

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

TRUSTEES	Mr Andrew Mark Fear (resigned 12.1.21) Prof. Rose Anne Kenny Dr. William Whitehouse Mrs Cathrine Reid
PRINCIPAL ADDRESS	c/o Murphy Salisbury Limited 15 Warwick Road Stratford upon Avon Warwickshire CV37 6YW
REGISTERED CHARITY NUMBER	1084898
INDEPENDENT EXAMINER	Murphy Salisbury Limited Chartered Accountants 15 Warwick Road Stratford upon Avon Warwickshire 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 Unrestricted fund £	2019 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		16,212	67,202
Charitable activities			
Charitable Activities		58,497	152,447
Grants received		37,750	15,500
Investment income	2	21	37
Total		112,480	235,186
EXPENDITURE ON			
Charitable activities			
Charitable Activities		56,596	82,697
NET INCOME		55,884	152,489
RECONCILIATION OF FUNDS			
Total funds brought forward		278,049	125,560
TOTAL FUNDS CARRIED FORWARD		333,933	278,049

SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES

BALANCE SHEET
31 DECEMBER 2020

		2020 Total funds £	2019 Total funds £
CURRENT ASSETS	Notes		
Debtors	7	282,295	192,990
Cash at bank		54,742	88,194
		<hr/> 337,037	<hr/> 281,184
CREDITORS			
Amounts falling due within one year	8	(3,104)	(3,135)
		<hr/>	<hr/>
NET CURRENT ASSETS		333,933	278,049
		<hr/>	<hr/>
TOTAL ASSETS LESS CURRENT LIABILITIES		333,933	278,049
		<hr/>	<hr/>
NET ASSETS		333,933	278,049
		<hr/> <hr/>	<hr/> <hr/>
FUNDS	9		
Unrestricted funds		333,933	278,049
		<hr/>	<hr/>
TOTAL FUNDS		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
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 £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	67,202
Charitable activities	
Charitable Activities	152,447
Grants received	15,500
Investment income	37
Total	<u>235,186</u>
EXPENDITURE ON	
Charitable activities	
Charitable Activities	82,697
NET INCOME	<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 Equipment £	Furniture & Fixtures £	Totals £
COST			
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
DEPRECIATION			
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
NET BOOK VALUE			
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 £	2019 £
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 £	Net movement in funds £	At 31.12.20 £
Unrestricted funds			
General fund	278,049	55,884	333,933
	<u>278,049</u>	<u>55,884</u>	<u>333,933</u>
TOTAL FUNDS	<u>278,049</u>	<u>55,884</u>	<u>333,933</u>

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

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

Comparatives for movement in funds

	At 1.1.19 £	Net movement in funds £	At 31.12.19 £
Unrestricted funds			
General fund	125,560	152,489	278,049
	<u>125,560</u>	<u>152,489</u>	<u>278,049</u>
TOTAL FUNDS	<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 resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	235,186	(82,697)	152,489
	<u>235,186</u>	<u>(82,697)</u>	<u>152,489</u>
TOTAL FUNDS	<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 £	Net movement in funds £	At 31.12.20 £
Unrestricted funds			
General fund	125,560	208,373	333,933
TOTAL FUNDS	<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 resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	347,666	(139,293)	208,373
TOTAL FUNDS	<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 £	2019 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	9,152	16,327
Grants	-	10,500
Other fundraising and sponsorship	7,060	40,375
	<hr/> 16,212	<hr/> 67,202
Investment income		
Interest received	21	37
Charitable activities		
Grants and other income	96,247	167,947
	<hr/> 112,480	<hr/> 235,186
Total incoming resources		
EXPENDITURE		
Charitable activities		
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
Support costs		
Other		
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
Governance costs		
Independent examiner's fees	1,720	1,720
Professional fees	440	440
	<hr/> 2,160	<hr/> 2,160
Total resources expended	<hr/> 56,596	<hr/> 82,697
Net income	<hr/> <hr/> 55,884	<hr/> <hr/> 152,489

This page does not form part of the statutory financial statements