

# STAR THROWERS CIO

England & Wales · Charity number 1162237

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2015-06-16

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

## Contact

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**Address** Star Throwers  
30 Melton Road  
Wymondham  
NR18 0DB

**Phone** 01953423304

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

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

## Activities

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**Objects:** TO RELIEVE THE NEEDS OF AND TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF CANCER SUFFERERS BY;A) THE PROVISION AND ADVICE AND ASSISTANCE ON THE TREATMENT AND PREVENTION OF CANCERB) PROVIDING ACCESS TO THERAPEUTIC CARE AND ASSISTANCEC) CARRYING OUT RESEARCH AND PUBLISHING ANY USEFUL RESULTS.

**Activities:** Star Throwers supports people with cancer and their carers through personalised information that helps them to become well informed about their cancer and their treatment options, and through complementary support services that meets their holistic needs.

## Classification

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- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities

## Geography

- Norfolk

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£332,741	£420,697	-	-
2024-05-31	£457,713	£306,296	-	-
2023-05-31	£243,171	£301,816	-	-
2022-05-31	£264,011	£261,684	-	-
2021-05-31	£169,874	£188,606	-	-

## Trustees

Name	Role	Appointed
<b>Celia Frances Lynne</b>	Chair	2022-10-26
Denzel Boateng		2025-01-28
Robin Upfold		2019-01-16
Sandra Betts		2018-06-25
Tonia Dawson		2025-01-28
Tracey Mills		2025-01-28

**STAR THROWERS CIO**

England & Wales - Charity number 1162237

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# Accounts

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**STAR THROWERS CIO**  
(A Company Limited by Guarantee)

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**UNAUDITED**  
**TRUSTEES' REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**

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**STAR THROWERS CIO**  
**(A Company Limited by Guarantee)**

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**STAR THROWERS CIO**  
**(A Company Limited by Guarantee)**

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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS  
FOR THE YEAR ENDED 31 MAY 2025**

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<b>Trustees</b>	Beverley Bulcock (resigned 30 September 2024) Sandra Betts Joan Welsby (resigned 26 March 2025) Robin Upfold Celia Lynne, Chair Matthew Peek (appointed 13 April 2025) Denzil Boateng (appointed 28 January 2025) Tracey Mills (appointed 28 January 2025) Tonia Dawson OBE (appointed 28 January 2025)
<b>Company registered number</b>	CE003594
<b>Charity registered number</b>	1162237
<b>Registered office</b>	30 Melton Road Wymondham Norfolk NR18 0DB
<b>Chief executive officer</b>	Sam Brown
<b>Accountants</b>	MA Partners LLP Chartered Accountants 7 The Close Norwich Norfolk NR1 4DJ

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**STAR THROWERS CIO**  
**(A Company Limited by Guarantee)**

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**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 MAY 2025**

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The Trustees present their annual report together with the financial statements of the Charity for the year 1 June 2024 to 31 May 2025. The Annual Report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Charity qualifies as small under section 382 of the Companies Act 2006, the Strategic Report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

**Objectives and activities**

**a. Policies and objectives**

The Charity's objective is:

To relieve the needs of and to promote and protect the physical and mental health of cancer sufferers by:

- a) the provision and advice and assistance on the treatment and prevention of cancer;
- b) providing access to therapeutic care and assistance; and
- c) carrying out research and publishing any useful results.

In setting the objective and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

**b. Strategies for achieving objectives**

Star Throwers supports people with cancer and their carers through personalised information that helps them to become well informed about their cancer and their treatment options, and through complementary support services that meets their holistic needs.

**c. Activities undertaken to achieve objectives**

This year has been a period of transformation and strategic development for the Charity. With a renewed vision, focussed leadership and stewardship, the Trustees are proud to share the significant progress made towards ensuring the long-term sustainability and effectiveness of Star Throwers CIO.

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**STAR THROWERS CIO**  
**(A Company Limited by Guarantee)**

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MAY 2025**

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**Achievements and performance**

**a. Main achievements of the Charity**

***Governance, leadership, and management***

Recognising the importance of robust governance, this year saw the successful recruitment of four new Trustee Board members bringing specialist expertise in finance, clinical care and user experience. These appointments have enriched the collective knowledge of the Board, strengthening the Charity's capacity for informed decision-making and strategic oversight. The new Trustees have already made valuable contributions, particularly in shaping the Charity's financial strategy, enhancing service quality, and ensuring the Charity's activities are truly centred around the needs of those the Charity supports.

A major milestone was reached with the recruitment of a new Chief Executive Officer. The incoming CEO offers established leadership skills, experience in enhancing cancer services, stewardship and a fresh perspective for Star Throwers CIO. This will help advance the Charity's growth ambitions while preserving its core values and providing effective stewardship.

***Strategic development***

A key development was the initiation by the Trustees of the of a five-year strategy 2025 - 2030 development designed to secure the long-term sustainability of the Charity.

Work on this strategy commenced during the year, with active input from Trustees, staff, volunteers, and external experts to ensure that it remains both ambitious and achievable. While the Charity's strategic priorities have been identified - expanding the reach and impact of the Charity's services, deepening community partnerships, investing in staff and volunteer development, and diversifying the Charity's income streams - the strategy itself was finalised in September 2025. This ongoing process provides a clear roadmap, guiding the Charity's journey towards building a resilient and responsive charity that can adapt to the evolving needs of those the Charity supports in the years ahead.

***Organisational Review***

To enhance effectiveness and efficiency, the Trustees requested a review of the Charity's organisational structure and service delivery model. Actions that have already been implemented include clearer lines of accountability, streamlined processes, and the introduction of new financial arrangements. These changes have improved internal communication, reduced duplication of effort, and ensured that resources are directed where they are needed most.

***Centre Refurbishment and Funding Efforts***

Securing funding for a much needed refurbishment of the Charity's centre has been a major focus this year. The senior team have worked diligently to identify grant opportunities, engage with potential donors, and build strategic partnerships. While the fundraising campaign is ongoing, the Trustees are heartened by the positive response from supporters and the community. Refurbishment of the centre is central to enhancing everyone's experience, increasing the Charity's capacity, and providing a welcoming, accessible environment for all.

***Looking Ahead: Building on strengths and embracing opportunity***

This is an exciting period for Star Throwers CIO. The Trustees are committed to building on the Charity's established strengths - the Charity's dedicated staff and volunteers, the Charity's reputation for compassionate personalised care, and the Charity's collaborative spirit. The changes made this year position the Charity to build new opportunities, extend the Charity's reach and accessibility, and deepen the Charity's impact. As the Trustees look to the future, we do so with confidence, optimism, and a shared determination to continue to be there for those affected by cancer.

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**STAR THROWERS CIO**  
**(A Company Limited by Guarantee)**

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MAY 2025**

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**Achievements and performance (continued)**

**Financial review**

**a. Summary**

The Charity has made notable financial improvements over the past year. Through prudent management, rigorous cost control, and the identification of new income streams, the Charity has strengthened its financial position. The Charity's reserves are healthy, and operational overheads have been reduced without compromising the quality of the Charity's services. These achievements provide stability for future investment in the Charity's people, service delivery, and facilities.

**b. Going concern**

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

**c. Reserves policy**

The Trustees have established a reserves policy to ensure the Charity's financial stability and ability to continue its work for the public benefit. Reserves are defined as unrestricted funds that are freely available for use, excluding restricted and designated funds, and tangible fixed assets and associated loans.

The Trustees have determined that it is prudent to maintain reserves at a level equivalent to four months of core operating expenditure. For 2024/25 this was calculated as £78,092 and £138,220 for 2025/26. This level allows the Charity to manage fluctuations in income, meet ongoing commitments, and respond to unforeseen events.

At 31 May 2025, the Charity held £166,986 (2024 - £228,421) in free reserves. This is broadly in line with the target level, and the Trustees are satisfied this is adequate over the coming year and will consider investment of any surplus reserves. The policy is reviewed annually at the September Board meeting.

**Structure, governance and management**

**a. Constitution**

Star Throwers CIO is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association.

**b. Methods of appointment or election of Trustees**

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Memorandum of Association.

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**STAR THROWERS CIO**  
**(A Company Limited by Guarantee)**

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 MAY 2025**

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**Statement of Trustees' responsibilities**

The Trustees (who are also the directors of the Charity for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

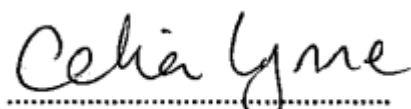
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**Acknowledgements**

The Trustees extend their sincere appreciation to all supporters, donors, funders, staff, and volunteers. Their continued dedication and generosity enable the Charity's work and serve as ongoing inspiration. Collectively, we are effecting meaningful change for individuals affected by cancer within the Charity's community.

Approved by order of the members of the board of Trustees and signed on their behalf by:

  
.....  
**Celia Lynne**

Date: 17 December 2025

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**STAR THROWERS CIO**  
**(A Company Limited by Guarantee)**

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**INDEPENDENT EXAMINER'S REPORT**  
**FOR THE YEAR ENDED 31 MAY 2025**

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**Independent Examiner's Report to the Trustees of Star Throwers CIO ('the Charity')**

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 May 2025.

**Responsibilities and Basis of Report**

As the Trustees of the Charity (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

**Independent Examiner's Statement**

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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:

1. accounting records were not kept in respect of the Charity as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed:



Dated: 14 January 2026

Mr Frank Shippam BSc FCA DChA

MA Partners LLP

**STAR THROWERS CIO**  
(A Company Limited by Guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 MAY 2025**

	Note	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
<b>Income from:</b>					
Donations and legacies	4	99,753	53,040	152,793	266,378
Other trading activities	5	176,294	-	176,294	191,188
Investments	6	3,654	-	3,654	147
<b>Total income</b>		<b>279,701</b>	<b>53,040</b>	<b>332,741</b>	<b>457,713</b>
<b>Expenditure on:</b>					
Raising funds	7	154,054	-	154,054	125,400
Charitable activities	8	179,680	86,963	266,643	180,893
<b>Total expenditure</b>		<b>333,734</b>	<b>86,963</b>	<b>420,697</b>	<b>306,293</b>
<b>Net movement in funds before other recognised gains/(losses)</b>		<b>(54,033)</b>	<b>(33,923)</b>	<b>(87,956)</b>	<b>151,420</b>
<b>Other recognised gains/(losses):</b>					
Gains on revaluation of fixed assets		-	-	-	66,750
<b>Net movement in funds</b>		<b>(54,033)</b>	<b>(33,923)</b>	<b>(87,956)</b>	<b>218,170</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		580,150	49,115	629,265	411,095
Net movement in funds		(54,033)	(33,923)	(87,956)	218,170
<b>Total funds carried forward</b>		<b>526,117</b>	<b>15,192</b>	<b>541,309</b>	<b>629,265</b>

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 10 to 26 form part of these financial statements.

**STAR THROWERS CIO**  
**(A Company Limited by Guarantee)**  
**REGISTERED NUMBER: CE003594**

**BALANCE SHEET**  
**AS AT 31 MAY 2025**

	Note	2025 £	2024 £
<b>Fixed assets</b>			
Tangible assets	12	<b>456,088</b>	455,627
		<u>456,088</u>	<u>455,627</u>
<b>Current assets</b>			
Debtors	13	<b>204</b>	2,599
Cash at bank and in hand		<b>226,619</b>	281,381
		<u>226,823</u>	<u>283,980</u>
<b>Current liabilities</b>			
Creditors: amounts falling due within one year	14	<b>(54,776)</b>	(14,027)
<b>Net current assets</b>		<b>172,047</b>	269,953
<b>Total assets less current liabilities</b>		<b>628,135</b>	725,580
Creditors: amounts falling due after more than one year	15	<b>(86,826)</b>	(96,315)
<b>Total net assets</b>		<b>541,309</b>	629,265
<b>Charity funds</b>			
Restricted funds	16	<b>15,192</b>	49,115
Unrestricted funds	16	<b>526,117</b>	580,150
<b>Total funds</b>		<b>541,309</b>	629,265

The Charity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

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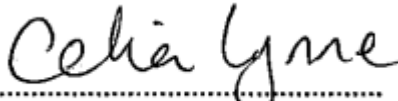
**STAR THROWERS CIO**  
**(A Company Limited by Guarantee)**  
**REGISTERED NUMBER: CE003594**

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**BALANCE SHEET (CONTINUED)**  
**AS AT 31 MAY 2025**

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The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

  
.....  
**Celia Lynne**

Date: 17 December 2025

The notes on pages 10 to 26 form part of these financial statements.

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**STAR THROWERS CIO**  
**(A Company Limited by Guarantee)**

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**

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**1. General information**

Star Throwers CIO is a Charitable Incorporated Organisation registered with the Charity Commission for England and Wales. The registered office address and principal place of business is 30 Melton Road, Wymondham, NR18 0DB.

**2. Accounting policies**

**2.1 Basis of preparation of financial statements**

The financial statements 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Star Throwers CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

**2.2 Income**

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Gifts in kind donated for distribution are included at valuation and recognised as income when they are distributed to the projects. Gifts donated for resale are included as income when they are sold.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

**2.3 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 on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

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**STAR THROWERS CIO**  
**(A Company Limited by Guarantee)**

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**

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**2. Accounting policies (continued)**

**2.4 Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

**2.5 Tangible fixed assets and depreciation**

Tangible fixed assets costing £NIL or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets other than freehold property are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Freehold property was initially recognised at cost. After recognition, under the revaluation model, freehold property is carried at a revalued amount, being their fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Revaluations are made with sufficient regularity to ensure that the carrying amount does not differ materially from that which would be determined using fair value at the end of the reporting date.

Fair values are determined from market-based evidence by appraisal that is normally undertaken by professionally qualified valuers. If there is no market-based evidence of fair value because of the specialised nature of the tangible fixed asset and it is rarely sold, except as part of a contributing business, a Charity may need to estimate fair value using an income or depreciated replacement cost approach.

Gains and losses on revaluation are recognised in the Statement of Financial Activities, with a separate revaluation reserve being shown in the Statement of funds note.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Freehold property	-	Not depreciated
Short-term leasehold property	-	33%
Plant and machinery	-	10%
Office equipment	-	33%
Computer equipment	-	33%

**2.6 Debtors**

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**2.7 Cash at bank and in hand**

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

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**STAR THROWERS CIO**  
**(A Company Limited by Guarantee)**

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**

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**2. Accounting policies (continued)**

**2.8 Liabilities and provisions**

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

**2.9 Financial instruments**

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

**2.10 Pensions**

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

**2.11 Fund accounting**

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

**STAR THROWERS CIO**  
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**

**3. Critical accounting estimates and areas of judgment**

Estimates and judgments are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

**Valuation of Freehold Property**

The Charity holds freehold property which is included in the balance sheet at fair value. The valuation of property is inherently subjective, requiring the use of assumptions and estimates, including market conditions and comparable property evidence.

Changes in these assumptions or market conditions could result in material adjustments to the carrying value of the property in future reporting periods. The Trustees consider the valuations used to be appropriate for the purposes of these financial statements.

