, support, education and awareness on syncope, reflex anoxic seizures, and related conditions. We are frequently requested to present at medical meetings, provide answers to schools about how to have a child join with RAS and provide the necessary support to patients, caregivers, and families to help them better support the person with the condition.

#### **Public benefit**

The Trustees confirm that they have complied with their duty under Section 4 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit.

#### **Volunteers**

STARS utilizes volunteers to assist in our work.

#### **ACHIEVEMENT AND PERFORMANCE**

##### **Operating and financial review**

The Charity has seen an increase in income from £112,480 in 2020 to £135,529 in 2021. This is due to a decrease in donation income from £16,212 in 2020 to £8,335 in 2021 and an increase in grant income from £96,247 in 2020 to £127,188 in 2021.

Expenditure increased from £56,596 in 2020 to £77,698 in 2021. The Charity's total funds increased by £57,381 to £391,764 in the financial year.

The Trustees have a strategic and operational plan in place to ensure stability and growth.

#### **FINANCIAL REVIEW**

##### **Reserves policy and performance**

The Trustees have a policy of maintaining a level of unrestricted reserves which should ensure that there are adequate funds to meet anticipated future liabilities. In practice the Trustees consider that holding reserves equivalent to a minimum of three months' core costs, excluding funds tied up in fixed assets should provide sufficient funds to respond to unexpected adverse changes in the Charity's funding or activities. This equates to a minimum of £15,000 based on the current levels of activity. The Trustees consider that the current level of unrestricted reserves is therefore adequate.

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **REPORT OF THE TRUSTEES** **FOR THE YEAR ENDED 31 DECEMBER 2021**

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The Charity is constituted under a Charity Commission Scheme and is registered Charity number 1084898. The Charity's activities are governed by a Declaration of Trust adopted on 24 November 2000. The Charity was granted charitable status on 6 February 2001.

##### **Appointment of trustees**

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed. There must at all times be a minimum of three Trustees in office. The first Trustees are entitled to hold office for life. New Trustees are appointed by a resolution passed by the Trustees in special meeting.

##### **Organisational structure and decision making**

The Trustees delegate the day to day management of the Charity to the Chief Executive and her support staff.

##### **Trustee induction and training**

New Trustees undergo an orientation process to brief them on their legal obligations under Charity law the Charity's governing documents, the committee and decision making processes, the business plan and recent financial performance of the Charity. During the induction process they meet key employees and other trustees. Trustees are encouraged to attend appropriate external and internal training events which will assist them in carrying out their role.

#### **ACKNOWLEDGEMENTS**

STARS would like to acknowledge the various Trusts, Foundations and Medical Industry that so generously gave their support during the financial year.

The Trustees would like to recognise the outstanding contribution made by Trudie Lobban in the pursuit of STARS goals and the significant and high impact achievements attained this year through her vision and determination. The Trustees would also like to acknowledge the commitment of the STARS team in their empathetic approach to the delivery of STARS service throughout the year.

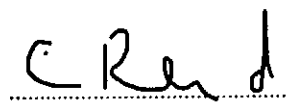
#### **CONNECTED CHARITIES**

Arrhythmia Alliance (AA), a UK registered Charity, number 1107496 is connected to STARS as an affiliate of the umbrella organisation.

Atrial Fibrillation Association (AFA), a UK registered charity, number 1122442 is connected to STARS as an affiliate of the umbrella organisation.

STARS US, Inc, a registered 501(c) non profit organisation in the USA is connected to AFA as an affiliate of the umbrella organisation.

Approved by order of the board of trustees on 4/10/2022 and signed on its behalf by:

  
.....

Mrs Cathrine Reid - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**Independent examiner's report to the trustees of Syncope Trust and Reflex Anoxic Seizures**

I report to the charity trustees on my examination of the accounts of Syncope Trust and Reflex Anoxic Seizures (the Trust) for the year ended 31 December 2021.

**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').

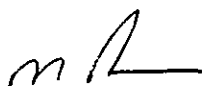
I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the 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.



Mark Bullock FCA  
Murphy Salisbury Limited  
Chartered Accountants  
15 Warwick Road  
Stratford upon Avon  
Warwickshire  
CV37 6YW

