

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

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

### **CONTENTS**

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	<b>Page</b>
Trustees' report	1 - 6
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**

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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 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**

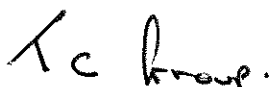
Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting 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 funds 2023 £	Unrestricted funds 2022 £
<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>
 <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>
 <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 £	£	2022 £	£
<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**

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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 2023

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

**5 Income from investments**

	<b>Unrestricted funds 2023 £</b>	<b>Unrestricted funds 2022 £</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 funds 2023 £	Unrestricted funds 2022 £
<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 £	2022 £
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 fittings £
<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 £	2022 £
<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 £	2022 £
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 £	2022 £
<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.

	<b>At 1 January 2023</b>	<b>Incoming resources</b>	<b>Resources expended</b>	<b>At 31 December 2023</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
General funds	563,063	121,559	(79,302)	605,320
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
<b>Previous year:</b>	<b>At 1 January 2022</b>	<b>Incoming resources</b>	<b>Resources expended</b>	<b>At 31 December 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
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).