**4. Income from donations and legacies**

	<b>Unrestricted funds 2025 £</b>	<b>Restricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
Donations	70,678	11,678	<b>82,356</b>	162,426
Grants	29,075	41,362	<b>70,437</b>	103,952
<b>Total 2025</b>	<u>99,753</u>	<u>53,040</u>	<u><b>152,793</b></u>	<u>266,378</u>
<i>Total 2024</i>	<u>266,378</u>	<u>-</u>	<u>266,378</u>	

**STAR THROWERS CIO**  
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**

**5. Income from other trading activities**

**Income from fundraising events**

	<b>Unrestricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
Fundraising events	61,631	<b>61,631</b>	60,769
Room hire and ticketed events	-	-	9,006
Merchandise	223	<b>223</b>	77
<b>Total 2025</b>	<u>61,854</u>	<u><b>61,854</b></u>	<u>69,852</u>
<i>Total 2024</i>	<u>69,852</u>	<u>69,852</u>	

**Income from non charitable trading activities**

	<b>Unrestricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
Charity shop	114,440	<b>114,440</b>	121,336
<i>Total 2024</i>	<u>121,336</u>	<u>121,336</u>	

**6. Investment income**

	<b>Unrestricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
Investment income - local cash	3,654	<b>3,654</b>	147
<i>Total 2024</i>	<u>147</u>	<u>147</u>	

**STAR THROWERS CIO**  
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**

**7. Expenditure on raising funds**

**Costs of raising voluntary income**

	<b>Unrestricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
Grant applications	1,961	<b>1,961</b>	510
In-house fundraising	17,017	<b>17,017</b>	15,854
Wages and salaries	28,186	<b>28,186</b>	23,754
Social security costs	1,019	<b>1,019</b>	2,019
Contribution to defined contribution pension schemes	758	<b>758</b>	-
<b>Total 2025</b>	<u>48,941</u>	<u><b>48,941</b></u>	<u>42,137</u>
<i>Total 2024</i>	<u>42,137</u>	<u>42,137</u>	

**Fundraising trading expenses**

	<b>Unrestricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
Wages and salaries	78,420	<b>78,420</b>	58,922
Social security costs	2,395	<b>2,395</b>	4,365
Contribution to defined contribution pension schemes	1,537	<b>1,537</b>	-
Rent	7,000	<b>7,000</b>	6,679
Utilities	5,218	<b>5,218</b>	2,179
Repairs and maintenance	4,859	<b>4,859</b>	769
Charity shop running costs	3,844	<b>3,844</b>	5,932
Advertising and marketing	736	<b>736</b>	1,623
Insurance	700	<b>700</b>	924
<b>Total 2025</b>	<u>104,709</u>	<u><b>104,709</b></u>	<u>81,393</u>
<i>Total 2024</i>	<u>81,393</u>	<u>81,393</u>	

**STAR THROWERS CIO**  
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**

**7. Expenditure on raising funds (continued)**

**Other trading expenses**

	<b>Unrestricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
Merchandise	404	<b>404</b>	1,870
<i>Total 2024</i>	<u>1,870</u>	<u>1,870</u>	

**8. Analysis of expenditure by activities**

	<b>Activities undertaken directly 2025 £</b>	<b>Support costs 2025 £</b>	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
Support of cancer patients and their carers	125,149	141,494	<b>266,643</b>	180,893
<i>Total 2024</i>	<u>104,679</u>	<u>76,214</u>	<u>180,893</u>	

**Analysis of direct costs**

	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
Staff costs	<b>104,119</b>	84,609
Service delivery costs	<b>21,030</b>	20,070
	<u><b>125,149</b></u>	<u>104,679</u>

**STAR THROWERS CIO**  
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**

**8. Analysis of expenditure by activities (continued)**

**Analysis of support costs**

	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
Staff costs	<b>48,542</b>	27,325
CEO services	<b>28,000</b>	-
Repairs and maintenance	<b>15,092</b>	10,364
Utilities	<b>12,408</b>	10,887
Mortgage interest	<b>8,098</b>	10,403
Accountancy	<b>7,834</b>	1,458
Human resources	<b>5,425</b>	1,247
Office equipment	<b>4,576</b>	132
Office consumables	<b>3,067</b>	908
Training	<b>2,801</b>	1,011
Depreciation	<b>2,042</b>	3,071
Computer support	<b>1,425</b>	6,411
Visitor food and drink	<b>1,238</b>	794
Bank charges	<b>599</b>	587
Insurance	<b>347</b>	1,616
	<b>141,494</b>	76,214

**9. Independent examiner's remuneration**

	<b>2025 £</b>	<i>2024 £</i>
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	<b>3,000</b>	1,458
Fees payable to the Charity's independent examiner in respect of: All other services not included above	<b>4,000</b>	-

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**STAR THROWERS CIO**  
**(A Company Limited by Guarantee)**

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**

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**10. Staff costs**

	<b>2025</b>	<i>2024</i>
	<b>£</b>	<b>£</b>
Wages and salaries	<b>253,110</b>	<i>183,568</i>
Social security costs	<b>6,587</b>	<i>12,651</i>
Contribution to defined contribution pension schemes	<b>5,279</b>	<i>4,775</i>
	<b>264,976</b>	<i>200,994</i>

The average number of persons employed by the Charity during the year was as follows:

	<b>2025</b>	<i>2024</i>
	<b>No.</b>	<i>No.</i>
Centre	<b>7</b>	<i>8</i>
Charity shops	<b>3</b>	<i>3</i>
	<b>10</b>	<i>11</i>

No employee received remuneration amounting to more than £60,000 in either year.

**11. Trustees' remuneration and expenses**

During the year, no Trustees received any remuneration or other benefits (*2024 - £NIL*).

During the year ended 31 May 2025, no Trustee expenses have been incurred (*2024 - £NIL*).

**STAR THROWERS CIO**  
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**

**12. Tangible fixed assets**

	Freehold property £	Short-term leasehold property £	Plant and machinery £	Fixtures and fittings £	Computer equipment £	Total £
<b>Cost or valuation</b>						
At 1 June 2024	450,000	6,735	6,426	5,286	-	468,447
Additions	-	-	-	-	2,502	2,502
At 31 May 2025	<u>450,000</u>	<u>6,735</u>	<u>6,426</u>	<u>5,286</u>	<u>2,502</u>	<u>470,949</u>
<b>Depreciation</b>						
At 1 June 2024	-	5,605	1,928	5,286	-	12,819
Charge for the year	-	565	643	-	834	2,042
At 31 May 2025	<u>-</u>	<u>6,170</u>	<u>2,571</u>	<u>5,286</u>	<u>834</u>	<u>14,861</u>
<b>Net book value</b>						
At 31 May 2025	<u>450,000</u>	<u>565</u>	<u>3,855</u>	<u>-</u>	<u>1,668</u>	<u>456,088</u>
At 31 May 2024	<u>450,000</u>	<u>1,130</u>	<u>4,498</u>	<u>-</u>	<u>-</u>	<u>455,628</u>

**STAR THROWERS CIO**  
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**

**12. Tangible fixed assets (continued)**

Freehold property is stated at valuation. The assets were last valued by the Trustees at 31 May 2024.

The Charity has adopted a policy of revaluation for tangible fixed assets. Had these assets been measured at historic cost, the carrying values would have been as follows:

	2025 £	2024 £
Freehold property	<u>210,000</u>	<u>210,000</u>

**13. Debtors**

	2025 £	2024 £
<b>Due within one year</b>		
Prepayments and accrued income	-	336
Tax recoverable	204	2,263
	<u>204</u>	<u>2,599</u>

**14. Creditors: Amounts falling due within one year**

	2025 £	2024 £
Bank loan	10,131	7,583
Trade creditors	6,690	44
Other taxation and social security	3,146	6,400
Other creditors	27,809	-
Accruals and deferred income	7,000	-
	<u>54,776</u>	<u>14,027</u>

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**STAR THROWERS CIO**  
**(A Company Limited by Guarantee)**

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**

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**15. Creditors: Amounts falling due after more than one year**

	<b>2025</b>	<i>2024</i>
	<b>£</b>	<b>£</b>
Bank loan	<b>86,826</b>	<i>96,315</i>

Included within the above are amounts falling due as follows:

	<b>2025</b>	<i>2024</i>
	<b>£</b>	<b>£</b>
<b>Between one and two years</b>		
Bank loan	<b>10,644</b>	<i>10,130</i>
<b>Between two and five years</b>		
Bank loan	<b>35,274</b>	<i>33,575</i>
<b>Over five years</b>		
Bank loan	<b>40,908</b>	<i>52,610</i>

The aggregate amount of liabilities payable or repayable wholly or in part more than five years after the reporting date is:

	<b>2025</b>	<i>2024</i>
	<b>£</b>	<b>£</b>
Payable or repayable by instalments	<b>40,908</b>	<i>52,610</i>

The bank loan is secured on the Charity's freehold property.

**STAR THROWERS CIO**  
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**

**16. Statement of funds**

**Statement of funds - current year**

	Balance at 1 June 2024 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 May 2025 £
<b>Unrestricted funds</b>					
<b>Designated funds</b>					
Designated Funds	4,997	-	-	(4,997)	-
<b>General funds</b>					
General Funds	575,153	279,701	(333,734)	4,997	526,117
<b>Total Unrestricted funds</b>	<b>580,150</b>	<b>279,701</b>	<b>(333,734)</b>	<b>-</b>	<b>526,117</b>
<b>Restricted funds</b>					
Trustees of Joyce Ulling Trust	20,000	-	(20,000)	-	-
Norfolk Community Foundation	6,860	2,352	(9,212)	-	-
Macmillan Fund	11,195	-	(11,195)	-	-
Toyota Fund	535	-	(535)	-	-
Wymondham Rotary Satellite Club	171	500	(171)	-	500
R C Snelling Charitable Trust	366	2,500	(2,866)	-	-
Screwfix Foundation	1,826	-	(1,826)	-	-
Royal Warrant Holders Association	732	3,000	(2,232)	-	1,500
Alan Boswell Charitable Fund	1,214	-	(1,214)	-	-
Aviva Community Fund	1,410	-	(1,410)	-	-
Co-Op Community Fund	1,244	2,303	(3,547)	-	-
Giving Days and Morgan Sindell	786	-	(594)	-	192
7 Days Performance	-	5,000	(5,000)	-	-
Norwich Freeman's Charity	2,739	-	(2,739)	-	-
Pink Ribbon Foundation	37	6,000	(6,037)	-	-
St James Place	-	10,000	(5,000)	-	5,000
Morrisons Foundation	-	8,000	-	-	8,000
Lady Hind Trust	-	1,000	(1,000)	-	-
Pilgrim Foods	-	9,885	(9,885)	-	-
The Geoffrey Watling Charity	-	2,500	(2,500)	-	-

**STAR THROWERS CIO**  
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**

**16. Statement of funds (continued)**

**Statement of funds - current year (continued)**

	Balance at 1 June 2024 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 May 2025 £
	49,115	53,040	(86,963)	-	15,192
<b>Total of funds</b>	<b>629,265</b>	<b>332,741</b>	<b>(420,697)</b>	<b>-</b>	<b>541,309</b>

**Statement of funds - prior year**

	<i>Balance at 1 June 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 May 2024 £</i>
<b>Unrestricted funds</b>						
<b>Designated funds</b>						
Designated Funds - all funds	-	5,376	(379)	-	-	4,997
<b>General funds</b>						
General Funds - all funds	343,742	387,953	(231,368)	8,076	66,750	575,153
<b>Total Unrestricted funds</b>	<b>343,742</b>	<b>393,329</b>	<b>(231,747)</b>	<b>8,076</b>	<b>66,750</b>	<b>580,150</b>

**Restricted funds**

Trustees of Joyce Ulling Trust	20,000	-	-	-	-	20,000
Norfolk Community Foundation	-	5,000	-	-	-	5,000
Macmillan Fund	-	14,900	(3,705)	-	-	11,195
Toyota Fund	535	-	-	-	-	535

**STAR THROWERS CIO**  
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**

**16. Statement of funds (continued)**

**Statement of funds - prior year (continued)**

	<i>Balance at 1 June 2023</i> £	<i>Income</i> £	<i>Expenditure</i> £	<i>Transfers in/out</i> £	<i>Gains/ (Losses)</i> £	<i>Balance at 31 May 2024</i> £
Wymondham Rotary Satellite Club	171	-	-	-	-	171
R C Snelling Charitable Trust	446	-	(80)	-	-	366
Screwfix Foundation	2,228	-	(402)	-	-	1,826
Royal Warrant Holders Association	892	-	(160)	-	-	732
Alan Boswell Charitable Fund	5,473	-	(4,258)	-	-	1,215
Aviva Community Fund	-	1,410	-	-	-	1,410
Co-Op Community Fund	-	1,244	-	-	-	1,244
Giving Days and Morgan Sindell	-	1,500	(977)	-	-	523
7 Days Performance	-	2,000	(1,737)	-	-	263
Norwich Freeman's Charity	-	16,000	(13,261)	-	-	2,739
Pink Ribbon Foundation	-	6,000	(5,963)	-	-	37
St James Place	-	5,000	(3,141)	-	-	1,859
Other restricted funds	37,607	11,331	(40,862)	(8,076)	-	-
	<u>67,352</u>	<u>64,385</u>	<u>(74,546)</u>	<u>(8,076)</u>	<u>-</u>	<u>49,115</u>
<b>Total of funds</b>	<u><u>411,094</u></u>	<u><u>457,714</u></u>	<u><u>(306,293)</u></u>	<u><u>-</u></u>	<u><u>66,750</u></u>	<u><u>629,265</u></u>

**STAR THROWERS CIO**  
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MAY 2025**

**17. Summary of funds**

**Summary of funds - current year**

	Balance at 1 June 2024 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 May 2025 £
Designated funds	4,997	-	-	(4,997)	-
General funds	575,153	279,701	(333,734)	4,997	526,117
Restricted funds	49,115	53,040	(86,963)	-	15,192
	<u>629,265</u>	<u>332,741</u>	<u>(420,697)</u>	<u>-</u>	<u>541,309</u>

**Summary of funds - prior year**

	<i>Balance at 1 June 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 May 2024 £</i>
Designated funds	-	5,376	(379)	-	-	4,997
General funds	343,742	387,953	(231,368)	8,076	66,750	575,153
Restricted funds	67,352	64,385	(74,546)	(8,076)	-	49,115
	<u>411,094</u>	<u>457,714</u>	<u>(306,293)</u>	<u>-</u>	<u>66,750</u>	<u>629,265</u>

**18. Analysis of net assets between funds**

**Analysis of net assets between funds - current year**

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £
Tangible fixed assets	456,088	-	456,088
Current assets	211,631	15,192	226,823
Creditors due within one year	(54,776)	-	(54,776)
Creditors due in more than one year	(86,826)	-	(86,826)
<b>Total</b>	<u>526,117</u>	<u>15,192</u>	<u>541,309</u>

**STAR THROWERS CIO**  
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**

**18. Analysis of net assets between funds (continued)**

**Analysis of net assets between funds - prior year**

	<i>Unrestricted funds 2024 £</i>	<i>Restricted funds 2024 £</i>	<i>Total funds 2024 £</i>
Tangible fixed assets	455,627	-	455,627
Current assets	234,865	49,115	283,980
Creditors due within one year	(14,027)	-	(14,027)
Creditors due in more than one year	(96,315)	-	(96,315)
<b>Total</b>	<u>580,150</u>	<u>49,115</u>	<u>629,265</u>

**19. Pension commitments**

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £5,279 (2024 - £4,775) were payable to the fund at the balance sheet date and are included in creditors.

**20. Related party transactions**

The Charity has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the Charity at 31 May 2025.

**STAR THROWERS CIO**

England & Wales - Charity number 1162237

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# Accounts

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### Trustees Annual Report

**Period From:** 1 June 2023  
**Period To:** 31 May 2024  
**Charity Name:** Star Throwers CIO  
**Registered Charity Number:** 1162237  
**Address:** 30 Melton Rd, Wymondham, Norfolk, NR18 0DB

### Structure, governance and management

**Charity Structure:** Charitable Incorporated Organisation  
**Governing Document:** Foundation Constitution  
**Trustees**  
Beverley Bulcock (Chair)  
Sandra Betts  
Joan Welsby  
Robin Upfold  
Celia Lynne

**Governance comments:** Trustees are appointed for a term of three years at a properly convened trustees meeting. In this period, trustees gave their time voluntarily and received no remuneration or any other benefits.

The trustees have examined the major strategic risks that the charity may face and can confirm that systems are in place to enable the charity to take necessary steps to manage these risks.

### **FOREWARD FROM THE CHAIR OF TRUSTEES**

I am delighted to report that Star Throwers has had another successful year.

We continue to be able to deliver a free, support service for patients and carers directly affected by cancer at any stage in their diagnosis. As always, we are indebted to all the companies, groups, charitable organisations, and many individuals who support us whether through grants, picking us for their Charity of the Year, donating to particular projects, holding events, undertaking personal challenges, leaving a gift in their Will or being a good friend. We could not do what we do without this support.

I can report that Star Throwers supported 336 patients and carers in this period. This includes 389 cancer information sessions, 145 Lymphoedema support sessions, 294 counselling sessions, 70 nutrition sessions, 72 scar therapy sessions, 648 one-to-one complementary therapies and 720 group therapies and workshops sessions.

At Star Throwers we believe that the key area of our success is the quality and dedication of our staff who work tirelessly both at the Centre and our retail outlet thereby ensuring our patients and carers receive the very best we can offer. I would like to personally thank each and every one of them for everything they do throughout the year. Secondly, I would like to thank our army of volunteers who give of their time and skills so generously. Finally, I would like to thank my fellow Trustees, who

working together with their combined skills, talents and experiences have ensured Star Throwers continues to meet its key charitable objectives.

I am incredibly lucky to work with such a great team and know, with confidence, that they will continue to make Star Throwers the accomplished charity that it is.

Celia Lynne on behalf of Beverley Bulcock

Chair of Trustees (retired October 2024)

## **OBJECTIVES, ACTIVITIES & ACHIEVEMENTS**

### **Charity Objectives**

Star Throwers overall charitable objectives are as follows:

To relieve the needs of and to promote and protect the physical and mental health of cancer patients and their carers by:

- The provision of advice and assistance on the treatment, management and prevention of cancer.
- The provision of Complementary therapeutic therapies.
- Carrying out research and publishing any useful results.

### **Strategic Review**

In February 2022 we reviewed the Strategic Plan set out for Star Throwers in February 2020 which outlined specific priorities for the next 12 months for developing the charity's income and service delivery. We achieved the following aims as set out under our priorities in the 2022+ plan:

### **Activities and Achievements, June 2023 - May 2024:**

#### **Reaching Out:**

- Delivered new Financial Adviser, Artistic Adventure and Papercrafts services to support those affected by cancer.
- Providing new complementary therapies to deliver additional options of support: these included facials and Emotional Freedom Technique.
- We launched our Scar Therapy in early 2023 after one of our Therapists attended a course funded by Pilgrim's Food Masters. This therapy is used to treat a scar to help stimulate healing and soften fibrosis as the scar matures.
- We welcomed 'Head Wrappers' along to the centre to deliver a sessions of support to 5 individuals. Head Wrappers' offer free service providing practical support for anyone experiencing hair loss as a result of cancer treatment.
- Website and social media updated with new photoshoot images to reflect current services.
- Grew connections with other local cancer support services by visiting their locations including: Breckland Cancer Support Group, Dereham Cancer Care, Lymphoedema Clinic, Norfolk Menopause and Big C.
- Attended events to grow awareness of our support services: 'Talking about Cancer Together' at the Forum in November 2023 and 'Grief Awareness Days' at the NNUH, we received great responses to those who did not previously know about our services.
- Our Operations and Fundraising Manager appeared on Radio Norfolk to talk about the cost of living crisis on income and also our new Breast Cancer Support Group in Oct 2023 and wider support services.

