

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

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FOR THE YEAR ENDED 31 DECEMBER 2021

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SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2021

TRUSTEES	Mr Andrew Mark Fear (resigned 12.1.21) Prof. Rose Anne Kenny Dr. William Whitehouse Mrs Cathrine Reid Dr Mehran Asgari (appointed 19.7.21) Elizabeth Bateson (appointed 1.5.21)
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 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.

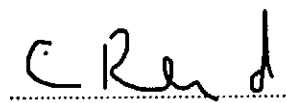
CONNECTED CHARITIES

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').

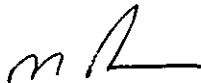
I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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

SYNCOPE TRUST AND REFLEX ANOXIC SEIZURES

BALANCE SHEET
31 DECEMBER 2021

	Notes	2021 Total funds £	2020 Total funds £
CURRENT ASSETS			
Debtors	7	253,152	282,295
Cash at bank		141,740	54,742
		<u>394,892</u>	<u>337,037</u>
CREDITORS			
Amounts falling due within one year	8	(3,128)	(3,104)
		<u>391,764</u>	<u>333,933</u>
NET CURRENT ASSETS			
		<u>391,764</u>	<u>333,933</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>391,764</u>	<u>333,933</u>
NET ASSETS			
		<u>391,764</u>	<u>333,933</u>
FUNDS	9		
Unrestricted funds		<u>391,764</u>	<u>333,933</u>
TOTAL FUNDS		<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
	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 fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	16,212
Charitable activities	
Charitable Activities	58,497
Grants received	37,750
Investment income	<u>21</u>
Total	<u>112,480</u>
EXPENDITURE ON	
Charitable activities	
Charitable Activities	56,596
NET INCOME	<u>55,884</u>

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

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

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

Comparatives for 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
TOTAL FUNDS	<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 resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	112,480	(56,596)	55,884
TOTAL FUNDS	<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 £	Net movement in funds £	At 31.12.21 £
Unrestricted funds			
General fund	278,049	113,715	391,764
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<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 resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	248,009	(134,294)	113,715
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<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 £	2020 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	4,987	9,152
Other fundraising and sponsorship	3,348	7,060
	<hr/> 8,335	<hr/> 16,212
Investment income		
Interest received	6	21
Charitable activities		
Grants and other income	127,188	96,247
	<hr/> 135,529	<hr/> 112,480
Total incoming resources		
EXPENDITURE		
Charitable activities		
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
Support costs		
Other		
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
Governance costs		
Independent examiner's fees	1,720	1,720
Professional fees	440	440
	<hr/> 2,160	<hr/> 2,160
Total resources expended	<hr/> 77,698	<hr/> 56,596
Net income	<hr/> 57,831	<hr/> 55,884