Date: 4/10/2022

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

|                                        | Notes | 2021<br>Unrestricted<br>fund<br>£ | 2020<br>Total<br>funds<br>£ |
|----------------------------------------|-------|-----------------------------------|-----------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>      |       |                                   |                             |
| Donations and legacies                 |       | 8,335                             | 16,212                      |
| <b>Charitable activities</b>           |       |                                   |                             |
| Charitable Activities                  |       | 79,438                            | 58,497                      |
| Grants received                        |       | 47,750                            | 37,750                      |
| Investment income                      | 2     | 6                                 | 21                          |
| <b>Total</b>                           |       | <b>135,529</b>                    | <b>112,480</b>              |
| <br><b>EXPENDITURE ON</b>              |       |                                   |                             |
| <b>Charitable activities</b>           |       |                                   |                             |
| Charitable Activities                  |       | 77,698                            | 56,596                      |
| Grants received                        |       | -                                 | -                           |
| <b>Total</b>                           |       | <b>77,698</b>                     | <b>56,596</b>               |
| <br><b>NET INCOME</b>                  |       | <b>57,831</b>                     | <b>55,884</b>               |
| <br><b>RECONCILIATION OF FUNDS</b>     |       |                                   |                             |
| <b>Total funds brought forward</b>     |       | <b>333,933</b>                    | <b>278,049</b>              |
| <br><b>TOTAL FUNDS CARRIED FORWARD</b> |       | <b>391,764</b>                    | <b>333,933</b>              |

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**BALANCE SHEET**  
**31 DECEMBER 2021**

|                                              | Notes | 2021<br>Total<br>funds<br>£ | 2020<br>Total<br>funds<br>£ |
|----------------------------------------------|-------|-----------------------------|-----------------------------|
| <b>CURRENT ASSETS</b>                        |       |                             |                             |
| Debtors                                      | 7     | 253,152                     | 282,295                     |
| Cash at bank                                 |       | 141,740                     | 54,742                      |
|                                              |       | <u>394,892</u>              | <u>337,037</u>              |
| <b>CREDITORS</b>                             |       |                             |                             |
| Amounts falling due within one year          | 8     | (3,128)                     | (3,104)                     |
|                                              |       | <u>391,764</u>              | <u>333,933</u>              |
| <b>NET CURRENT ASSETS</b>                    |       |                             |                             |
|                                              |       | <u>391,764</u>              | <u>333,933</u>              |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       |                             |                             |
|                                              |       | <u>391,764</u>              | <u>333,933</u>              |
| <b>NET ASSETS</b>                            |       |                             |                             |
|                                              |       | <u>391,764</u>              | <u>333,933</u>              |
| <b>FUNDS</b>                                 | 9     |                             |                             |
| Unrestricted funds                           |       | <u>391,764</u>              | <u>333,933</u>              |
| <b>TOTAL FUNDS</b>                           |       | <u>391,764</u>              | <u>333,933</u>              |

The financial statements were approved by the Board of Trustees and authorised for issue on 4.10.2022 and were signed on its behalf by:

  
Mrs Cathrine Reid - Trustee

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **NOTES TO THE FINANCIAL STATEMENTS** **FOR THE YEAR ENDED 31 DECEMBER 2021**

#### **1. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, 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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

##### **Income**

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

##### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Office Equipment            -    50% straight line basis

##### **Taxation**

The Syncope Trust and Reflex Anoxic Seizures is registered with the Charity Commission and under the provisions of Section 505, Income and Corporation Taxes Act 1988, is exempt from liability to taxation.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

##### **Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

**2. INVESTMENT INCOME**

|                   | 2021     | 2020      |
|-------------------|----------|-----------|
|                   | £        | £         |
| Interest received | <u>6</u> | <u>21</u> |

**3. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 December 2021 nor for the year ended 31 December 2020.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 December 2021 nor for the year ended 31 December 2020.

**4. STAFF COSTS**

|                       | 2021          | 2020          |
|-----------------------|---------------|---------------|
|                       | £             | £             |
| Wages and salaries    | 46,506        | 35,444        |
| Social security costs | 4,013         | 3,040         |
| Other pension costs   | 934           | 701           |
|                       | <u>51,453</u> | <u>39,185</u> |

The average monthly number of employees during the year was as follows:

|           | 2021     | 2020     |
|-----------|----------|----------|
|           |          |          |
| Employees | <u>2</u> | <u>2</u> |

No employees received emoluments in excess of £60,000.

**5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

|                                   | Unrestricted fund<br>£ |
|-----------------------------------|------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b> |                        |
| Donations and legacies            | 16,212                 |
| <b>Charitable activities</b>      |                        |
| Charitable Activities             | 58,497                 |
| Grants received                   | 37,750                 |
| Investment income                 | <u>21</u>              |
| <b>Total</b>                      | <b>112,480</b>         |
| <b>EXPENDITURE ON</b>             |                        |
| <b>Charitable activities</b>      |                        |
| Charitable Activities             | 56,596                 |
| <b>NET INCOME</b>                 | <b>55,884</b>          |