#### **Continuing and Maximising Services:**

- Star Throwers delivered the following support sessions to a total of 336 patients and carers (an increase of 53 people from the last accounting period):
  - 389 cancer information sessions
  - 145 Lymphoedema Support Sessions
  - 294 counselling sessions
  - 72 Scar Therapy sessions
  - 70 nutrition support sessions
  - 648 one-to-one complementary therapies
  - 720 group therapies and workshop sessions
- Delivered 50 Nutritional Support Packages.
- Recruited a dedicated Lymphoedema Therapist to deliver our support sessions and provide manual lymphatic drainage.
- Recruited an additional counsellor in early 2024 to replace Jacqui who retired from counselling after 10 years of service.
- Recruited new therapists to deliver hands-on complementary therapies.
- Secured external funding for information service, nutrition, lymphoedema and counselling support.
- Started sending a 'Services Newsletter' sent via email directly to those we support about our updated services and support available.
- All relevant staff and volunteers attended Safeguarding, DBS and GDPR Training.
- Held regular meetings with Therapist Volunteers to ensure we are delivering the best possible service and act on suggestions, purchasing items and ways of working.
- Employed an additional Administrator to meet with the demand in increased services and increased range of services offered.
- Updates to the centre included: replacing all doors, insulation increased in the roof and works to improve the large workshop room at the front of the centre.

#### **Sustainability:**

- Continued to measure feedback from services users and respond to requests for new services.
- Included additional events to our calendar – an Afternoon Tea event in April 2024 to celebrate 15 years of the charity.
- Continued to host a wide variety of fundraising events to attract support.
- Volunteer updates sent regularly to update on charity, we held our annual Christmas 'Fish and Chips' evening in December and a Cream Tea in June 2023 to thank our volunteers for all their hard work and support.
- Increased our number of store collections and local supermarkets – resulting in increased income, exposure, offers of support from local companies and interest in volunteering.
- Increased Corporate Giving and support for our events.
- Updated our 'Friends of Star Throwers' communications and sent Direct Mailing to encourage sign up for regular donors.
- Registered as a 'Living Wage' employer.
- Received funding from Morgan Sindall to purchase an additional storage shed for our retail donations.

#### **Impact:**

Feedback gathered from service users was overwhelmingly positive:

Cancer Information Services:

- 99% of service users found our cancer information sessions very helpful or helpful with regards to helping them cope with their cancer or supporting someone with cancer.
- 99% of service users strongly agreed or agreed that they felt more informed about their cancer and/or treatment options.
- 96% of service users strongly agreed or agreed that they had a better understanding/knowledge of their cancer and/or treatment options available.
- 97% of service users strongly agreed or agreed that they felt more positive than before they came to Star Throwers.
- 98% of carers strongly agreed or agreed that they felt more supported after they had been to Star Throwers.
- 99% of service users strongly agreed or agreed that they would recommend anyone affected by cancer to contact Star Throwers for support.

Below is some feedback on our Cancer Information Service:

*"Tina provided information for me that I hadn't been told before that helped me to understand my particular cancer. She suggested I contact my GP as I have ongoing issues which I have done and this proved very good advice. Tina gave me the confidence to ask more questions of my GP and not to take no for an answer."*

*"It was such an informative session. It was a great opportunity to ask a range of questions and Tina really took the time to explain things."*

*"For the first time I really felt that someone had taken the time to really explain about how my breast cancer was treated and listen to my fears and concerns moving forward."*

Complementary Therapies:

- 100% of services users found our support services very helpful or helpful in helping them cope with their cancer or supporting someone with cancer.
- 100% of people said that our Scar Therapy service helped them cope with thier cancer.
- 100% of people roused our Breast Cancer Support Group as 'helpful' or 'very helpful'.

Below is some feedback from our support services:

*"I am at stage 4 advanced cancer. All my experiences with every member of Star Throwers is first class, Starting with Heather and Pat front of house and all staff back of house, Tina (oncology) Edwina (Nutrition) the amazing treatments from Linda, Hilary, and the rest of the gang. Paul (Hypnotherapist). Pilates with Kimberly is a revelation, something I've never done before and thoroughly enjoy. Kimberly has a special talent of making you feel welcome with her unique style of teaching. All in all Star Throwers is something I am very proud to be part of."*

*"The positive impact that Starthrowers has had on my cancer journey really can't be overstated. As a younger cancer patient I particularly struggled with feelings of loss around my life plans and goals. Counselling sessions with insightful Jacqui Empson Hill were profoundly helpful and really helped me to accept my illness and move forward. Her Writing for Wellbeing classes always bring forth the unexpected, and I really appreciate being able to attend these on Zoom as my immunotherapy treatment means I'm still shielding. Hypnotherapy with Paul made me so fully relaxed I nodded off!"*

*"This is a very much needed support group for any breast cancer patient, no matter where they are in treatment or beyond. It's a safe environment that gives us the opportunity to share thoughts and feelings about recovery, when faced with some very difficult times. A lot of changes take place after treatments, the best people to ask and help are those experiencing it. This is a very valuable support group that star throwers provides."*

Please note: no negative responses were received, remaining % of feedback received was marked as 'unsure'. We always offer additional appointments to ensure our service users can follow up on information or support that is required.

## **INCOME GENERATION**

### **Fundraising**

The following events were organised or partnered with by Star Throwers during the period:

- Garden Party - £1,384.83 raised.
- Golf Day joint with Finnbar's Force - £8,959 raised.
- Star Throwers Ball raised a profit of - £13,217 raised.
- Our 15<sup>th</sup> Anniversary Afternoon Tea raised £6,340.
- Blickling Autumn and Spring Half Marathons - we had 20 runners across the 2 events who raised £5,236 together.
- Wreath Making supported by Nicky from The Enchanted Willow – £1645 raised.  
kydive challenge – 7 people took part throughout the year raising £8,641.71.
- Star Throwers Spring Coffee Morning – raised £807.27.
- Three runners took part in the new Norfolk Marathon and raised £3,141.

We had an amazing amount of support from the local community; below are just a few of the fundraising efforts that took place for Star Throwers:

- Charles Clark Classic Car Rally (Bethanie attended), £1,490 donated on the day.
- Members from Hustle Gym ran Norwich 10k and raised £1,076.75
- Toni Semrau head shave in memory of sister Terri Read and raised £2,408.75.
- Carleton Rode Ploughing Association raised £500.
- A Night at the Musicals event raised £770
- Wicklewood Primary School did a sponsored walk and raised £350
- 9-year-old Casey took on a sponsored swim following the loss of his Auntie Terri Read. Casey swam an incredible 1.5miles and raised £876.25.
- 8-year-old Amber raised £214 at her bake sale in Wicklewood.

### **Special Thanks:**

A special thank you to all of our supporters – whether through individual donations, fundraising events or purchasing through our retail outlets, your ongoing support during these trying times has been incredible! Thank You!!

### **Grants**

We are incredibly grateful to all of the supporters who have enabled us to carry out specific projects through their grant funding, totaling £101,000 in income during the period.

### **Retail**

The Star Throwers retail team continued to work incredibly hard during the period and we were delighted to open the 'Treasure Trove' Shop in August 2022. This is a converted container – kindly donated by Pilgrim's Food Masters and specialises in selling vintage items and electrical goods. The ebay shop continues to do incredibly well bringing a total of £6,579 in sales and a vital additional income stream to the charity. Our Wymondham shop continues to do extremely well and act as a fantastic tool for advertising our charity.

### **Star Thrower's Volunteers**

Star Throwers owes its success largely to the ongoing support of our amazing volunteers.

Thank you to all our volunteers past and present for continuing to support Star Throwers.

We are also incredibly grateful to our gardening and maintenance volunteers who have ensured that our building and grounds remain looking attractive and fit for purpose.

Our volunteer therapists have continued to grow in numbers and offer an increasing variety of complementary therapies and group workshops for our patients and carers.

Our shop volunteers have done an amazing job in helping our charity shop during the past few years. Volunteers have adapted to our new procedures and ensure our shop remains a successful fundraising tool for the charity.

In June 2023 we were delighted to receive the award for South Norfolk Community Group of the year, a very deserving recognition for our volunteers.

**Declaration**

The Trustees declare that they have approved the Trustees' report above.

A handwritten signature in black ink that reads "Celia Lynne". The signature is written in a cursive style with a large initial 'C'.

Celia Lynne (Interim Chair)

Signed on behalf of the charity's trustees



Charity Name Star Throwers CIO		Charity No (if any)	1162237	CC17a
Annual accounts for the period				
Period start date	01/06/2023	To	Period end date	31/05/2024

## Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	Note	Restricted			Total this year £	Total last year £
			Unrestricted funds £	income funds £	Endowment funds £		
			F01	F02	F03	F04	F05
<b>Incoming resources (Note 3)</b>							
<b>Incoming resources from generated funds</b>							
Donations and legacies		S01	154,154	-	-	154,154	45,480
Fundraising events		S02	60,769	-	-	60,769	49,058
Charity shop income		S03	121,336	-	-	121,336	103,905
Gift aid		S04	8,273	-	-	8,273	1,863
Sales		S05	9,082	-	-	9,082	2,523
Grants		S06	34,192	69,760	-	103,952	37,898
<b>Incoming resources from charitable activities</b>							
Other incoming resources		S08	147	-	-	147	2,444
<b>Total incoming resources</b>			<b>387,953</b>	<b>69,760</b>	<b>-</b>	<b>457,713</b>	<b>243,171</b>
<b>Resources expended (Notes 4-8)</b>							
<b>Costs of Generating Funds</b>							
Wages, Salaries, pensions and NI		S11	177,449	24,792	-	202,241	198,370
Expenditure on raising funds		S12	24,090	76	-	24,166	17,631
Rent and rates			6,679	-	-	6,679	6,787
Repairs and maintenance		S13	2,158	8,975	-	11,133	20,803
Utilities		S14	2,467	10,599	-	13,066	12,278
Charity support costs		S15	2,411	26,029	-	28,440	22,784
Fundraising costs		S16	879	744	-	1,623	1,821
Governance		S17	1,458	-	-	1,458	600
Bank charges and interest		S18	10,990	-	-	10,990	6,853
Depreciation		S19	1,595	1,476	-	3,071	11,516
Insurance		S20	1,192	2,234	-	3,426	2,373
<b>Total resources expended</b>			<b>231,368</b>	<b>74,925</b>	<b>-</b>	<b>306,293</b>	<b>301,816</b>
<b>Net incoming/(outgoing) resources before transfers</b>			<b>156,585</b>	<b>- 5,165</b>	<b>-</b>	<b>151,420</b>	<b>- 58,645</b>
<b>Gross transfers between funds</b>			<b>8,076</b>	<b>- 8,076</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Net incoming/(outgoing) resources before other recognised gains/(losses)</b>			<b>164,661</b>	<b>- 13,241</b>	<b>-</b>	<b>151,420</b>	<b>- 58,645</b>
<b>Other recognised gains/(losses)</b>							
Gains and losses on revaluation of fixed assets for the charity's own use		S26	66,750	-	-	66,750	-
Gains and losses on investment assets		S27	-	-	-	-	-
<b>Net movement in funds</b>			<b>231,411</b>	<b>- 13,241</b>	<b>-</b>	<b>218,170</b>	<b>- 58,645</b>
<b>Total funds brought forward</b>			<b>343,742</b>	<b>67,353</b>	<b>-</b>	<b>411,095</b>	<b>469,740</b>
<b>Total funds carried forward</b>			<b>575,153</b>	<b>54,112</b>	<b>-</b>	<b>629,265</b>	<b>411,095</b>

**Section B Balance sheet**

	Note	Restricted			Total this year £	Total last year £
		Unrestricted funds £	income funds £	Endowment funds £		
		F01	F02	F03		
<b>Fixed assets</b>						
Tangible assets (Note 9)	B01	451,129	4,498	-	455,627	390,252
	B02	-	-	-	-	-
Investments (Note 10)	B03	-	-	-	-	-
<i>Total fixed assets</i>	B04	451,129	4,498	-	455,627	390,252
<b>Current assets</b>						
Stock and work in progress	B05	-	-	-	-	-
Debtors (Note 11)	B06	2,599	-	-	2,599	336
(Short term) investments	B07	-	-	-	-	-
Cash at bank and in hand	B08	231,767	49,614	-	281,381	132,906
<i>Total current assets</i>	B09	234,366	49,614	-	283,980	133,242
<b>Creditors: amounts falling due within one year</b> (Note 12)	B10	14,027	-	-	14,027	7,015
<i>Net current assets/(liabilities)</i>	B11	220,339	49,614	-	269,953	126,227
<i>Total assets less current liabilities</i>	B12	671,468	54,112	-	725,580	516,479
<b>Creditors: amounts falling due after one year</b> (Note 12)	B13	96,315	-	-	96,315	105,384
Provisions for liabilities and charges	B14	-	-	-	-	-
<i>Net assets</i>	B15	575,153	54,112	-	629,265	411,095
<b>Funds of the Charity</b>						
Unrestricted funds	B16	545,153			545,153	343,742
Designated funds	B17	30,000			30,000	-
Restricted income funds (Note 13)	B18		54,112		54,112	67,353
Endowment funds (Note 13)	B19				-	-
<i>Total funds</i>	B20	575,153	54,112	-	629,265	411,095

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	CELIA LYNNE	10/3/25
	SANDRA BETTS	10/3/25

**Section C**

**Notes to the accounts**

**Note 1 Basis of preparation**

*This section should be completed by all charities.*

**1.1 Basis of accounting**

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005);
  - and with\*  Accounting Standards;
  - or  Financial Reporting Standards for Smaller Enterprises (FRSSE);
  - and with the Charities Act.
- (\* except for the following).

*Give details in this box if a different standard has been followed.*

\* Tick as appropriate:

- if all relevant disclosures shown in the pack have been given then please tick "Accounting Standards";
  - if disclosures completed in these accounts have been restricted to those required by the FRSSE, then please tick "Financial Reporting Standards for Smaller Enterprises (FRSSE)".
- \*\* - If no departures from the chosen standards have been made then delete these words; otherwise give details of any changes in the boxes.

**1.2 Change in basis of accounting**

There has been no change to the accounting policies (valuation rules and methods of accounting) since last year (§ except for the following).

*Land & buildings have been included at valuation as at 31.05.2024 rather than written down value as in previous accounts.*

§ If no changes have been made to accounting policies then delete these words.

**1.3 Changes to previous accounts**

No changes have been made to accounts for previous years

*Give details in this box of any material changes that have been made.*

§§ If no changes have been made to accounts for previous periods then delete these words.

**Note 2 Accounting policies**

*This standard list of accounting policies has been applied by the charity except for those deleted. Where a different or additional policy has been adopted then this is detailed in the box below.*

**INCOMING RESOURCES**

Recognition of incoming resources	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> <li>• the charity becomes entitled to the resources;</li> <li>• the trustees are virtually certain they will receive the resources; and</li> <li>• the monetary value can be measured with sufficient reliability.</li> </ul>
Incoming resources with related expenditure	Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.
Grants and donations	Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.
Tax reclaims on donations and gifts	Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.
Contractual income and performance related grants	This is only included in the SoFA once the related goods or services have been delivered.
Gifts in kind	Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.
Donated services and facilities	These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Investment income	This is included in the accounts when receivable.
Investment gains and losses	This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

**EXPENDITURE AND LIABILITIES**

Liability recognition	Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.
Governance costs	Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.
Grants with performance conditions	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.
Grants payable without performance conditions	These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.
Support Costs	Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

**ASSETS**

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.
Investments	Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.
Stocks and work in progress	These are valued at the lower of cost or market value.

**POLICIES ADOPTED ADDITIONAL TO OR DIFFERENT FROM THOSE ABOVE**

## Section C

## Notes to the accounts

(cont)

## Note 3 Analysis of incoming resources

Incoming resources may be further analysed if this would help the reader of the accounts.

	Analysis	This year £	Last year £
Charity Shop Income	Income from donated goods at charity shop	114,607	97,326
	Income from donated goods online	6,603	6,579
	Income from donated goods at auction	127	-
		-	-
	<b>Total</b>	<b>121,336</b>	<b>103,905</b>
Fundraising Events	External fundraising	21,435	20,735
	Internal fundraising	39,334	28,323
		-	-
		-	-
	<b>Total</b>	<b>60,769</b>	<b>49,058</b>
Donations and Legacies	Individual donations	5,512	7,975
	Group donations	5,537	27,199
	In memory of donations	6,194	10,306
	All other donations	136,912	-
	<b>Total</b>	<b>154,154</b>	<b>45,480</b>
Sales	Room hire and ticketed events	9,006	2,523
	Merchandise	76	-
		-	-
		-	-
	<b>Total</b>	<b>9,082</b>	<b>2,523</b>
Grants	Grants for specific projects or running costs of charity	103,952	37,898
		-	-
		-	-
		-	-
	<b>Total</b>	<b>103,952</b>	<b>37,898</b>
Gift Aid	Gift aid claimed from online fundraising	8,273	1,863
		-	-
		-	-
		-	-
	<b>Total</b>	<b>8,273</b>	<b>1,863</b>
Other Incoming Resources	Interest received	147	78
	Staff overpayment returned	-	2,366
		-	-
		-	-
	<b>Total</b>	<b>147</b>	<b>2,444</b>

**Section C** **Notes to the accounts**

**Note 4** **Analysis of resources expended**

Resources expended may be further analysed if this would help the reader of the accounts.

	Analysis	This year £	Last year £
Wages, Salaries, Pensions and NI	Service delivery staff gross salary	75,778	84,764
	Service delivery staff employers NIC	4,056	7,835
	Staff pension costs	4,775	3,721
	Finance staff employers NIC	2,211	2,077
	Finance staff gross salary	25,114	23,494
	Charity shops employers NIC	4,365	3,796
	Charity shops gross wages	58,922	53,521
	Payroll fees	1,247	2,941
	Fundraising staff employers NIC	2,019	1,041
	Fundraising staff gross salary	23,754	15,179
	<b>Total</b>		<b>202,241</b>
Expenditure on raising funds	Charity shops running costs	5,932	5,577
	Grant applications	510	-
	In-house fundraising	15,854	12,054
	Cost of merchandise	1,870	-
	Other fundraising costs	-	-
<b>Total</b>		<b>24,166</b>	<b>17,631</b>
Rent and rates	Charity shops	6,679	6,787
	<b>Total</b>	<b>6,679</b>	<b>6,787</b>
Repairs and maintenance	Charity shops	769	616
	Centre	10,364	477
	Treasure trove set up costs	-	19,710
	<b>Total</b>	<b>11,133</b>	<b>20,803</b>
Utilities	Charity shops	2,179	2,443
	Centre	10,887	9,835
	<b>Total</b>	<b>13,066</b>	<b>12,278</b>
Charity support costs	Service delivery costs	20,070	15,767
	Office consumables	908	1,022
	Computer support	5,525	4,814
	Food and drink - visitors	794	646
	Training	1,011	48
	Office equipment	132	486
	<b>Total</b>	<b>28,440</b>	<b>22,783</b>
Fundraising costs	Advertising and marketing costs	1,623	1,821
	<b>Total</b>	<b>1,623</b>	<b>1,821</b>
Governance	Accountancy fees	1,458	600
	<b>Total</b>	<b>1,458</b>	<b>600</b>
Bank charges and interest	Charity shops bank fees	587	838
	Mortgage interest	10,403	6,015
	<b>Total</b>	<b>10,990</b>	<b>6,853</b>
Insurance	Charity shops	924	480
	Centre building and contents insurance	1,347	1,249
	Charity insurance	269	316
	Centre licences	887	-
	Service delivery	-	329
	<b>Total</b>	<b>3,426</b>	<b>2,374</b>
Depreciation	Property	-	9,000
	Container & shed	2,245	1,680
	Heating system	643	643
	Computer equipment	183	193
	<b>Total</b>	<b>3,071</b>	<b>11,516</b>

**Section C** **Notes to the accounts** **(cont)**

**Note 5** **Support Costs**

*Please complete this note if the charity has analysed its expenses using activity categories and has support costs.*

Support cost type	Fundraising activity £	Charitable Activity £	Governance Activity £	Total Cost £
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Total</b>	-	-	-	-

**Note 6** **Details of certain items of expenditure**

**6.1 Trustee expenses**

*Please provide details of the amount of any payment or reimbursement of out-of-pocket expenses made to trustees or to third parties for expenses incurred by trustees. If no expenses were paid, please enter 'None' in the appropriate box(es).*

Number of trustees who were paid expenses

	This year	Last year
Number of trustees who were paid expenses	None	None
Nature of the expenses		
Total amount paid	£	£

Nature of the expenses

Total amount paid

**6.2 Fees for examination or audit of the accounts**

*Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner or auditor. If nothing was paid please enter NONE in the appropriate box(es).*

Independent examiner's or auditors' fees for reporting on the accounts

Other fees (for example: advice, consultancy, accountancy services) paid to the independent examiner or auditor

	This year £	Last year £
Independent examiner's or auditors' fees for reporting on the accounts	1458	600
Other fees (for example: advice, consultancy, accountancy services) paid to the independent examiner or auditor		

**Section C** **Notes to the accounts** **(cont)**

**Note 7** **Paid employees**  
*Please complete this note if the charity has any employees.*

**7.1 Staff Costs**

	This year £	Last year £
Gross wages, salaries and benefits in kind	184,815	179,899
Employer's National Insurance costs	12,651	14,749
Pension costs	4,775	3,721
<b>Total staff costs</b>	<b>202,242</b>	<b>198,369</b>

**7.2 Average number of full-time equivalent employees in the year**

		This year Number	Last year Number
The parts of the charity in which the employees work	Centre	8	6
	Charity shops	3	3
	Governance	-	-
	Other	-	-
	<b>Total</b>	<b>11</b>	<b>9</b>

**7.3 Defined contribution pension scheme**

*Please complete if a defined contribution pension scheme is operated.*

Brief details of the scheme

	This year £	Last year £
The costs of the scheme to the charity for the year	4753	3721
The amount of any contributions outstanding at the year end		
The amount of any contributions prepaid at the year end		



## Note 9 Tangible fixed assets

Please complete this note if the charity has any tangible fixed assets

## 9.1 Cost or valuation

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Payments on account and assets under construction	Total
	£	£	£	£	£	£
Balance brought forward	450,000	5,040	6,425	5,286	-	466,751
Additions	-	1,695	-	-	-	1,695
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers *	-	-	-	-	-	-
Balance carried forward	450,000	6,735	6,425	5,286	-	468,446

## 9.2 Accumulated depreciation and impairment provisions

**Basis	SL	SL	SL	SL	
** Rate	2%	33%	10%	33%	

Balance brought forward	66,750	3,360	1,285	5,103	-	76,498
Depreciation charge for year	-	2,245	643	183	-	3,071
Impairment provisions	-	-	-	-	-	-
Revaluations	- 66,750	-	-	-	-	66,750
Disposals	-	-	-	-	-	-
Transfers*	-	-	-	-	-	-
Balance carried forward	-	5,605	1,928	5,286	-	12,819

## 9.3 Net book value

Brought forward	383,250	1,600	5,140	183	-	390,253
Carried forward	450,000	1,130	4,497	-	-	455,627

## 9.4 Revaluation

If any fixed assets have been revalued please give details of the valuer and method of valuation

Assets in freehold land &amp; buildings were revalued by the trustees and at 31.05.2024, the assets were valued at £450,000

\* The "transfers" row is for movements between fixed asset categories.

\*\* Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.

**Section C** **Notes to the accounts** **(cont)**

**Note 10 Investment assets**

*Please complete this note if the charity has any investment assets.*

**10.1 Fixed assets investments**

	£
Carrying (market) value at beginning of year	-
Add: additions to investments at cost	-
Less: disposals at carrying value	-
Add/(deduct): net gain/(loss) on revaluation	-
Carrying (market) value at end of year	-

*Please provide below:*

**10.2** A breakdown of the market values of investments shown above agreeing with the balance sheet row B03.

**10.3** A breakdown of the income from investments agreeing with SOFA row S03.

**Analysis of investments**

	10.2 Market value at year end £	10.3 Income from investments for the year £
Investment properties	-	-
Investments listed on a recognised stock exchange or held in common investment funds, open ended investment companies, unit trusts or other collective investment schemes	-	-
Investments in subsidiary or connected undertakings and companies	-	-
Securities not listed on a recognised Stock Exchange	-	-
Cash held as part of the investment portfolio	-	-
Other Investments	-	-
<b>Total</b>	-	-

**10.4 Material investment holdings**

If any single investment is material in terms of its value (for example represents more than 5 per cent of the value of the charity's total investments) please provide details.

Investment held	
Market Value	

**Section C** **Notes to the accounts** **(cont)**

**Note 11 Debtors and prepayments**

*Please complete this note if the charity has any debtors or prepayments.*

Analysis of debtors	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Trade debtors	-	-	-	-
Amounts due from subsidiary and associated undertakings	-	-	-	-
Other debtors	2,263	-	-	-
Prepayments and accrued income	336	336	-	-
<b>Total</b>	<b>2,599</b>	<b>336</b>	<b>-</b>	<b>-</b>

**Note 12 Creditors and accruals**

*Please complete this note if the charity has any creditors or accruals.*

**12.1 Analysis of creditors**

12.1 Analysis of creditors	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Loans and overdrafts	7,583	6,141	96,315	105,384
Trade creditors	44	874	-	-
Amounts due to subsidiary and associated undertakings	-	-	-	-
Other creditors	6,400	-	-	-
Accruals and deferred Income	-	-	-	-
<b>Total</b>	<b>14,027</b>	<b>7,015</b>	<b>96,315</b>	<b>105,384</b>

**12.2 Security over assets**

*If any loan, overdraft or other creditor holds a charge or other security over any assets of the charity please provide details.*

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## Section C

## Notes to the accounts

(cont)

## Note 13

## Endowment and restricted income funds

Please complete this section if the charity has any endowment or restricted income funds.

## 13.1 Funds held

Please give a brief description of any of the following type of funds held by the charity:

- permanent endowment funds (PE);
- expendable endowment funds (EE); and
- restricted income funds, including special trusts, of the charity (R).

Fund Name	Type PE, EE or R	Purpose and Restrictions
Part 2 payments - Dr Mannings	R	Centre extension project
Toyota fund	R	To pay for a post therapy relaxation room
The Goodman Trust	R	Grant to improve therapies and lymphoedema service
St James Place Charitable Foundation	R	Grant for lymphoedema service
Wymondham Rotary Satellite Club	R	Online counselling service
Aviva Community Fund	R	Provision of patient/carer counselling services
Aviva Community Fund	R	Provision of patient nutrition services
Aviva Community Fund	R	For cancer information sessions
Snelling Charitable Trust	R	For costs of new heating systems
Scewfix Foundation	R	For costs of new heating systems
Royal Warrant Holders Association	R	For costs of new heating systems
Big Lottery Fund	R	To support the nutrition service
Aviva Community Fund	R	For lymphoedema therapist
Paul Bassham Charitable Trust	R	For lymphoedema therapist
The Geoffrey Walling Charity	R	For counselling services
Kerry/Pilgrim Foods	R	Towards cost of shipping container
Norfolk Community Foundation	R	For counselling services
Ashtons Solicitors	R	Nutrition grant
Alan Boswell Charitable Fund	R	Grant for soundproofing and doors
Snelling Charitable Trust	R	For lymphoedema services
Trustees of Joyce Utting Trust	R	For counselling services
South Norfolk Council	R	For Nutrition boxes
Aviva Community Fund	R	For solar panels and lighting
Co-Op Community Fund	R	For counselling services
Denbury Charitable Fund	R	For counselling services
Giving Days	R	For refurbishment of large room
Macmillan Fund	R	For group therapies
Morgan Sindall	R	For retail storage
Norfolk Community Foundation	R	Love Norfolk - for Lymphoedema services
Norwich Freemans	R	For counselling services
Pink Ribbon Foundation	R	For lymphoedema services
Norfolk Community Foundation - Saracens fund	R	For Nutrition services
Tesco	R	For counselling services

## Note 13

## Endowment and restricted income funds

## 13.2 Movements of major funds

Please give details of the movements of the major funds summarised in the restricted and endowment columns of the

Fund names	Fund balances brought forward £	Incoming resources £	Outgoing resources £	Transfers £	Gains and losses £	Fund balances carried forward £
Part 2 payments - Dr Mannings	5,121	-	-	5,121	-	-
Toyota fund	535	-	-	-	-	535
The Goodman Trust	1,013	-	-	1,013	-	-
St James Place Charitable Foundation	8,489	-	8,486	3	-	0
Wymondham Rotary Satellite Club	171	-	-	-	-	171
Aviva Community Fund	7,329	-	7,321	8	-	-
Aviva Community Fund	-	-	-	-	-	-
Aviva Community Fund	-	-	-	-	-	-
Snelling Charitable Trust	446	-	80	-	-	366
Scewix Foundation	2,228	-	402	-	-	1,826
Royal Warrant Holders Association	892	-	160	-	-	732
Big Lottery Fund	2,952	-	2,925	27	-	-
Aviva Community Fund	-	-	-	-	-	-
Paul Bassham Charitable Trust	2,000	-	437	1,563	-	-
The Geoffrey Walling Charily	770	-	731	39	-	-
Kerry/Pilgrim Foods	834	-	834	-	-	-
Norfolk Community Foundation	5,000	4,987	9,987	-	-	-
Ashtons Solicitors	600	-	575	25	-	-
Alan Boswell Charitable Fund	5,473	-	4,258	-	-	1,214
Snelling Charitable Trust	2,500	-	2,479	21	-	-
Trustees of Joyce Ulling Trust	20,000	-	-	-	-	20,000
South Norfolk Council	1,000	396	1,141	255	-	-
Aviva Community Fund	-	1,410	-	-	-	1,410
Co-Op Community Fund	-	1,244	-	-	-	1,244
Denbury Charitable Fund	-	4,963	4,963	-	-	-
Giving Days	-	1,500	977	-	-	523
Macmillan Fund	-	14,900	3,705	-	-	11,195
Morqan Sindall	-	2,000	1,737	-	-	263
Norfolk Community Foundation	-	5,000	-	-	-	5,000
Norwich Freemans	-	16,000	13,261	-	-	2,739
Pink Ribbon Foundation	-	6,000	5,963	-	-	37
Norfolk Community Foundation - Saracens fund	-	5,000	3,141	-	-	1,859
Tesco	-	983	983	-	-	-
Designated funds	-	5,376	379	-	-	4,997
	-	-	-	-	-	-
<b>Total Funds</b>	<b>67,352</b>	<b>69,761</b>	<b>74,925</b>	<b>8,076</b>	<b>-</b>	<b>54,112</b>

## 13.3 Transfers between funds

Please give details of any transfers between funds.

From Fund (Name)	To Fund (Name)	Reason	Amount
Ashtons Solicitors	Cash fund (UR)	Residual funding	25
Aviva Community Fund	Cash fund (UR)	Residual funding	8
Big Lottery - Nutrition	Cash fund (UR)	Residual funding	27
Dr Mannings Part 2 Payments	Cash fund (UR)	No longer relevant	5,121
Goodman Trust	Cash fund (UR)	Residual funding	1,013
Norwich Freemans	Cash fund (UR)	Residual funding	1,563
Snellings	Cash fund (UR)	Residual funding	21
South Norfolk DC	Cash fund (UR)	Residual funding	255
St James Place	Cash fund (UR)	Residual funding	3
Toyota Fund	Cash fund (UR)	Residual funding	39

**Note 14 Transactions with related parties**

*If the charity has any transactions with related parties (other than the trustee expenses explained in note 6) details of such transactions should be provided in this note. If there are no transactions to report, please enter "None" in the relevant boxes.*

**14.1 Remuneration and benefits**

*Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee or other related parties by the charity or any institution or company connected with it.*

Name of trustee or connected party	Legal authority (eg order, governing document)	Amounts paid or benefit value	
		This year £	Last year £
		None	None

**14.2 Loans**

*Please give details of and amounts owing to or from the charity's trustees or other related parties by the charity at the year end.*

	Name of trustee or connected party	Legal authority	Amount owing	
			This year £	Last year £
Due to trustees and related parties			None	None
Due from trustees and related parties			None	None

**14.3 Other transaction(s) with trustees or related parties**

*Please give details of any transaction undertaken by (or on behalf of) the charity in which a trustee or related party has a material interest.*

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	This year £	Last year £
			None	None

**Note 15**

**Additional Disclosures**

The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.

[Empty box for additional disclosures]

## Independent Examiner's Report to the Trustees of Star Throwers CIO

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 May 2024

### Responsibilities and basis of report

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

### Independent examiner's statement


Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England & Wales one of the listed bodies.

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 charity 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.

Signed:



Simonetta Castellano FCA

Institute of Chartered Accountants in England & Wales

TC EA Limited

8 Hopper Way

Diss

Norfolk

IP22 4GT

Date 21/03/2025

**STAR THROWERS CIO**

England & Wales - Charity number 1162237

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# Accounts

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#### Trustees Annual Report

**Period From:** 1 June 2022  
**Period To:** 31 May 2023  
**Charity Name:** Star Throwers CIO  
**Registered Charity Number:** 1162237  
**Address:** 30 Melton Rd, Wymondham, Norfolk, NR18 0DB

#### Structure, governance and management

**Charity Structure:** Charitable Incorporated Organisation  
**Governing Document:** Foundation Constitution  
**Trustees**  
Beverley Bulcock (Chair from 7<sup>th</sup> March 2023)  
Sandra Betts (Chair until 7<sup>th</sup> March 2023)  
Joan Welsby  
Robin Upfold  
William Christmas (resigned Oct 22)  
Celia Lynne (appointed Oct 22)

**Governance comments:** Trustees are appointed for a term of three years at a properly convened trustees meeting. In this period, trustees gave their time voluntarily and received no remuneration or any other benefits.

The trustees have examined the major strategic risks that the charity may face and can confirm that systems are in place to enable the charity to take necessary steps to manage these risks.

#### **FOREWARD FROM THE CHAIR OF TRUSTEES**

Star Throwers can proudly report another successful year.

We continue to be in the fortunate position of offering all our services and support for free to all directly affected by cancer and at any stage in their diagnosis. This is made possible through grants, our wonderful fund-raisers and the support of local businesses and individuals in the community. We are indebted to every one of them and their generosity, whether choosing us for grants, picking us for their Charity of the Year, donating to projects, undertaking personal challenges or being a good friend.

We continue to ensure that we will be able to meet the challenges in the years ahead. This year highlights include the recruitment of Lymphoedema Therapist, Scar Therapy, Nutritional Support Packages and the opening of our 2<sup>nd</sup> retail outlet.

I am proud to report that Star Throwers supported 283 patients and carers in this period. This includes 326 cancer information sessions, 217 counselling sessions, 59 nutrition support services, 315 one-to-one complementary therapy sessions and 618 group therapies and workshops.