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

**5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

Unrestricted  
fund  
£

**RECONCILIATION OF FUNDS**

**Total funds brought forward**

278,049

**TOTAL FUNDS CARRIED FORWARD**

333,933

**6. TANGIBLE FIXED ASSETS**

Office  
Equipment  
£

**COST**

At 1 January 2021 and 31 December 2021

15,895

**DEPRECIATION**

At 1 January 2021 and 31 December 2021

15,895

**NET BOOK VALUE**

At 31 December 2021

-

At 31 December 2020

-

**7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|               | 2021           | 2020           |
|---------------|----------------|----------------|
|               | £              | £              |
| Other debtors | 252,906        | 281,556        |
| Prepayments   | 246            | 739            |
|               | <u>253,152</u> | <u>282,295</u> |

**8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|                              | 2021         | 2020         |
|------------------------------|--------------|--------------|
|                              | £            | £            |
| Trade creditors              | 180          | -            |
| Other creditors              | 1,368        | 1,344        |
| Accruals and deferred income | 1,580        | 1,760        |
|                              | <u>3,128</u> | <u>3,104</u> |

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

**9. MOVEMENT IN FUNDS**

|                           | At 1.1.21<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.12.21<br>£ |
|---------------------------|----------------|----------------------------------|---------------------|
| <b>Unrestricted funds</b> |                |                                  |                     |
| General fund              | 333,933        | 57,831                           | 391,764             |
| <b>TOTAL FUNDS</b>        | <u>333,933</u> | <u>57,831</u>                    | <u>391,764</u>      |

Net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 135,529                    | (77,698)                   | 57,831                    |
| <b>TOTAL FUNDS</b>        | <u>135,529</u>             | <u>(77,698)</u>            | <u>57,831</u>             |

**Comparatives for movement in funds**

|                           | At 1.1.20<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.12.20<br>£ |
|---------------------------|----------------|----------------------------------|---------------------|
| <b>Unrestricted funds</b> |                |                                  |                     |
| General fund              | 278,049        | 55,884                           | 333,933             |
| <b>TOTAL FUNDS</b>        | <u>278,049</u> | <u>55,884</u>                    | <u>333,933</u>      |

Comparative net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 112,480                    | (56,596)                   | 55,884                    |
| <b>TOTAL FUNDS</b>        | <u>112,480</u>             | <u>(56,596)</u>            | <u>55,884</u>             |

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

**9. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined position is as follows:

|                           | At 1.1.20<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.12.21<br>£ |
|---------------------------|----------------|----------------------------------|---------------------|
| <b>Unrestricted funds</b> |                |                                  |                     |
| General fund              | 278,049        | 113,715                          | 391,764             |
|                           | <hr/>          | <hr/>                            | <hr/>               |
| <b>TOTAL FUNDS</b>        | <u>278,049</u> | <u>113,715</u>                   | <u>391,764</u>      |

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 248,009                    | (134,294)                  | 113,715                   |
|                           | <hr/>                      | <hr/>                      | <hr/>                     |
| <b>TOTAL FUNDS</b>        | <u>248,009</u>             | <u>(134,294)</u>           | <u>113,715</u>            |

**10. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 December 2021.

**11. TRANSACTIONS WITH CONNECTED CHARITIES**

During the year, the charity was recharged £4,527 (2020: £3,691) by Arrhythmia Alliance (AA), charity number 1107496 for costs incurred on its behalf. Repaying of services was apportioned from AA for £79,438 (2020: £58,497). At the year end, there was a balance due from this charity of £183,609 (2020: £183,643).

During the year the charity recharged £21,384 (2020: £33,671) for salary costs incurred on behalf of Atrial Fibrillation Association, charity number 1122442. At the year end, there was a balance due from this charity of £69,296 (2020: £97,912).

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

|                                   | 2021<br>£     | 2020<br>£     |
|-----------------------------------|---------------|---------------|
| <b>INCOME AND ENDOWMENTS</b>      |               |               |
| <b>Donations and legacies</b>     |               |               |
| Donations                         | 4,987         | 9,152         |
| Other fundraising and sponsorship | 3,348         | 7,060         |
|                                   | <hr/> 8,335   | <hr/> 16,212  |
| <b>Investment income</b>          |               |               |
| Interest received                 | 6             | 21            |
| <b>Charitable activities</b>      |               |               |
| Grants and other income           | 127,188       | 96,247        |
|                                   | <hr/> 135,529 | <hr/> 112,480 |
| <b>Total incoming resources</b>   |               |               |
| <b>EXPENDITURE</b>                |               |               |
| <b>Charitable activities</b>      |               |               |
| Staff costs                       | 36,014        | 24,951        |
| Social security                   | 4,013         | 3,040         |
| Pensions                          | 934           | 701           |
| Printing, postage and stationery  | 2,461         | 359           |
| Recharges                         | 4,527         | 3,691         |
| Fundraising expenses              | 974           | 331           |
|                                   | <hr/> 48,923  | <hr/> 33,073  |
| <b>Support costs</b>              |               |               |
| <b>Other</b>                      |               |               |
| Staff costs                       | 10,492        | 10,493        |
| Rent                              | 9,000         | 9,000         |
| Sundries                          | 330           | 391           |
| Insurance                         | 1,033         | 1,179         |
| Consultancy fees                  | 5,760         | 5,760         |
| Room hire                         | -             | (5,460)       |
|                                   | <hr/> 26,615  | <hr/> 21,363  |
| <b>Governance costs</b>           |               |               |
| Independent examiner's fees       | 1,720         | 1,720         |
| Professional fees                 | 440           | 440           |
|                                   | <hr/> 2,160   | <hr/> 2,160   |
| <b>Total resources expended</b>   | <hr/> 77,698  | <hr/> 56,596  |
| <b>Net income</b>                 | <hr/> 57,831  | <hr/> 55,884  |