At Star Throwers we believe that the key area of our success is the quality and dedication of our staff who work tirelessly both at the Centre and our retail outlet thereby ensuring our patients and carers receive the very best we can offer. I would like to personally thank each and every one of them for everything they do throughout the year. Secondly, I would like to thank our army of volunteers who give of their time and skills so generously. Finally, I would like to thank my fellow Trustees, who working together with their combined skills, talents and experiences have ensured Star Throwers continues to meet its key charitable objectives.

I am incredibly lucky to work with such a great team and know, with confidence, that they will continue to make Star Throwers the accomplished charity that it is.

Beverley Bulcock

Chair of Trustees (from 7<sup>th</sup> March 2023)

## **OBJECTIVES, ACTIVITIES & ACHIEVEMENTS**

### **Charity Objectives**

Star Throwers overall charitable objectives are as follows:

To relieve the needs of and to promote and protect the physical and mental health of cancer patients and their carers by:

- The provision of advice and assistance on the treatment, management and prevention of cancer.
- The provision of Complementary therapeutic therapies.
- Carrying out research and publishing any useful results.

### **Strategic Review**

In February 2022 we reviewed the Strategic Plan set out for Star Throwers in February 2020 which outlined specific priorities for the next 12 months for developing the charity's income and service delivery. We achieved the following aims as set out under our priorities in the 2022+ plan:

### **Activities and Achievements, 2022-2023:**

#### **Reaching Out:**

- Delivered new Pilates service to support those with a cancer diagnosis.
- Providing new complementary therapies to deliver additional options of support: these included facials and Emotional Freedom Technique.
- We launched our Scar Therapy in early 2023 after one of our Therapists attended a course funded by Pilgrim's Food Masters. This therapy is used to treat a scar to help stimulate healing and soften fibrosis as the scar matures.
- We welcomed 'Head Wrappers' along to the centre to deliver two sessions of support. Head Wrappers' offer free service providing practical support for anyone experiencing hair loss as a result of cancer treatment.

- Completed an updated photoshoot and updated marketing materials to reflect updated centre and services.

#### **Continuing and Maximising Services:**

- Star Throwers delivered the following support sessions to a total of 283 patients and carers (an increase of 80 people from the last accounting period):
  - 326 cancer information sessions
  - 102 Lymphoedema Support Sessions
  - 217 counselling sessions
  - 59 nutrition support sessions
  - 315 one-to-one complementary therapies
  - 618 group therapies and workshops
- Delivered 50 Nutritional Support Packages – launched in May 2022, this is an extension to our current nutritional support providing free individually tailored cancer nutrition packages including 'Star Throwers – Recipe Booklet'. Kindly funded by the Aviva Community Fund and National Lottery Fund).
- Recruited a dedicated Lymphoedema Therapist to deliver our support sessions and provide manual lymphatic drainage.
- Recruited an additional counsellor in September 2022 to meet demand for this service.
- Recruited new therapists to deliver hands-on complementary therapies.
- Secured external funding for information service, nutrition, lymphoedema and counselling support.
- Started sending a 'Services Newsletter' sent via email directly to those we support about our updated services and support available.

#### **Sustainability:**

- Continued to measure feedback from services users.
- Recruited one new Trustee - bringing in additional skills, experience, and knowledge.
- Opened the 'Treasure Trove' - an additional retail outlet based at our cancer support centre selling vintage and electronic items.
- Held our second Golf Day and second Charity Ball.
- Volunteer updates sent regularly to update on charity, we held our annual Christmas 'Fish and Chips' evening to thank our volunteers for all their hard work and support.
- Joined the Broadland Community Lottery – securing regular annual income for the charity.
- Used services of local auction house to maximise sale of high value donated items.

#### **Impact:**

Feedback gathered from service users was overwhelmingly positive:

- 100% of service users found our cancer information sessions very helpful or helpful with regards to helping them cope with their cancer or supporting someone with cancer.
- 94% of service users strongly agreed or agreed that they felt more informed about their cancer and/or treatment options.
- 94% of service users strongly agreed or agreed that they had a better understanding/knowledge of their cancer and/or treatment options available.
- 92% of service users strongly agreed or agreed that they felt more positive than before they came to Star Throwers.

- 99% of carers strongly agreed or agreed that they felt more supported after they had been to Star Throwers.
- 100% of service users strongly agreed or agreed that they would recommend anyone affected by cancer to contact Star Throwers for support.
- 84% of services users found our support services very helpful or helpful in helping them cope with their cancer or supporting someone with cancer.

Please note: no negative responses were received, remaining % of feedback received was marked as 'unsure'. We always offer additional appointments to ensure our service users can follow up on information or support that is required.

### **INCOME GENERATION**

#### **Fundraising**

The following Star Throwers events were organised during the period:

- Golf Day joint with Finnbar's Force - £4567.72 profit raised.
- Star Throwers Ball raised a profit of - £5432.67 profit.
- Blickling Autumn and Spring Half Marathons - we had 16 runners across the 2 events who raised £2,742,71 together.
- Wreath Making supported by Nicky from The Enchanted Willow – £1260 income.
- Skydive challenge – 16 people took part throughout the year raising £8,537 in total
- Star Throwers Spring Coffee Morning – raised £681.26.
- Three runners took up our places in Royal Parks Half Marathon and raised a total of £1730.50.

We had an amazing amount of support from the local community; below are just a few of the fundraising efforts that took place for Star Throwers:

- Charity Gun Dog Test organised by Sharon Dingle organized this event raised over £16k for Star Throwers and Big C and we received £8,170.
- Paula McGrath took on 10 half Marathons in 10 days, a Boot Camp and Virtual Marathon raising an incredible £597.50.
- Face to Face Finance Supported us through a range of activities such as Skydive, Golf Day, Sponsored walks and raised a total of £5604.
- Tilly Dillaway took on a netball goal challenge as part of her Brownie Badge and raised £293.75.
- Nick's Green walked all the Norfolk Trails and raised £2052.75.
- Coltishall Primary School organised a 'Glow Up Walk' and donated £650 to Star Throwers.
- Hustle Gym in Wymondham joined us as a corporate supporter and raised £810 during the period.

#### **Special Thanks:**

A special thank you to all of our supporters – whether through individual donations, fundraising events or purchasing through our retail outlets, your ongoing support during these trying times has been incredible! Thank You!

#### **Grants**

We are incredibly grateful to all of the supporters who have enabled us to carry out specific projects through their grant funding, totaling nearly £39,000 in income during the period.

#### **Retail**

The Star Throwers retail team continued to work incredibly hard during the period and we were delighted to open the 'Treasure Trove' Shop in August 2022. This is a converted container – kindly donated by Pilgrim's Food Masters and specialises in selling vintage items and electrical goods. The ebay shop continues to do incredibly well bringing a total of £6,579 in sales and a vital additional income stream to the charity. Our Wymondham shop continues to do extremely well and act as a fantastic tool for advertising our charity.

#### **Star Thrower's Volunteers**

Star Throwers owes its success largely to the ongoing support of our amazing volunteers.

Thank you to all our volunteers past and present for continuing to support Star Throwers.

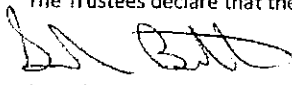
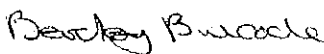
We are also incredibly grateful to our gardening and maintenance volunteers who have ensured that our building and grounds remain looking attractive and fit for purpose.

Our volunteer therapists have continued to grow in numbers and offer an increasing variety of complementary therapies and group workshops for our patients and carers.

Our shop volunteers have done an amazing job in helping our charity shop during the past few years. Volunteers have adapted to our new procedures and ensure our shop remains a successful fundraising tool for the charity.

#### **Declaration**

The Trustees declare that they have approved the Trustees' report above.

 - 

Signed on behalf of the charity's trustees

Sandra Betts and Beverley Bulcock (Chair from 7<sup>th</sup> March 2023) 04.03.24



Charity Name Star Throwers CIO			Charity No (if any)		CC17a
Annual accounts for the period					
Period start date	01/06/2022	To	Period end date	31/05/2023	

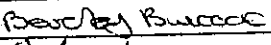
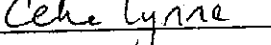
## Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	Note	Restricted			Total this year £	Total last year £
			Unrestricted funds £	Income funds £	Endowment funds £		
			F01	F02	F03	F04	F05
<b>Incoming resources (Note 3)</b>							
Incoming resources from generated funds			-	-	-	-	-
Donations and legacies		S01	23,235	22,245	-	45,480	50,423
Fundraising events		S02	47,423	1,635	-	49,058	31,450
Charity shop income		S03	103,905	-	-	103,905	88,688
Gift aid		S04	1,863	-	-	1,863	2,641
Sales		S05	2,523	-	-	2,523	6,912
Grants		S06	17,798	20,100	-	37,898	83,917
Incoming resources from charitable activities		S07	-	-	-	-	-
Other incoming resources			2,444	-	-	2,444	-
<b>Total incoming resources</b>			<b>199,191</b>	<b>43,980</b>	<b>-</b>	<b>243,171</b>	<b>264,011</b>
<b>Resources expended (Notes 4-8)</b>							
Costs of Generating Funds			-	-	-	-	-
Wages, salaries, pensions and NI		S08	187,935	10,435	-	198,370	174,254
Expenditure on raising funds		S09	17,631	-	-	17,631	17,750
Rent and rates		S10	6,787	-	-	6,787	6,844
Repairs and maintenance		S11	16,923	3,880	-	20,803	13,770
Utilities		S12	7,432	4,846	-	12,278	5,192
Charity support costs		S13	13,386	9,398	-	22,784	22,026
Fundraising cost		S14	1,821	-	-	1,821	2,017
Governance		S15	600	-	-	600	700
Bank charges and interest		S16	4,346	2,507	-	6,853	4,606
Depreciation		S17	8,468	3,050	-	11,516	12,655
Insurance		S18	2,373	-	-	2,373	1,870
<b>Total resources expended</b>		S19	<b>287,701</b>	<b>34,115</b>	<b>-</b>	<b>301,816</b>	<b>261,684</b>
<b>Net incoming/(outgoing) resources before transfers</b>		S20	<b>- 68,510</b>	<b>9,865</b>	<b>-</b>	<b>- 58,645</b>	<b>2,327</b>
<b>Gross transfers between funds</b>		S21	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Net incoming/(outgoing) resources before other recognised gains/(losses)</b>		S22	<b>- 68,510</b>	<b>9,865</b>	<b>-</b>	<b>- 58,645</b>	<b>2,327</b>
<b>Other recognised gains/(losses)</b>							
Gains and losses on revaluation of fixed assets for the charity's own use		S23	-	-	-	-	-
Gains and losses on investment assets		S24	-	-	-	-	-
<b>Net movement in funds</b>		S25	<b>- 68,510</b>	<b>9,865</b>	<b>-</b>	<b>- 58,645</b>	<b>2,327</b>
<b>Total funds brought forward</b>		S26	<b>412,252</b>	<b>57,488</b>	<b>-</b>	<b>469,740</b>	<b>467,413</b>
<b>Total funds carried forward</b>		S27	<b>343,742</b>	<b>67,353</b>	<b>-</b>	<b>411,095</b>	<b>469,740</b>

## Section B Balance sheet

	Note	Restricted			Total this year £	Total last year £
		Unrestricted funds £	Income funds £	Endowment funds £		
		F01	F02	F03	F04	F05
<b>Fixed assets</b>						
Tangible assets (Note 9)	B01	383,250	7,002	-	390,252	401,768
	B02	-	-	-	-	-
Investments (Note 10)	B03	-	-	-	-	-
<b>Total fixed assets</b>	B04	383,250	7,002	-	390,252	401,768
<b>Current assets</b>						
Stock and work in progress	B05	-	-	-	-	-
Debtors (Note 11)	B06	336	-	-	336	336
(Short term) investments	B07	-	-	-	-	-
Cash at bank and in hand	B08	76,461	56,445	-	132,906	185,235
<b>Total current assets</b>	B09	76,797	56,445	-	133,242	185,571
<b>Creditors: amounts falling due within one year</b> (Note 12)	B10	7,015	-	-	7,015	10,013
<b>Net current assets/(liabilities)</b>	B11	69,782	56,445	-	126,227	175,558
<b>Total assets less current liabilities</b>	B12	453,032	63,447	-	516,479	577,326
<b>Creditors: amounts falling due after one year</b> (Note 12)	B13	102,394	-	-	102,394	107,586
Provisions for liabilities and charges	B14	-	-	-	-	-
<b>Net assets</b>	B15	350,638	63,447	-	414,085	469,740
<b>Funds of the Charity</b>						
Unrestricted funds	B16	347,769	-	-	347,769	412,252
	B17	-	-	-	-	-
Restricted income funds (Note 13)	B18	-	63,447	-	63,447	57,488
Endowment funds (Note 13)	B19	-	-	-	-	-
<b>Total funds</b>	B20	347,769	63,447	-	411,216	469,740

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	CELIA LYNNE	27/03/24
	CELIA LYNNE	27/03/24

**Section C****Notes to the accounts**Note 1 **Basis of preparation**

*This section should be completed by all charities.*

**1.1 Basis of accounting**

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005);
- and with\*  Accounting Standards;
- or  Financial Reporting Standards for Smaller Enterprises (FRSSE);
- and with the Charities Act.

[\*\* except for the following].

*Give details in this box if a different standard has been followed.*

\* -Tick as appropriate:

- If all relevant disclosures shown in the pack have been given then please tick "Accounting Standards";
- if disclosures completed in these accounts have been restricted to those required by the FRSSE, then please tick "Financial Reporting Standards for Smaller Enterprises (FRSSE)".

\*\* - If no departures from the chosen standards have been made then delete these words; otherwise give details of any changes in the boxes.

**1.2 Change in basis of accounting**

There has been no change to the accounting policies (valuation rules and methods of accounting) since last year (§ except for the following).

*Give details in this box of any material changes that have been made.*

§ if no changes have been made to accounting policies then delete these words.

**1.3 Changes to previous accounts**

No changes have been made to accounts for previous years (§§ except for the following).

*Give details in this box of any material changes that have been made.*

§§ if no changes have been made to accounts for previous periods then delete these words.

**Note 2 Accounting policies**

*This standard list of accounting policies has been applied by the charity except for those deleted. Where a different or additional policy has been adopted then this is detailed in the box below.*

**INCOMING RESOURCES**

<b>Recognition of Incoming resources</b>	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> <li>• the charity becomes entitled to the resources;</li> <li>• the trustees are virtually certain they will receive the resources; and</li> <li>• the monetary value can be measured with sufficient reliability.</li> </ul>
<b>Incoming resources with related expenditure</b>	Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.
<b>Grants and donations</b>	Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.
<b>Tax reclaims on donations and gifts</b>	Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.
<b>Contractual Income and performance related grants</b>	This is only included in the SoFA once the related goods or services have been delivered.
<b>Gifts in kind</b>	<p>Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.</p> <p>Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity.</p> <p>Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.</p>
<b>Donated services and facilities</b>	These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.
<b>Volunteer help</b>	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
<b>Investment Income</b>	This is included in the accounts when receivable.
<b>Investment gains and losses</b>	This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

**EXPENDITURE AND LIABILITIES**

<b>Liability recognition</b>	Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.
<b>Governance costs</b>	Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.
<b>Grants with performance conditions</b>	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.
<b>Grants payable without performance conditions</b>	These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.
<b>Support Costs</b>	Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

**ASSETS**

<b>Tangible fixed assets for use by charity</b>	These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.
<b>Investments</b>	Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.
<b>Stocks and work in progress</b>	These are valued at the lower of cost or market value.

**POLICIES ADOPTED ADDITIONAL TO OR DIFFERENT FROM THOSE ABOVE**

## Section C

## Notes to the accounts

(cont)

## Note 3

## Analysis of incoming resources

Incoming resources may be further analysed if this would help the reader of the accounts.

	Analysis	This year £	Last year £
Charity Shop Income	Income from donated goods at charity shop	97,326	88,668
	Income from donated goods on online sale	6,579	-
		-	-
		-	-
	<b>Total</b>	<b>103,905</b>	<b>88,668</b>
Fundraising Events	External Fundraising	20,735	17,294
	Internal Fundraising	28,323	14,156
		-	-
		-	-
	<b>Total</b>	<b>49,058</b>	<b>31,450</b>
Donations and Legacies	Individual donations	7,975	9,413
	Group donations	27,199	10,185
	In memory of donations	10,306	12,753
	All other donations	-	18,072
	<b>Total</b>	<b>45,480</b>	<b>50,423</b>
Sales	Room hire and ticketed events	2,523	6,666
	Merchandise	-	246
		-	-
		-	-
	<b>Total</b>	<b>2,523</b>	<b>6,912</b>
Grants	Grants for specific projects or running costs of charity	37,898	81,632
	Coronavirus Job Retention Scheme	-	2,285
		-	-
		-	-
	<b>Total</b>	<b>37,898</b>	<b>83,917</b>
Gift Aid	Gift aid claimed from online fundraising	1,863	2,641
		-	-
		-	-
		-	-
	<b>Total</b>	<b>1,863</b>	<b>2,641</b>
Other incoming resources	Interest received	78	-
	Staff overpayment returned	2,366	-
		-	-
		-	-
	<b>Total</b>	<b>2,444</b>	<b>-</b>

## Section C

## Notes to the accounts

(cont)

## Note 4

## Analysis of resources expended

Resources expended may be further analysed if this would help the reader of the accounts.

	Analysis	This year £	Last year £
Wages, Salaries, Pensions and NI	Service delivery staff gross salary	84,764	69,105
	Service delivery staff employers NIC	7,835	4,113
	Staff pension costs	3,721	3,176
	Finance staff employers NIC	2,077	1,860
	Finance staff gross salary	23,494	22,249
	Charity shops employers NIC	3,796	3,233
	Charity shops gross wages	53,521	45,932
	Payroll fees	2,941	1,776
	Fundraising staff employers NIC	1,041	1,519
	Fundraising staff gross salary	15,179	21,291
	<b>Total</b>	<b>198,370</b>	<b>174,253</b>
Expenditure on raising funds	Charity shops running costs	5,577	6,560
	Grant applications	-	-
	In-house fundraising	12,054	8,768
	Cost of merchandlse	-	244
	Other fundraising costs	-	2,179
	<b>Total</b>	<b>17,631</b>	<b>17,750</b>
Rent and rates	Charity Shops	6,787	6,844
		-	-
	<b>Total</b>	<b>6,787</b>	<b>6,844</b>
Repairs and maintenance	Charity shops	616	405
	Centre	477	13,365
	Treasure Trove set up costs	19,710	-
		-	-
	<b>Total</b>	<b>20,803</b>	<b>13,770</b>
Utilities	Charity shops	2,443	2,291
	Centre	9,835	2,901
		-	-
	<b>Total</b>	<b>12,278</b>	<b>5,192</b>
Charity support costs	Service delivery costs	15,767	11,831
	Office consumables	1,022	700
	Computer support	4,814	4,503
	Food and drink - visitors	646	232
	Training	48	4,746
	Office equipment	486	14
	<b>Total</b>	<b>22,784</b>	<b>22,026</b>
Fundraising costs	Advertising and marketing costs	1,821	2,017
		-	-
	<b>Total</b>	<b>1,821</b>	<b>2,017</b>
Governance	Accountancy fees	600	700
		-	-
	<b>Total</b>	<b>600</b>	<b>700</b>
Bank charges and interest	Charity shops bank	838	549
	Mortgage interest	6,015	4,057
		-	-
	<b>Total</b>	<b>6,853</b>	<b>4,606</b>

**Insurance**

Charity shops	480	264
Centre building and contents insurance	1,249	606
Charity insurance	316	655
Centre licences	-	206
Service delivery	329	138
<b>Total</b>	<b>2,373</b>	<b>1,870</b>

**Depreciation**

Property	9,000	9,000
Container	1,680	1,680
Heating system	643	643
Computer equipment	193	1,332
	-	-
<b>Total</b>	<b>11,516</b>	<b>12,655</b>

**Section C** **Notes to the accounts** **(cont)**

**Note 5 Support Costs**

*Please complete this note if the charity has analysed its expenses using activity categories and has support costs.*

Support cost type	Fundraising activity £	Charitable Activity £	Governance Activity £	Total Cost £
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Total</b>	-	-	-	-

**Note 6 Details of certain items of expenditure**

**6.1 Trustee expenses**

*Please provide details of the amount of any payment or reimbursement of out-of-pocket expenses made to trustees or to third parties for expenses incurred by trustees. If no expenses were paid, please enter 'None' in the appropriate box(es).*

Number of trustees who were paid expenses

Nature of the expenses

Total amount paid

This year	Last year
0	0
0	0

**6.2 Fees for examination or audit of the accounts**

*Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner or auditor. If nothing was paid please enter NONE in the appropriate box(es).*

Independent examiner's or auditors' fees for reporting on the accounts

Other fees (for example: advice, consultancy, accountancy services) paid to the independent examiner or auditor

This year £	Last year £
600	700

**Section C****Notes to the accounts****(cont)****Note 7**                      **Paid employees***Please complete this note if the charity has any employees.***7.1 Staff Costs**

	This year £	Last year £
Gross wages, salaries and benefits in kind	179,899	160,353
Employer's National Insurance costs	14,749	10,725
Pension costs	3,721	3,176
<b>Total staff costs</b>	<b>198,369</b>	<b>174,254</b>

**7.2 Average number of full-time equivalent employees in the year**

The parts of the charity in which the employees work

	This year Number	Last year Number
Centre	6	7
Charity Shops	3	3
Governance	-	-
Other	-	-
<b>Total</b>	<b>9</b>	<b>10</b>

**7.3 Defined contribution pension scheme***Please complete if a defined contribution pension scheme is operated.*

Brief details of the scheme

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The costs of the scheme to the charity for the year

The amount of any contributions outstanding at the year end

The amount of any contributions prepaid at the year end

	This year £	Last year £
The costs of the scheme to the charity for the year	3721	3176
The amount of any contributions outstanding at the year end		
The amount of any contributions prepaid at the year end		



**Note 9 Tangible fixed assets**

Please complete this note if the charity has any tangible fixed assets

**9.1 Cost or valuation**

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Payments on account and assets under construction	Total
	£	£	£	£	£	£
Balance brought forward	450,000	5,040	6,425	5,286	-	466,751
Additions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers *	-	-	-	-	-	-
Balance carried forward	450,000	5,040	6,425	5,286	-	466,751

**9.2 Accumulated depreciation and impairment provisions**

<b>**Basis</b>	SL	SL	SL	SL	SL or RB
<b>** Rate</b>	2%	33%	10%	33%	

Balance brought forward	57,750	1,680	643	4,910	-	64,983
Depreciation charge for year	9,000	1,680	643	193	-	11,516
Impairment provisions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers*	-	-	-	-	-	-
Balance carried forward	66,750	3,360	1,286	5,103	-	76,499

**9.3 Net book value**

Brought forward	392,250	3,360	5,782	376	-	401,768
Carried forward	383,250	1,680	5,139	183	-	390,252

**9.4 Revaluation**

If any fixed assets have been revalued please give details of the valuer and method of valuation

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\* The "transfers" row is for movements between fixed asset categories.

\*\* Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.

**Note 10 Investment assets**

Please complete this note if the charity has any investment assets.

**10.1 Fixed assets investments**

	£
Carrying (market) value at beginning of year	-
<b>Add:</b> additions to investments at cost	-
<b>Less:</b> disposals at carrying value	-
<b>Add/(deduct):</b> net gain/(loss) on revaluation	-
Carrying (market) value at end of year	-

Please provide below:

10.2 A breakdown of the market values of Investments shown above agreeing with the balance sheet row B03.

10.3 A breakdown of the income from investments agreeing with SOFA row S03.

**Analysis of investments****Investment properties**

Investments listed on a recognised stock exchange or held in common investment funds, open ended investment companies, unit trusts or other collective investment schemes

Investments in subsidiary or connected undertakings and companies

Securities not listed on a recognised Stock Exchange

Cash held as part of the investment portfolio

Other investments

	10.2 Market value at year end £	10.3 Income from investments for the year £
Investment properties	-	-
Investments listed on a recognised stock exchange or held in common investment funds, open ended investment companies, unit trusts or other collective investment schemes	-	-
Investments in subsidiary or connected undertakings and companies	-	-
Securities not listed on a recognised Stock Exchange	-	-
Cash held as part of the investment portfolio	-	-
Other investments	-	-
<b>Total</b>	-	-

**10.4 Material investment holdings**

If any single investment is material in terms of its value (for example represents more than 5 per cent of the value of the charity's total investments) please provide details.

Investment held

Market Value


**Section C** **Notes to the accounts** **(cont)**

**Note 11 Debtors and prepayments**

*Please complete this note if the charity has any debtors or prepayments.*

**Analysis of debtors**

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Trade debtors	-	-	-	-
Amounts due from subsidiary and associated undertakings	-	-	-	-
Other debtors	-	-	-	-
Prepayments and accrued income	336	336	-	-
<b>Total</b>	<b>336</b>	<b>336</b>	<b>-</b>	<b>-</b>

**Note 12 Creditors and accruals**

*Please complete this note if the charity has any creditors or accruals.*

**12.1 Analysis of creditors**

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Loans and overdrafts	6,141	10,013	102,394	107,586
Trade creditors	874	-	-	-
Amounts due to subsidiary and associated undertakings	-	-	-	-
Other creditors	-	-	-	-
Accruals and deferred income	-	-	-	-
<b>Total</b>	<b>7,015</b>	<b>10,013</b>	<b>102,394</b>	<b>107,586</b>

**12.2 Security over assets**

*If any loan, overdraft or other creditor holds a charge or other security over any assets of the charity please provide details.*

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**Section C****Notes to the accounts****(cont)****Note 13 Endowment and restricted income funds***Please complete this section if the charity has any endowment or restricted income funds.***13.1 Funds held**

Please give a brief description of any of the following type of funds held by the charity:

- permanent endowment funds (PE);
- expendable endowment funds (EE); and
- restricted income funds, including special trusts, of the charity (R).

Fund Name	Type PE, EE or R	Purpose and Restrictions
Rachel Lane Fund	R	Creation of manual lymphatic drainage (MLD) room and to start up costs of the service
Part 2 payments - Dr Mannings	R	Centre Extension Project
Toyota Fund	R	To pay for a post therapy relaxation room
Big Lottery Fund	R	Award for holistic support for people with cancer
Pink Ribbon Foundation	R	Breast cancer lymphoedema service
The Goodman Trust	R	Grant to improve therapies and lymphoedema service
St James Place Charitable Foundation	R	Grant for lymphoedema service
Wymondham Rotary Satellite Club	R	Online counselling service
Lady Hind Trust	R	Empowerment and holistic support sessions
NCF Saracens Fund	R	For provision of cancer information services
Aviva Community Fund	R	Provision of patient/carer counselling services
Aviva Community Fund	R	Provision of patient nutrition services
Aviva Community Fund	R	For cancer information sessions
Snelling Charitable Trust	R	For costs of new heating system
Screwfix Foundation	R	For costs of new heating system
Royal Warrant Holders Association	R	For costs of new heating system
Big Lottery Fund	R	To support the nutrition service
Aviva Community Fund	R	For lymphoedema therapist
Anne French Memorial Fund	R	General funds
Paul Bassham Charitable Trust	R	For lymphoedema therapist
Norwich Freeman's Charity	R	For cancer information sessions
The Geoffrey Watling Charity	R	For counselling services
Kerry/Pilgrim Foods	R	Towards cost of shipping container
Norfolk Community Foundation	R	Grant for warm hub
Norfolk Community Foundation	R	For counselling services
Ashtons Solicitors	R	Nutrition grant
Alan Boswell Charitable Fund	R	Grant for soundproofing and doors
South Norfolk Council	R	Grant for nutrition boxes
Snelling Charitable Trust	R	For lymphoedema services
Trustees of Joyce Utting Trust	R	For counselling services
Wymondham Windows	R	For container refit
Rosemary Gask	R	For container refit
Geoffrey Warnes	R	For container refit
Sean Websdale	R	For container refit
Norfolk Country Dancing	R	For container refit

**13.2 Movements of major funds***Please give details of the movements of the major funds summarised in the restricted and endowment columns of the Statement of Financial Activities.*

Fund names	Fund balances brought forward £	Incoming resources £	Outgoing resources £	Transfers £	Gains and losses £	Fund balances carried forward £
Rachel Lane Fund	3,757	-	3,757	-	-	-
Part 2 payments - Dr Mannings	5,121	-	-	-	-	5,121
Toyota Fund	535	-	-	-	-	535
Big Lottery Fund	58	-	58	-	-	-
Pink Ribbon Foundation	5,000	-	5,000	-	-	-
The Goodman Trust	13	1,000	-	-	-	1,013
St James Place Charitable Foundation	10,000	-	1,511	-	-	8,489
Wymondham Rotary Satellite Club	171	-	-	-	-	171
Lady Hind Trust	1,000	-	1,000	-	-	-
NCF Saracens Fund	76	-	76	-	-	-
Aviva Community Fund	647	-	-	-	-	647
Aviva Community Fund	3,732	-	3,458	-	-	274
Aviva Community Fund	1,408	-	-	-	-	1,408
Snelling Charitable Trust	723	-	277	-	-	446
Screwfix Foundation	3,614	-	1,386	-	-	2,228
Royal Warrant Holders Association	1,446	-	554	-	-	892
Big Lottery Fund	10,000	-	7,048	-	-	2,952
Aviva Community Fund	5,000	-	-	-	-	5,000
Anne French Memorial Fund	750	-	750	-	-	-
Paul Bassham Charitable Trust	2,000	-	-	-	-	2,000
Norwich Freeman's Charity	-	-	-	-	-	-
The Geoffrey Watling Charity	770	-	-	-	-	770
Kerry/Pilgrim Foods	1,667	-	833	-	-	834
Norfolk Community Foundation	-	2,000	2,000	-	-	-
Norfolk Community Foundation	-	5,000	-	-	-	5,000
Ashtons Solicitors	-	600	-	-	-	600
Alan Boswell Charitable Fund	-	8,000	2,527	-	-	5,473
Snelling Charitable Trust	-	2,500	-	-	-	2,500
Trustees of Joyce Utting Trust	-	20,000	-	-	-	20,000
Rosemary Gask	-	1,245	1,245	-	-	-
Geoffrey Warnes	-	1,000	1,000	-	-	-
Sean Websdale	-	885	885	-	-	-
Norfolk Country Dancing	-	750	750	-	-	-
South Norfolk Council	-	1,000	-	-	-	1,000
	-	-	-	-	-	-
<b>Total Funds</b>	<b>57,488</b>	<b>43,980</b>	<b>34,115</b>	<b>-</b>	<b>-</b>	<b>67,353</b>

### 13.3 Transfers between funds

Please give details of any transfers between funds.

From Fund (Name)	To Fund (Name)	Reason	Amount

**Note 14 Transactions with related parties**

*If the charity has any transactions with related parties (other than the trustee expenses explained in note 6) details of such transactions should be provided in this note. If there are no transactions to report, please enter "None" in the relevant boxes.*

**14.1 Remuneration and benefits**

*Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee or other related parties by the charity or any institution or company connected with it.*

Name of trustee or connected party	Legal authority (eg order, governing document)	Amounts paid or benefit value	
		This year £	Last year £

**14.2 Loans**

*Please give details of and amounts owing to or from the charity's trustees or other related parties by the charity at the year end.*

	Name of trustee or connected party	Legal authority	Amount owing	
			This year £	Last year £
Due to trustees and related parties				
Due from trustees and related parties				

**14.3 Other transaction(s) with trustees or related parties**

*Please give details of any transaction undertaken by (or on behalf of) the charity in which a trustee or related party has a material interest.*

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	This year £	Last year £

**Note 15****Additional Disclosures**

The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.

## Independent Examiner's Report to the Trustees of Star Throwers CIO.

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 May 2023.

### Responsibilities and basis of report

As the charity's trustees 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 charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the 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 charity 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.

Signed:



Name Simonetta Castellano FCA

Address Unit 8, Hopper Way, Diss Business Park, Diss, Norfolk, IP22 4GT

Date 28/3/2024

**STAR THROWERS CIO**

England & Wales - Charity number 1162237

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# Accounts

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**Trustees Annual Report**

**Period From:** 1 June 2021  
**Period To:** 31 May 2022  
**Charity Name:** Star Throwers CIO  
**Registered Charity Number:** 1162237  
**Address:** 30 Melton Rd, Wymondham, Norfolk, NR18 0DB

**Structure, governance and management**

**Charity Structure:** Charitable Incorporated Organisation  
**Governing Document:** Foundation Constitution  
**Trustees**  
Sandra Betts (Chair)  
Thomas Grant-Jones (resigned February 2022)  
Joan Welsby  
Robin Upfold  
William Christmas  
Bev Bulcock

**Governance comments:** Trustees are appointed for a term of three years at a properly convened trustees meeting. In this period, trustees gave their time voluntarily and received no remuneration or any other benefits.

The trustees have examined the major strategic risks that the charity may face and can confirm that systems are in place to enable the charity to take necessary steps to manage these risks.

**FOREWARD FROM THE CHAIR OF TRUSTEES**

Star Throwers can proudly report a successful year and as we moved forward out of lockdowns, we were delighted to reopen the Centre to patients, their carers and our volunteers. To ensure the safety of potentially vulnerable people returning to a post-lockdown world, new protocols were put in place to give added safety and security.

We continue to be in the fortunate position of offering all our services and support for free to all directly affected by cancer and at any stage in their diagnosis. This is made possible through grants, our wonderful fund-raisers and the support of local businesses and individuals in the community. We are indebted to every one of them and their generosity, whether choosing us for grants, picking us for their Charity of the Year, donating to projects, undertaking personal challenges or being a good friend.

We continue to ensure that we will be able to meet the challenges in the years ahead. This year we have welcomed an additional Cancer Information Nurse to have more one-to-one support available and we have taken delivery of a container which will become a retail outlet at the Centre and another source of future income.

I am proud to report that Star Throwers supported 208 patients and carers in this period. This includes 326 cancer information sessions, 243 counselling sessions, 74 nutrition support services, 315 one-to-one complementary therapy sessions and 36 group therapies and workshops.

At Star Throwers we believe that the key area of our success is the quality and dedication of our staff who work tirelessly both at the Centre and our retail outlet thereby ensuring our patients and carers receive the very best we can offer. I would like to personally thank each and every one of them for everything they do throughout the year. Secondly, I would like to thank our army of volunteers who give of their time and skills so generously. Finally, I would like to thank my fellow Trustees, who working together with their combined skills, talents and experiences have ensured Star Throwers continues to meet its key charitable objectives.

I am incredibly lucky to work with such a great team and know, with confidence, that they will continue to make Star Throwers the accomplished charity that it is.