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

England & Wales - Charity number 1084898

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# Accounts

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**REPORT OF THE TRUSTEES AND**  
**FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**  
**FOR**  
**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

Murphy Salisbury Limited  
Chartered Accountants  
15 Warwick Road  
Stratford upon Avon  
Warwickshire  
CV37 6YW

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

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**FOR THE YEAR ENDED 31 DECEMBER 2020**

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**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**REFERENCE AND ADMINISTRATIVE DETAILS**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

|                                      |                                                                                                                         |
|--------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>TRUSTEES</b>                      | Mr Andrew Mark Fear (resigned 12.1.21)<br>Prof. Rose Anne Kenny<br>Dr. William Whitehouse<br>Mrs Cathrine Reid          |
| <b>PRINCIPAL ADDRESS</b>             | c/o Murphy Salisbury Limited<br>15 Warwick Road<br>Stratford upon Avon<br>Warwickshire<br>CV37 6YW                      |
| <b>REGISTERED CHARITY<br/>NUMBER</b> | 1084898                                                                                                                 |
| <b>INDEPENDENT EXAMINER</b>          | Murphy Salisbury Limited<br>Chartered Accountants<br>15 Warwick Road<br>Stratford upon Avon<br>Warwickshire<br>CV37 6YW |

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **REPORT OF THE TRUSTEES** **FOR THE YEAR ENDED 31 DECEMBER 2020**

The trustees present their report with the financial statements of the charity for the year ended 31 December 2020. The trustees have adopted the provisions of 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 2019).

#### **OBJECTIVES AND ACTIVITIES**

##### **Principal objects**

The principal objectives of the charity are:

To alleviate the effects of and provide support and information on, syncope and reflex anoxic seizures, to those in distress as a result of these seizures, whether suffered by themselves or as a member of the family group.

To advance the education of the medical profession and the general public on the subject of syncope and reflex anoxic seizures and its implications for the individual for the individual and family.

To promote research into the management of syncope and reflex anoxic seizure and to publish the useful results thereof and to support organisations promoting research into syncope and reflex anoxic seizures.

There have been no changes to these objectives since the last annual report.

##### **Significant activities**

##### **Dr Adam Fitzpatrick**

January was a very sad month for STARS with the sudden death of Dr Adam Fitzpatrick, Trustee and Chair of STARS Medical Advisory Committee (STARS MAC), of which he was a founding member.

To honour his memory, we launched the STARS Healthcare Pioneers Report - Showcasing Best Practice in Syncope. Subsequently, the Adam Fitzpatrick Lecture was announced during October's Arrhythmia Alliance Heart Rhythm Congress (HRC).

Dr Fitzpatrick was pivotal to the success of the award-winning STARS Blackouts Checklist, which was endorsed and praised by the Department of Health, receiving the BMA Patient Information award. Today, it is still one of the main resources a patient and their doctor use to reach the correct diagnosis for an unexplained loss of consciousness.

Adam championed the work of STARS, supporting our CEO, Trudie Lobban from day one and guiding her and advising every step of the way. We will all miss him.

##### **COVID-19 Pandemic**

Like many other charities, if we were to survive what, at the time, was an unknown future, then we had to change the way STARS could support both patients and healthcare professionals. The first major decision was taken in May that the annual STARS patients' day would move to a virtual platform, together with the STARS Symposia held during the Heart Rhythm Congress. An encouraging outcome of this decision was that both events attracted more delegates than previous events!

##### **Supporting patients through the pandemic**

The COVID-19 pandemic saw our services being needed more than ever. If there was ever any doubt about the value of our work and support we provide, then the dramatic increase in calls, emails, and engagements on social media will dispute this! Calls to our patient services team increased ten-fold as the pandemic imposed a considerable impact on patients, with many reporting their symptoms were more frequent and debilitating with rising levels of psychological distress.