Sandra Betts

Chair of Trustees

## **OBJECTIVES, ACTIVITIES & ACHIEVEMENTS**

### **Charity Objectives**

Star Throwers overall charitable objectives are as follows:

To relieve the needs of and to promote and protect the physical and mental health of cancer patients and their carers by:

- *The provision of advice and assistance on the treatment, management and prevention of cancer.*
- The provision of Complementary therapeutic therapies.
- Carrying out research and publishing any useful results.

### **Strategic Review**

In February 2022 we reviewed the Strategic Plan set out for Star Throwers in February 2020 which outlined specific priorities for the next 12 months for developing the charity's income and service delivery. Despite the ongoing effects of the COVID-19 pandemic we achieved the following aims as set out under our priorities in the 2020+ plan:

### **Activities and Achievements, 2021-2022:**

#### **Reaching Out:**

- Delivered new Fatigue Management service to support those with a cancer diagnosis.
- Continued to offer a range of remote support services to those who were unable to visit the centre in person: information sessions, counselling, nutrition, fatigue management and reiki.

## **Grants**

We are incredibly grateful to all of the supporters who have enabled us to carry out specific projects through their grant funding, totaling nearly £84,000 in income during the period.

## **Retail**

The Star Throwers retail team continued to work incredibly hard during the period despite the inevitable interruptions due to at least three occasions of forced closure due to national lockdowns; donations and support from the public remain strong. The charity made the difficult decision to close the Attleborough shop in December 2020 after three years, although it had not been trading since March 2020 due to the first national lockdown. It was decided to concentrate on the Wymondham Shop, eBay sales and opening up another outlet at the centre in the form of a shipping container at some point in the future.

## **Star Thrower's Volunteers**

Star Throwers owes its success largely to the ongoing support of our amazing volunteers.

Thank you to all our volunteers past and present for continuing to support Star Throwers.

In March 2021 we were able to welcome back some centre volunteers, to help support the running of the centre and tackle the huge amount of washing created by new COVID-19 cleaning protocols! We are incredibly grateful for their support and flexibility to the charity's requirements during these times.

We are also incredibly grateful to our gardening and maintenance volunteers who have ensured that our building and grounds remain looking attractive and fit for purpose.

Our volunteer therapists returned to in-person sessions at the end of 2021 and quickly adapted to the new COVID-19 protocols and procedures in place to deliver effective and safe support.

Our shop volunteers support the running of our Wymondham charity shop and sorting donations at our centre. Our shop volunteers have done an amazing job in helping our charity shop during the past two years. Volunteers have adapted to our new procedures and ensure our shop remains a successful fundraising tool for the charity.

With only a few events taking place during the period, we are incredibly grateful to our community volunteers who supported us at our jumble sale and Golf Day and sent many messages of support throughout.

## **Infrastructure & Personnel**

Do we need this section in?

## **Plans for the Future**

Star Throwers set out a number of priority aims in February 2022 for the following year:

### **1. We will strengthen our processes and improve the sustainability of the charity.**

- Continue to increase income from Grant Funding organisations.
- Open container shop situated at the Centre.

- Created new information packs - sent to existing service users and local healthcare providers.
- Formed new 'Connections' group to offer informal group bereavement support – in response to demand from service users wanting to make connections with others in a similar situation.
- New signage on premises to advertise our services.

#### **Continuing and Maximising Services:**

- Star Throwers delivered the following support sessions to a total of 208 patients and carers, despite the ongoing restrictions from the COVID-19 pandemic, many of our complementary therapies did not start being offered again until October 2021:
  - 326 cancer Information sessions
  - 243 counselling sessions
  - 74 nutrition support sessions
  - 315 one-to-one complementary therapies
  - 36 group therapies and workshops
- We supported 106 new patients and 40 new carers during the period.
- Grew our working relationship with the Anti Cancer Fund to deliver joint information sessions.
- Recruited an additional Nurse to increase the capacity of our information service.
- Recruited new therapists to deliver hands-on complementary therapies.
- Secured external funding for Information service, nutrition, lymphoedema and counselling support.
- New electric heating system installed, and re-decoration of centre completed to improve the comfort and experience of all Centre users.
- Grew working relationship with Anti Cancer Fund to deliver joint information sessions.

#### **Sustainability:**

- Invested in our Clinic Office software to support delivery of our services and safeguard client information.
- Continued to measure feedback from services users.
- Recruited two new Trustees - bringing in additional skills, experience, and knowledge.
- Purchased and a container to convert into an additional retail outlet.
- Held our first Golf Day event and online raffle to adapt to COVID-19 restrictions.
- Invested in staff training to increase income from grant providers.
- Contracted a HR Company to update our policies and procedures and support future HR requirements.
- Volunteer updates sent regularly to update on charity.
- Invested in new software to support the financial needs of the charity.
- Reviewed IT provision and secured new support to suit the charity's needs.
- Used services of local auction house to maximise sale of high value donated items.

#### **Impact:**

Feedback gathered from service users was overwhelmingly positive:

- 100% of service users found our cancer information sessions very helpful or helpful with regards to helping them cope with their cancer or supporting someone with cancer.
- 96% of service users strongly agreed or agreed that they felt more informed about their cancer and/or treatment options.
- 93% of service users strongly agreed or agreed that they had a better understanding/knowledge of their cancer and/or treatment options available.
- 98% of service users strongly agreed or agreed that they felt more positive than before they came to Star Throwers.
- 100% of carers strongly agreed or agreed that they felt more supported after they had been to Star Throwers.
- 100% of service users strongly agreed or agreed that they would recommend anyone affected by cancer to contact Star Throwers for support.
- 93% of services users found our support services very helpful or helpful in helping them cope with their cancer or supporting someone with cancer.

Please note: no negative responses were received, remaining % of feedback received was marked as 'unsure'. We always offer additional appointments to ensure our service users can follow up on information or support that is required.

### **INCOME GENERATION**

#### **Fundraising**

The following Star Throwers events were organised during the period, the annual Charity Ball was originally organised for February 2022 but moved to November 2022 due to an increase in COVID cases:

- Golf Day joint with Finnbar's Force - £3229.40 raised.
- 'Skip, Stomp or Star Jump' Star Throwers event-- RJ Bartram Funeralcare completed 22 mile walk Sat 26<sup>th</sup> – total of £1197.07 raised.
- Christmas Raffle - £300 raised.
- Wreath Making supported by Nicky from The Enchanted Willow – raised £1000.
- Skydive challenge – 9 people took part raising £7,796.41
- Royal Parks Half Marathon – 6 runners raised £4298.30

We had an amazing amount of support from the local community raising nearly £30,000; below are just a few of the fundraising efforts that took place for Star Throwers:

- Eaton Ladies Golf Day – raised £910.
- Mattlshall Golf Club Golf Day – raised £2522.
- Lyn McAlister raised £780 from Sandringham 10k.
- Nichola Denney - £850 raised through sales of bric-a-brac.
- Pentaco Corporate Golf Day in aid of ST & Finnbar's Force – raised £3650.
- Roger Madle ran the London Marathon raising £888.13.
- Riley Weston took part in a duathlon and raised £176.25.

#### **Special Thanks:**

A special thank you to all of our supporters – whether through individual donations, fundraising events or purchasing through our retail outlets, your ongoing support during these trying times has been incredible! Thank You!!

- Review and approve annual budget and contractual commitments.
- Review and update statutory compliance policies to safeguard all charity stakeholders.
- Review staff pay structure, initiate annual appraisals and move to become a Living Wage Employer.
- Review all HR policies and update contracts.
- Establish volunteer feedback forums to help improve service delivery and volunteer satisfaction.
- Create a Risk Register and Asset Register and propose ongoing review

**2. We will maximise and increase the capacity of our current services and staff and volunteer skills.**

- Increase the capacity of our cancer information service by employing an additional Cancer Information Nurse.
- Maximise capacity of our complementary therapies by recruiting more therapists to fill in any 'gaps' in sessions.
- Expand our lymphoedema service by employing a therapist(s) to deliver information and support.
- Increase nutrition support to include Nutrition Care Packages - funded by Big Lottery Grant and Aviva Community Fund in 2022.

**3. We will raise greater awareness of our services to users and supporters.**

- Increase awareness of the virtual 'Skip, Stomp or Star Jump' event.
- Deliver new information packs to increase our awareness in local healthcare settings.
- Continue to research 'Outreach' support to provide this future service for Star Throwers.
- Increase online awareness.



The charity remains committed to these goals with a strong staff and volunteer commitment and financial reserves. Providing free support and information to those affected by cancer remains our number one priority.

**Declaration**

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the charity's trustees

Sandra Betts (Chair) and Joan Welsby 29/3/2021



Star Throwers CIO		Charity No (if any)	1162237	<b>CC17a</b>
Annual accounts for the period				
Period start date	01/06/2021	To	Period end date	

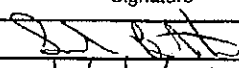
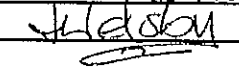
## Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	Note	Restricted			Total this year	Total last year
			Unrestricted funds	Income funds	Endowment funds		
			£	£	£	£	£
			F01	F02	F03	F04	F05
<b>Incoming resources (Note 3)</b>							
Donations and legacies			49,906	517	-	50,423	23,864
Fundraising events			31,450	-	-	31,450	14,497
Charity shop income			88,668	-	-	88,668	38,852
Gift aid			2,641	-	-	2,641	1,462
Sales			6,912	-	-	6,912	-
Grants			13,942	69,975	-	83,917	93,805
<b>Total incoming resources</b>			<b>193,519</b>	<b>70,492</b>	<b>-</b>	<b>264,011</b>	<b>172,480</b>
<b>Resources expended (Notes 4-8)</b>							
Wages, salaries, pensions and NI			144,325	29,929	-	174,254	134,988
Expenditure on raising funds			17,452	298	-	17,750	6,398
Rent and rates			6,844	-	-	6,844	9,595
Repairs and maintenance			13,770	-	-	13,770	1,300
Utilities			5,192	-	-	5,192	7,651
Charity support costs			10,942	11,084	-	22,026	10,987
Fundraising costs			2,017	-	-	2,017	242
Governance			700	-	-	700	600
Bank charges and interest			4,606	-	-	4,606	4,526
Depreciation			10,050	2,605	-	12,655	10,419
Insurance			1,870	-	-	1,870	1,900
<b>Total resources expended</b>			<b>217,768</b>	<b>43,916</b>	<b>-</b>	<b>261,684</b>	<b>188,606</b>
<b>Net incoming/(outgoing) resources before transfers</b>			<b>- 24,249</b>	<b>26,576</b>	<b>-</b>	<b>2,327</b>	<b>16,126</b>
<b>Gross transfers between funds</b>			<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Net incoming/(outgoing) resources before other recognised gains/(losses)</b>			<b>- 24,249</b>	<b>26,576</b>	<b>-</b>	<b>2,327</b>	<b>16,126</b>
<b>Other recognised gains/(losses)</b>							
Gains and losses on revaluation of fixed assets for the charity's own use		S17	-	-	-	-	-
Gains and losses on investment assets		S18	-	-	-	-	-
<b>Net movement in funds</b>			<b>- 24,249</b>	<b>26,576</b>	<b>-</b>	<b>2,327</b>	<b>16,126</b>
<b>Total funds brought forward</b>			<b>436,501</b>	<b>30,912</b>	<b>-</b>	<b>467,413</b>	<b>483,539</b>
<b>Total funds carried forward</b>			<b>412,252</b>	<b>57,488</b>	<b>-</b>	<b>469,740</b>	<b>467,413</b>

**Section B Balance sheet**

	Note	Restricted			Total this year £	Total last year £
		Unrestricted funds £	Income funds £	Endowment funds £		
		F01	F02	F03	F04	F05
<b>Fixed assets</b>						
Tangible assets (Note 9)	B01	394,329	7,439	-	401,768	402,379
	B02	-	-	-	-	-
Investments (Note 10)	B03	-	-	-	-	-
<i>Total fixed assets</i>	B04	394,329	7,439	-	401,768	402,379
<b>Current assets</b>						
Stock and work in progress	B05	-	-	-	-	-
Debtors (Note 11)	B06	336	-	-	336	1,736
(Short term) Investments	B07	-	-	-	-	-
Cash at bank and in hand	B08	135,186	50,049	-	185,235	192,425
<i>Total current assets</i>	B09	135,522	50,049	-	185,571	194,161
<b>Creditors: amounts falling due within one year</b> (Note 12)	B10	10,013	-	-	10,013	11,115
<i>Net current assets/(liabilities)</i>	B11	125,509	50,049	-	175,558	183,046
<i>Total assets less current liabilities</i>	B12	519,838	57,488	-	577,326	585,425
<b>Creditors: amounts falling due after one year</b> (Note 12)	B13	107,586	-	-	107,586	118,012
Provisions for liabilities and charges	B14	-	-	-	-	-
<i>Net assets</i>	B15	412,252	57,488	-	469,740	467,413
<b>Funds of the Charity</b>						
Unrestricted funds	B16	412,252			412,252	436,501
	B17	-			-	-
Restricted Income funds (Note 13)	B18		57,488		57,488	30,912
Endowment funds (Note 13)	B19			-	-	-
<i>Total funds</i>	B20	412,252	57,488	-	469,740	467,413

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	SANDRA BETTS	26/4/23
	JOAN WELBY	26.4.23

**Section C**

**Notes to the accounts**

**Note 1 Basis of preparation**

*This section should be completed by all charities.*

**1.1 Basis of accounting**

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005);
  - and with\*  Accounting Standards;
  - or  Financial Reporting Standards for Smaller Enterprises (FRSSE);
  - and with the Charities Act.
- (\* except for the following).

*Give details in this box if a different standard has been followed.*

\* - Tick as appropriate:

- If all relevant disclosures shown in the pack have been given then please tick "Accounting Standards";
  - If disclosures completed in these accounts have been restricted to those required by the FRSSE, then please tick "Financial Reporting Standards for Smaller Enterprises (FRSSE)".
- \*\* - If no departures from the chosen standards have been made then delete these words; otherwise give details of any changes in the boxes.

**1.2 Change in basis of accounting**

There has been no change to the accounting policies (valuation rules and methods of accounting) since last year (§ except for the following).

*Give details in this box of any material changes that have been made.*

§ If no changes have been made to accounting policies then delete these words.

**1.3 Changes to previous accounts**

No changes have been made to accounts for previous years (§§ except for the following).

*Give details in this box of any material changes that have been made.*

§§ If no changes have been made to accounts for previous periods then delete these words.

## Note 2

## Accounting policies

This standard list of accounting policies has been applied by the charity except for those deleted. Where a different or additional policy has been adopted then this is detailed in the box below.

**INCOMING RESOURCES**

## Recognition of incoming resources

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

## Incoming resources with related expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

## Grants and donations

Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.

## Tax reliefs on donations and gifts

Incoming resources from tax reliefs are included in the SoFA at the same time as the gift to which they relate.

## Contractual income and performance related grants

This is only included in the SoFA once the related goods or services have been delivered.

## Gifts in kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.

Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity.

Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.

## Donated services and facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

## Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

## Investment income

This is included in the accounts when receivable.

## Investment gains and losses

This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

**EXPENDITURE AND LIABILITIES**

## Liability recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

## Governance costs

Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.

## Grants with performance conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

Grants payable without performance conditions  
Support Costs

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

**ASSETS**

## Tangible fixed assets for use by charity

These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.

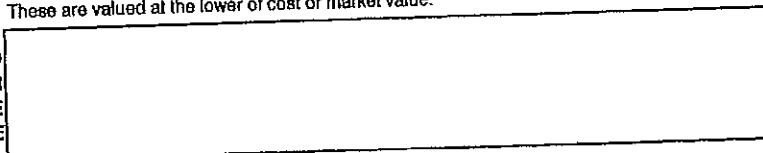
## Investments

Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

## Stocks and work in progress

These are valued at the lower of cost or market value.

**POLICIES ADOPTED  
ADDITIONAL TO OR  
DIFFERENT FROM THOSE  
ABOVE**



## Section C

## Notes to the accounts

(cont)

## Note 3 Analysis of incoming resources

Incoming resources may be further analysed if this would help the reader of the accounts.

	Analysis	This year	Last year
		£	£
Charity Shop Income	Income from donated goods at charity shop	88,668	38,852
		-	-
		-	-
		-	-
	<b>Total</b>	<b>88,668</b>	<b>38,852</b>
Fundraising Events	External fundraising	17,294	8,288
	Internal fundraising	14,156	6,211
		-	-
		-	-
	<b>Total</b>	<b>31,450</b>	<b>14,497</b>
Donations and Legacies	Individual donations	9,413	6,194
	Group donations	10,185	2,657
	In memory of donations	12,753	10,716
	All other donations	18,072	1,691
	<b>Total</b>	<b>50,423</b>	<b>21,258</b>
Sales	Room hire and ticketed events	6,666	-
	Merchandise	246	-
		-	-
		-	-
	<b>Total</b>	<b>6,912</b>	<b>-</b>
Grants	Grants for specific projects or running costs of charity	81,632	39,181
	Coronavirus Job Retention Scheme	2,285	44,145
	Local Authority Covid Recovery Grants	-	10,478
		-	-
	<b>Total</b>	<b>83,917</b>	<b>93,804</b>
Gift Aid	Gift aid claimed from online fundraising	2,641	1,462
		-	-
		-	-
		-	-
	<b>Total</b>	<b>2,641</b>	<b>1,462</b>

**Section C Notes to the accounts (cont)**

**Note 4 Analysis of resources expended**  
Resources expended may be further analysed if this would help the reader of the accounts.