In response, we created a dedicated COVID-19 webpage supported by the NHS with information and advice on how the pandemic may affect people with syncope and syncope-related conditions.

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **REPORT OF THE TRUSTEES** **FOR THE YEAR ENDED 31 DECEMBER 2020**

#### **OBJECTIVES AND ACTIVITIES**

We were amongst the first charities to recognise the value of videos relative to COVID-19 and the toll this pandemic was taking on some patients. With guidance from medical professionals, videos were produced on COVID-19 for STARS patients. These provided support for patients who were isolated and frightened and helped doctors who were busy managing telephone consultations.

As one of the first doctors to recognise Long Covid as having similar symptoms to PoTS, Dr Boon Lim shared a patient's experience on a video "What is your risk of COVID 19 with PoTS?" To date this video has attracted nearly 2.6K views.

#### **Raising awareness of syncope and syncope-related conditions**

To encourage excellence in the management of people with syncope and syncope-related conditions, we launched the STARS Healthcare Pioneers Report: Showcasing Best Practice in Syncope — in Memory of Dr Adam Fitzpatrick. The aim of the report is to provide examples of best practice to inspire centres to improve the care and quality of life of people with these conditions.

#### **Fundraising**

We found ourselves in extremely challenging times with the impact of the COVID pandemic limiting the ability of our members to carry out fundraising events in their community. One innovative volunteer was allowed to set up a second-hand book corner in her local Co-op and was sending us around £50 a week as a result.

#### **Hosting events for both healthcare professionals and patients**

As the months went by cancellations were inevitable and the third annual STARS London Syncope Meeting programmed for June was an early casualty. However, the doctors were invited to video their presentations and the meeting became a virtual event, attracting the attention of over 250 medical professionals.

Encouraged by the success of this first virtual event, our events team with the valuable support of STARS Medical Advisory Committee, produced two syncope symposia for the Heart Rhythm Congress 2020. One was the Adam Fitzpatrick Lecture on Syncope, Arrhythmia and Heart failure management - past, present, and future, the other the STARS Symposia, which embraced topics presented by a number of international syncope experts.

Patients Day went virtual, and this new concept was greeted with great enthusiasm by the patients, especially as many had been devoid of contact with doctors and were thirsty to listen to a medical professional who might answer some of their concerns. Patients were asked to pay for the privilege of accessing all three patients days, which would be available for 12 months. Sessions included presentations on the various concerns relating to RAS, Reflex syncope, and PoTS.

#### **Conclusion**

It has been a challenging year for STARS with staff working remotely, income decreased and the increased demand for our services and resources. As always, the Team has risen to the occasion and many have worked long hours to meet the demand from both patients and healthcare professionals alike.

Our CEO successfully managed to avoid any staff being made redundant or placed on furlough.

We have received wonderful feedback during this year from patients and medical professionals which has to be encouraging for our staff and the dedication and commitment they provide.

STARS is aware that many people with these conditions can also struggle with their mental well-being and anxiety, so it is so important to be able to communicate and reassure. We have seen increased activity across our social media channels as well as to our Helpline and online forum.

#### **Public benefit**

The Trustees confirm that they have complied with their duty under Section 4 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit.

#### **Volunteers**

STARS utilizes volunteers to assist in our work.

## **SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

### **REPORT OF THE TRUSTEES** **FOR THE YEAR ENDED 31 DECEMBER 2020**

#### **ACHIEVEMENT AND PERFORMANCE**

##### **Operating and financial review**

The Charity has seen a decrease in income from £235,186 in 2019 to £112,480 in 2020. This is due to a decrease in donation income from £67,202 in 2019 to £16,212 in 2020 and a decrease in grant income from £167,947 in 2019 to £96,247 in 2020.

Expenditure decreased from £82,697 in 2019 to £56,596 in 2020. The Charity's total funds increased by £55,884 to £333,933 in the financial year.

The Trustees have a strategic and operational plan in place to ensure stability and growth.

#### **FINANCIAL REVIEW**

##### **Reserves policy and performance**

The Trustees have a policy of maintaining a level of unrestricted reserves which should ensure that there are adequate funds to meet anticipated future liabilities. In practice the Trustees consider that holding reserves equivalent to a minimum of three months' core costs, excluding funds tied up in fixed assets should provide sufficient funds to respond to unexpected adverse changes in the Charity's funding or activities. This equates to a minimum of £15,000 based on the current levels of activity. The Trustees consider that the current level of unrestricted reserves is therefore adequate.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The Charity is constituted under a Charity Commission Scheme and is registered Charity number 1084898. The Charity's activities are governed by a Declaration of Trust adopted on 24 November 2000. The Charity was granted charitable status on 6 February 2001.

##### **Appointment of trustees**

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed. There must at all times be a minimum of three Trustees in office. The first Trustees are entitled to hold office for life. New Trustees are appointed by a resolution passed by the Trustees in special meeting.

##### **Organisational structure and decision making**

The Trustees delegate the day to day management of the Charity to the Chief Executive and her support staff.

##### **Trustee induction and training**

New Trustees undergo an orientation process to brief them on their legal obligations under Charity law the Charity's governing documents, the committee and decision making processes, the business plan and recent financial performance of the Charity. During the induction process they meet key employees and other trustees. Trustees are encouraged to attend appropriate external and internal training events which will assist them in carrying out their role.

#### **ACKNOWLEDGEMENTS**

STARS would like to acknowledge the various Trusts, Foundations and Medical Industry that so generously gave their support during the financial year.

The Trustees would like to recognise the outstanding contribution made by Trudie Lobban in the pursuit of STARS goals and the significant and high impact achievements attained this year through her vision and determination. The Trustees would also like to acknowledge the commitment of the STARS team in their empathetic approach to the delivery of STARS service throughout the year.

#### **CONNECTED CHARITIES**

Arrhythmia Alliance (AA), a UK registered Charity, number 1107496 is connected to STARS as an affiliate of the umbrella organisation.

Atrial Fibrillation Association (AFA), a UK registered charity, number 1122442 is connected to STARS as an affiliate of the umbrella organisation.

STARS US, Inc, a registered 501(c) non profit organisation in the USA is connected to AFA as an affiliate of the umbrella organisation.

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

Approved by order of the board of trustees on ..... and signed on its behalf by:

*Cathrine Reid* , 19.07.2021

.....  
Mrs Cathrine Reid - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**Independent examiner's report to the trustees of Syncope Trust and Reflex Anoxic Seizures**

I report to the charity trustees on my examination of the accounts of Syncope Trust and Reflex Anoxic Seizures (the Trust) for the year ended 31 December 2020.

**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 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the 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.



Mark Bullock FCA  
Murphy Salisbury Limited  
Chartered Accountants  
15 Warwick Road  
Stratford upon Avon  
Warwickshire  
CV37 6YW

Date: 19/07/2021 .....

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

|                                    | Notes | 2020<br>Unrestricted<br>fund<br>£ | 2019<br>Total<br>funds<br>£ |
|------------------------------------|-------|-----------------------------------|-----------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |       |                                   |                             |
| Donations and legacies             |       | 16,212                            | 67,202                      |
| <b>Charitable activities</b>       |       |                                   |                             |
| Charitable Activities              |       | 58,497                            | 152,447                     |
| Grants received                    |       | 37,750                            | 15,500                      |
| Investment income                  | 2     | 21                                | 37                          |
| <b>Total</b>                       |       | 112,480                           | 235,186                     |
| <b>EXPENDITURE ON</b>              |       |                                   |                             |
| <b>Charitable activities</b>       |       |                                   |                             |
| Charitable Activities              |       | 56,596                            | 82,697                      |
| <b>NET INCOME</b>                  |       | 55,884                            | 152,489                     |
| <b>RECONCILIATION OF FUNDS</b>     |       |                                   |                             |
| <b>Total funds brought forward</b> |       | 278,049                           | 125,560                     |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |       | 333,933                           | 278,049                     |

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**BALANCE SHEET**  
**31 DECEMBER 2020**

|                                              |       | 2020<br>Total<br>funds<br>£ | 2019<br>Total<br>funds<br>£ |
|----------------------------------------------|-------|-----------------------------|-----------------------------|
| <b>CURRENT ASSETS</b>                        | Notes |                             |                             |
| Debtors                                      | 7     | 282,295                     | 192,990                     |
| Cash at bank                                 |       | 54,742                      | 88,194                      |
|                                              |       | <hr/> 337,037               | <hr/> 281,184               |
| <b>CREDITORS</b>                             |       |                             |                             |
| Amounts falling due within one year          | 8     | (3,104)                     | (3,135)                     |
|                                              |       | <hr/>                       | <hr/>                       |
| <b>NET CURRENT ASSETS</b>                    |       | 333,933                     | 278,049                     |
|                                              |       | <hr/>                       | <hr/>                       |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       | 333,933                     | 278,049                     |
|                                              |       | <hr/>                       | <hr/>                       |
| <b>NET ASSETS</b>                            |       | 333,933                     | 278,049                     |
|                                              |       | <hr/> <hr/>                 | <hr/> <hr/>                 |
| <b>FUNDS</b>                                 | 9     |                             |                             |
| Unrestricted funds                           |       | 333,933                     | 278,049                     |
|                                              |       | <hr/>                       | <hr/>                       |
| <b>TOTAL FUNDS</b>                           |       | 333,933                     | 278,049                     |
|                                              |       | <hr/> <hr/>                 | <hr/> <hr/>                 |

The financial statements were approved by the Board of Trustees and authorised for issue on ..... and were signed on its behalf by:

 19.07.2021

.....  
Mrs Cathrine Reid - Trustee

## SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

#### **1. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, 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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

##### **Income**

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

##### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

|                      |                           |
|----------------------|---------------------------|
| Office Equipment     | - 50% straight line basis |
| Furniture & Fixtures | - 25% straight line basis |

##### **Taxation**

The Syncope Trust and Reflex Anoxic Seizures is registered with the Charity Commission and under the provisions of Section 505, Income and Corporation Taxes Act 1988, is exempt from liability to taxation.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

##### **Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

**2. INVESTMENT INCOME**

|                   | 2020      | 2019      |
|-------------------|-----------|-----------|
|                   | £         | £         |
| Interest received | 21        | 37        |
|                   | <u>21</u> | <u>37</u> |

**3. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 December 2020 nor for the year ended 31 December 2019.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 December 2020 nor for the year ended 31 December 2019.

**4. STAFF COSTS**

|                       | 2020          | 2019          |
|-----------------------|---------------|---------------|
|                       | £             | £             |
| Wages and salaries    | 35,444        | 38,077        |
| Social security costs | 3,040         | 3,345         |
| Other pension costs   | 701           | 711           |
|                       | <u>39,185</u> | <u>42,133</u> |

The average monthly number of employees during the year was as follows:

|           | 2020     | 2019     |
|-----------|----------|----------|
|           | 2        | 2        |
| Employees | <u>2</u> | <u>2</u> |

No employees received emoluments in excess of £60,000.

**5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

|                                   | Unrestricted<br>fund<br>£ |
|-----------------------------------|---------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b> |                           |
| Donations and legacies            | 67,202                    |
| <b>Charitable activities</b>      |                           |
| Charitable Activities             | 152,447                   |
| Grants received                   | 15,500                    |
| Investment income                 | 37                        |
| <b>Total</b>                      | <u>235,186</u>            |
| <b>EXPENDITURE ON</b>             |                           |
| <b>Charitable activities</b>      |                           |
| Charitable Activities             | 82,697                    |
| <b>NET INCOME</b>                 | <u>152,489</u>            |

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

**5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

Unrestricted  
fund  
£

**RECONCILIATION OF FUNDS**

**Total funds brought forward** 125,560

**TOTAL FUNDS CARRIED FORWARD** 278,049

**6. TANGIBLE FIXED ASSETS**

|                        | Office<br>Equipment<br>£ | Furniture<br>& Fixtures<br>£ | Totals<br>£   |
|------------------------|--------------------------|------------------------------|---------------|
| <b>COST</b>            |                          |                              |               |
| At 1 January 2020      | 15,895                   | 300                          | 16,195        |
| Disposals              | -                        | (300)                        | (300)         |
|                        | <u>15,895</u>            | <u>-</u>                     | <u>15,895</u> |
| At 31 December 2020    | 15,895                   | -                            | 15,895        |
| <b>DEPRECIATION</b>    |                          |                              |               |
| At 1 January 2020      | 15,895                   | 300                          | 16,195        |
| Eliminated on disposal | -                        | (300)                        | (300)         |
|                        | <u>15,895</u>            | <u>-</u>                     | <u>15,895</u> |
| At 31 December 2020    | 15,895                   | -                            | 15,895        |
| <b>NET BOOK VALUE</b>  |                          |                              |               |
| At 31 December 2020    | -                        | -                            | -             |
|                        | <u>-</u>                 | <u>-</u>                     | <u>-</u>      |
| At 31 December 2019    | -                        | -                            | -             |
|                        | <u>-</u>                 | <u>-</u>                     | <u>-</u>      |

**7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|               | 2020<br>£      | 2019<br>£      |
|---------------|----------------|----------------|
| Other debtors | 281,556        | 192,694        |
| Prepayments   | 739            | 296            |
|               | <u>282,295</u> | <u>192,990</u> |

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

**8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|                              | 2020         | 2019         |
|------------------------------|--------------|--------------|
|                              | £            | £            |
| Other creditors              | 1,344        | 1,555        |
| Accruals and deferred income | 1,760        | 1,580        |
|                              | <u>3,104</u> | <u>3,135</u> |

**9. MOVEMENT IN FUNDS**

|                           | At 1.1.20<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.12.20<br>£ |
|---------------------------|----------------|----------------------------------|---------------------|
| <b>Unrestricted funds</b> |                |                                  |                     |
| General fund              | 278,049        | 55,884                           | 333,933             |
|                           | <u>278,049</u> | <u>55,884</u>                    | <u>333,933</u>      |
| <b>TOTAL FUNDS</b>        | <u>278,049</u> | <u>55,884</u>                    | <u>333,933</u>      |

Net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 112,480                    | (56,596)                   | 55,884                    |
|                           | <u>112,480</u>             | <u>(56,596)</u>            | <u>55,884</u>             |
| <b>TOTAL FUNDS</b>        | <u>112,480</u>             | <u>(56,596)</u>            | <u>55,884</u>             |

**Comparatives for movement in funds**

|                           | At 1.1.19<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.12.19<br>£ |
|---------------------------|----------------|----------------------------------|---------------------|
| <b>Unrestricted funds</b> |                |                                  |                     |
| General fund              | 125,560        | 152,489                          | 278,049             |
|                           | <u>125,560</u> | <u>152,489</u>                   | <u>278,049</u>      |
| <b>TOTAL FUNDS</b>        | <u>125,560</u> | <u>152,489</u>                   | <u>278,049</u>      |

Comparative net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 235,186                    | (82,697)                   | 152,489                   |
|                           | <u>235,186</u>             | <u>(82,697)</u>            | <u>152,489</u>            |
| <b>TOTAL FUNDS</b>        | <u>235,186</u>             | <u>(82,697)</u>            | <u>152,489</u>            |

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

**9. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined position is as follows:

|                           | At 1.1.19<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.12.20<br>£ |
|---------------------------|----------------|----------------------------------|---------------------|
| <b>Unrestricted funds</b> |                |                                  |                     |
| General fund              | 125,560        | 208,373                          | 333,933             |
| <b>TOTAL FUNDS</b>        | <u>125,560</u> | <u>208,373</u>                   | <u>333,933</u>      |

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 347,666                    | (139,293)                  | 208,373                   |
| <b>TOTAL FUNDS</b>        | <u>347,666</u>             | <u>(139,293)</u>           | <u>208,373</u>            |

**10. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 December 2020.

**11. TRANSACTIONS WITH CONNECTED CHARITIES**

During the year, the charity was recharged £3,691 (2019: £3,385) by Arrhythmia Alliance (AA), charity number 1107496 for costs incurred on its behalf. A share of the Heart Rhythm Congress surplus was apportioned from AA for £58,497 (2019: £134,227). At the year end, there was a balance due from this charity of £183,643 (2019: £127,952).

During the year the charity recharged £34,145 (2019: £34,154) for salary costs incurred on behalf of Atrial Fibrillation Association, charity number 1122442. At the year end, there was a balance due from this charity of £97,912 (2019: £64,241).

**SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

|                                   | 2020<br>£     | 2019<br>£     |
|-----------------------------------|---------------|---------------|
| <b>INCOME AND ENDOWMENTS</b>      |               |               |
| <b>Donations and legacies</b>     |               |               |
| Donations                         | 9,152         | 16,327        |
| Grants                            | -             | 10,500        |
| Other fundraising and sponsorship | 7,060         | 40,375        |
|                                   | <hr/> 16,212  | <hr/> 67,202  |
| <b>Investment income</b>          |               |               |
| Interest received                 | 21            | 37            |
| <b>Charitable activities</b>      |               |               |
| Grants and other income           | 96,247        | 167,947       |
|                                   | <hr/> 112,480 | <hr/> 235,186 |
| <b>Total incoming resources</b>   |               |               |
|                                   |               |               |
| <b>EXPENDITURE</b>                |               |               |
| <b>Charitable activities</b>      |               |               |
| Staff costs                       | 24,951        | 27,585        |
| Social security                   | 3,040         | 3,345         |
| Pensions                          | 701           | 711           |
| Printing, postage and stationery  | 359           | 2,966         |
| Recharges                         | 3,691         | 3,385         |
| Travelling                        | -             | 1,834         |
| Fundraising expenses              | 331           | 216           |
|                                   | <hr/> 33,073  | <hr/> 40,042  |
| <b>Support costs</b>              |               |               |
| <b>Other</b>                      |               |               |
| Staff costs                       | 10,493        | 10,492        |
| Rent                              | 9,000         | 9,000         |
| Sundries                          | 391           | 946           |
| Insurance                         | 1,179         | 1,165         |
| Consultancy fees                  | 5,760         | 5,600         |
| Room hire                         | (5,460)       | 13,292        |
|                                   | <hr/> 21,363  | <hr/> 40,495  |
| <b>Governance costs</b>           |               |               |
| Independent examiner's fees       | 1,720         | 1,720         |
| Professional fees                 | 440           | 440           |
|                                   | <hr/> 2,160   | <hr/> 2,160   |
| <b>Total resources expended</b>   | <hr/> 56,596  | <hr/> 82,697  |
| <b>Net income</b>                 | <hr/> 55,884  | <hr/> 152,489 |

This page does not form part of the statutory financial statements