	Analysis	This year £	Last year £
Wages, Salaries, Pensions and NI	Service delivery staff gross salary	69,106	34,265
	Service delivery staff employers NIC	4,113	3,404
	Staff pension costs	3,178	2,412
	Finance staff employers NIQ	1,850	1,818
	Finance staff gross salary	22,249	21,970
	Charity shops employers NIC	3,233	2,035
	Charity shops gross wages	45,932	40,599
	Payroll fees	1,778	1,407
	Fundraising staff employers NIC	1,619	1,586
	Fundraising staff gross salary	21,291	25,472
		<b>Total</b>	<b>174,253</b>
Expenditure on raising funds	Charity shops running costs	6,560	4,208
	Grant applications	-	-
	In-house fundraising	6,768	1,571
	Cost of merchandise	244	180
	Other fundraising costs	2,179	439
	<b>Total</b>	<b>17,751</b>	<b>6,398</b>
Rent and rates	Charity shops	6,844	9,595
		-	-
	<b>Total</b>	<b>6,844</b>	<b>9,595</b>
Repairs and maintenance	Charity shops	405	1,232
	Centre	13,365	68
		-	-
	<b>Total</b>	<b>13,770</b>	<b>1,300</b>
Utilities	Charity shops	2,291	4,162
	Centre	2,901	3,489
	<b>Total</b>	<b>5,192</b>	<b>7,651</b>
Charity support costs	Service delivery costs	11,631	2,675
	Office consumables	700	1,080
	Computer support	4,603	6,489
	Food and drink - visitors	232	99
	Training	4,746	259
	Office equipment	14	412
	<b>Total</b>	<b>22,927</b>	<b>10,987</b>
Fundraising costs	Advertising and marketing costs	2,017	242
		-	-
	<b>Total</b>	<b>2,017</b>	<b>242</b>
Governance	Accountancy fees	700	600
		-	-
	<b>Total</b>	<b>700</b>	<b>600</b>
Bank charges and interest	Charity shops bank	649	219
	Mortgage interest	4,057	4,308
	<b>Total</b>	<b>4,606</b>	<b>4,527</b>
Insurance	Charity shops	284	249
	Centre building and contents insurance	806	627
	Charity insurance	655	628
	Centre licences	206	204
	Service delivery	138	192
	<b>Total</b>	<b>1,870</b>	<b>1,800</b>
Depreciation	Property	6,000	6,000
	Computer	1,680	-
	Heating System	843	-
	Computer equipment	1,332	1,418
	<b>Total</b>	<b>12,555</b>	<b>10,418</b>

**Section C** **Notes to the accounts** **(cont)**

**Note 5 Support Costs**

*Please complete this note if the charity has analysed its expenses using activity categories and has support costs.*

Support cost type	Fundraising activity £	Charitable Activity £	Governance Activity £	Total Cost £
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Total</b>	-	-	-	-

**Note 6 Details of certain items of expenditure**

**6.1 Trustee expenses**

*Please provide details of the amount of any payment or reimbursement of out-of-pocket expenses made to trustees or to third parties for expenses incurred by trustees. If no expenses were paid, please enter 'None' in the appropriate box(es).*

Number of trustees who were paid expenses

Nature of the expenses

Total amount paid

This year	Last year
£	£

**6.2 Fees for examination or audit of the accounts**

*Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner or auditor. If nothing was paid please enter NONE in the appropriate box(es).*

Independent examiner's or auditors' fees for reporting on the accounts

Other fees (for example: advice, consultancy, accountancy services) paid to the independent examiner or auditor

This year £	Last year £
700	600

## Section C

## Notes to the accounts

(cont)

**Note 7** Paid employees*Please complete this note if the charity has any employees.***7.1 Staff Costs**

	This year £	Last year £
Gross wages, salaries and benefits in kind	158,577	122,327
Employer's National Insurance costs	10,725	8,842
Payroll fee	1,776	1,407
Pension costs	3,176	2,412
<b>Total staff costs</b>	<b>174,254</b>	<b>134,988</b>

**7.2 Average number of full-time equivalent employees in the year**

The parts of the charity in which the employees work

	This year Number	Last year Number
Centre	7	5
Charity Shops	3	3
Governance	-	-
Other	-	-
<b>Total</b>	<b>10</b>	<b>8</b>

**7.3 Defined contribution pension scheme***Please complete if a defined contribution pension scheme is operated.*

Brief details of the scheme

--

	This year £	Last year £
The costs of the scheme to the charity for the year	3176	2412
The amount of any contributions outstanding at the year end		
The amount of any contributions prepaid at the year end		

**Section C** **Notes to the accounts** (cont)

**Note 8 Grantmaking**

*Please complete this note if the charity made any grants or donations which in aggregate form a material part of the charitable activities undertaken.*

**8.1 Total value of grants**

Purpose for which grants made	Grants to Institutions Total amount £	Grants to individuals Total amount £
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
<b>Total</b>	-	-

**8.1 Grantmaking costs**

*If the charity's accounts are prepared on the "activity basis" please give details of any support cost associated with grantmaking. Please enter "Nil" if the charity does not identify and/or allocate support costs.*

Support costs of grantmaking

£
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**8.3 Grants made to Institutions**

*If the charity has made grants to particular institutions that are material in the context of its grantmaking please give details of the institution supported, purpose of the grant and total paid to each institution listed. Sufficient information should be given to provide a reasonable understanding of the range of institutions supported.*

Names of institutions	Purpose	Total amount of grants paid £
		-
		-
		-
		-
		-
		-
		-
		-
		-
		-
<b>Total grants to institutions</b>		-

## Section C

## Notes to the accounts

(cont)

**Note 9 Tangible fixed assets***Please complete this note if the charity has any tangible fixed assets***9.1 Cost or valuation**

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Payments on account and assets under construction	Total
	£	£	£	£	£	£
Balance brought forward	450,000	-	-	4,707	-	454,707
Additions	-	5,040	6,425	579	-	12,044
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers *	-	-	-	-	-	-
Balance carried forward	450,000	5,040	6,425	5,286	-	466,751

**9.2 Accumulated depreciation and impairment provisions**

**Basis	SL	SL	SL	SL	SL or RB
** Rate	2%	33%	10%	33%	

Balance brought forward	48,750	-	-	3,578	-	52,328
Depreciation charge for year	9,000	1,680	643	1,332	-	12,655
Impairment provisions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers*	-	-	-	-	-	-
Balance carried forward	57,750	1,680	643	4,910	-	64,983

**9.3 Net book value**

Brought forward	401,250	-	-	1,129	-	402,379
Carried forward	392,250	3,360	5,782	376	-	401,768

**9.4 Revaluation***If any fixed assets have been revalued please give details of the valuer and method of valuation*

--

\* The "transfers" row is for movements between fixed asset categories.

\*\* Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.

**Section C**

**Notes to the accounts**

**(cont)**

**Note 10 Investment assets**

*Please complete this note if the charity has any investment assets.*

**10.1 Fixed assets investments**

Carrying (market) value at beginning of year  
 Add: additions to investments at cost  
 Less: disposals at carrying value  
 Add/(deduct): net gain/(loss) on revaluation  
 Carrying (market) value at end of year

£
-
-
-
-
-

*Please provide below:*

**10.2** A breakdown of the market values of investments shown above agreeing with the balance sheet row B03.

**10.3** A breakdown of the income from investments agreeing with SOFA row S03.

**Analysis of Investments**

**Investment properties**

Investments listed on a recognised stock exchange or held in common investment funds, open ended investment companies, unit trusts or other collective investment schemes

Investments in subsidiary or connected undertakings and companies

Securities not listed on a recognised Stock Exchange

Cash held as part of the investment portfolio

Other investments

	10.2 Market value at year end £	10.3 Income from investments for the year £
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
<b>Total</b>	-	-

**10.4 Material investment holdings**

*If any single investment is material in terms of its value (for example represents more than 5 per cent of the value of the charity's total investments) please provide details.*

Investment held

Market Value


**Section C** **Notes to the accounts** **(cont)**

**Note 11 Debtors and prepayments**

*Please complete this note if the charity has any debtors or prepayments.*

**Analysis of debtors**

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Trade debtors	-	-	-	-
Amounts due from subsidiary and associated undertakings	-	-	-	-
Other debtors	-	1,400	-	-
Prepayments and accrued income	336	336	-	-
<b>Total</b>	<b>336</b>	<b>1,736</b>	<b>-</b>	<b>-</b>

**Note 12 Creditors and accruals**

*Please complete this note if the charity has any creditors or accruals.*

**12.1 Analysis of creditors**

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Loans and overdrafts	10,013	10,531	107,586	118,012
Trade creditors	-	584	-	-
Amounts due to subsidiary and associated undertakings	-	-	-	-
Other creditors	-	-	-	-
Accruals and deferred income	-	-	-	-
<b>Total</b>	<b>10,013</b>	<b>11,115</b>	<b>107,586</b>	<b>118,012</b>

**12.2 Security over assets**

*If any loan, overdraft or other creditor holds a charge or other security over any assets of the charity please provide details.*

**Section C** **Notes to the accounts** **(cont)**

**Note 13** **Endowment and restricted income funds**

*Please complete this section if the charity has any endowment or restricted income funds.*

**13.1 Funds held**

Please give a brief description of any of the following type of funds held by the charity:

- permanent endowment funds (PE);
- expendable endowment funds (EE); and
- restricted income funds, including special trusts, of the charity (R).

Fund Name	Type PE, EE or R	Purpose and Restrictions
Rachel Lane Fund	R	Creation of manual lymphatic drainage (MLD) room and to start up costs of the service.
Part 2 Payments - Dr Mannings	R	Centre extension project.
Toyota Fund	R	To pay for a post therapy relaxation room
Big Lottery Fund	R	Award for holistic support for people with cancer
Pink Ribbon Foundation	R	Breast cancer lymphoedema service
The Goodman Trust	R	Grant to improve therapies and lymphoedema service
St James Place Charitable Foundation	R	Grant for lymphoedema therapist
Wymondham Rotary Satellite Club	R	Online counselling service course
Lady Hind Trust	R	Empowerment and holistic support sessions
NCF Saracens Fund	R	For provision of cancer information services
Aviva Community Fund	R	Provision of patient/carer counselling services
Aviva Community Fund	R	Provision of patient nutrition support services
Aviva Community Fund	R	For Cancer information sessions
Snelling Charitable Trust	R	For costs of new heating system
Screwfix Foundation	R	For costs of new heating system
Royal Warrant Holders Association	R	For costs of new heating system
Big Lottery Fund	R	To support the nutrition service
Aviva Community Fund	R	For Lymphoedema Therapist
Anne French Memorial Fund	R	General Funds
Paul Bassham Charitable Trust	R	For Lymphoedema Therapist
Norwich Freeman's Charity	R	For Cancer Information sessions
The Geoffrey Watling Charity	R	For counselling service
Kerry/Pilgrim Foods	R	Towards cost of shipping container

### 13.2 Movements of major funds

Please give details of the movements of the major funds summarised in the restricted and endowment columns of the Statement of Financial Activities.

Fund names	Fund balances brought forward £	Incoming resources £	Outgoing resources £	Transfers £	Gains and losses £	Fund balances carried forward £
Rachel Lane Fund	3,757	-	-	-	-	3,757
Part 2 Payments - Dr Mannings	5,121	-	-	-	-	5,121
Toyota Fund	535	-	-	-	-	535
Big Lottery Fund	58	-	-	-	-	58
Pink Ribbon Foundation	5,000	-	-	-	-	5,000
The Goodman Trust	176	-	163	-	-	13
St James Place Charitable Foundation	10,000	-	-	-	-	10,000
Wymondham Rotary Satellite Club	867	517	1,213	-	-	171
Lady Hind Trust	1,000	-	-	-	-	1,000
NCF Saracens Fund	76	-	-	-	-	76
Aviva Community Fund	647	-	-	-	-	647
Aviva Community Fund	3,675	6,000	5,943	-	-	3,732
Aviva Community Fund	-	7,925	6,517	-	-	1,408
Snelling Charitable Trust	-	1,000	277	-	-	723
Screwfix Foundation	-	5,000	1,386	-	-	3,614
Royal Warrant Holders Association	-	2,000	554	-	-	1,446
Big Lottery Fund	-	10,000	-	-	-	10,000
Aviva Community Fund	-	5,000	-	-	-	5,000
Anne French Memorial Fund	-	750	-	-	-	750
Paul Bassham Charitable Trust	-	2,000	-	-	-	2,000
Norwich Freeman's Charity	-	23,800	23,800	-	-	-
The Geoffrey Watling Charity	-	4,000	3,230	-	-	770
Kerry/Pilgrim Foods	-	2,500	833	-	-	1,667
<b>Total Funds</b>	<b>30,912</b>	<b>70,492</b>	<b>43,916</b>	<b>-</b>	<b>-</b>	<b>57,488</b>

### 13.3 Transfers between funds

Please give details of any transfers between funds.

From Fund (Name)	To Fund (Name)	Reason	Amount

**Section C**

**Notes to the accounts**

**(cont)**

**Note 14**

**Transactions with related parties**

*If the charity has any transactions with related parties (other than the trustee expenses explained in note 6) details of such transactions should be provided in this note. If there are no transactions to report, please enter "None" in the relevant boxes.*

**14.1 Remuneration and benefits**

*Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee or other related parties by the charity or any institution or company connected with it.*

Name of trustee or connected party	Legal authority (eg order, governing document)	Amounts paid or benefit value	
		This year £	Last year £
		None	None

**14.2 Loans**

*Please give details of and amounts owing to or from the charity's trustees or other related parties by the charity at the year end.*

	Name of trustee or connected party	Legal authority	Amount owing	
			This year £	Last year £
Due to trustees and related parties			None	None
Due from trustees and related parties			None	None

**14.3 Other transaction(s) with trustees or related parties**

*Please give details of any transaction undertaken by (or on behalf of) the charity in which a trustee or related party has a material interest.*

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	This year £	Last year £
			None	None

**Section C**

**Notes to the accounts**

**(cont)**

**Note 15**

**Additional Disclosures**

The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.

## Independent Examiner's Report to the Trustees of Star Throwers CIO

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 May 2022.

### Responsibilities and basis of report

As the charity's trustees, 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 charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the 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 charity 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.

*Signed*

Name *Simonetta Castellano FCA*

*Fellow of the Institute of Chartered Accountants in England & Wales*

*Unit 8  
Hopper Way  
Diss Business Park  
Diss  
Norfolk  
IP22 4GT*

*Date 28<sup>th</sup> April 2023*

**STAR THROWERS CIO**

England & Wales - Charity number 1162237

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# Accounts

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**Trustees Annual Report**

**Period From:** 1 June 2020  
**Period To:** 31 May 2021  
**Charity Name:** Star Throwers CIO  
**Registered Charity Number:** 1162237  
**Address:** 30 Melton Rd, Wymondham, Norfolk, NR18 0DB

**Structure, governance and management**

**Charity Structure:** Charitable Incorporated Organisation  
**Governing Document:** Foundation Constitution  
**Trustees**  
Sandra Betts (Chair)  
Thomas Grant-Jones  
Joan Welsby  
Robin Upfold  
William Christmas  
Bev Bulcock

**Governance comments:** Trustees are appointed for a term of three years at a properly convened trustees meeting. In this period, trustees gave their time voluntarily and received no remuneration or any other benefits.

The trustees have examined the major strategic risks that the charity may face and can confirm that systems are in place to enable the charity to take necessary steps to manage these risks.

**FOREWARD FROM THE CHAIR OF TRUSTEES**

Star Throwers can proudly report a successful year, despite the restrictions that were experienced because of three National lockdowns (March 2020, November 2020 and January 2021). Government Covid Support Funding has helped the charity to develop new ways of working by ensuring every penny that has been donated is used wisely so that we can continue to deliver a free, first-class support service for patients and carers directly affected by cancer at any stage in their diagnosis. During the pandemic, we have been able to prepare for the future in a variety of ways. With no patients in the building (all services provided virtually during lockdowns) it has been an excellent time to modernise our heating system and move to a greener solution. We are indebted to all the companies, groups, charitable organisations, and many individuals who financially support us whether through generous grants, picking us for their Charity of the Year, donating to particular projects, undertaking personal challenges or being a good friend.

I am proud to report that Star Throwers supported 92 patients and carers in this period. This includes 195 cancer information sessions. In addition, our wonderful team of volunteers who gave freely of their time 147 counselling sessions, 58 nutrition support services and 97 one-to-one complementary therapy sessions.

I would like to thank the following people: Firstly, my fellow Trustees who working together with their combined skills, talents and experiences have ensured Star Throwers continues to meet its key charitable objectives; Secondly, our wonderful team of dedicated, loyal and hard-working staff both in the Centre and at our Charity Shops; Thirdly our army of volunteers who give of their time and skills so generously. They are fundamental in creating Star Throwers as the compassionate and welcoming place that it is. I am incredibly lucky to work with such a great team and know, with confidence, that they will continue to make Star Throwers the accomplished charity it is.

Sandra Betts  
Chair of Trustees

## **OBJECTIVES, ACTIVITIES & ACHIEVEMENTS**

### **Charity Objectives**

Star Throwers overall charitable objectives are as follows:

To relieve the needs of and to promote and protect the physical and mental health of cancer patients and their carers by:

- The provision of advice and assistance on the treatment, management and prevention of cancer.
- The provision of Complementary therapeutic therapies.
- Carrying out research and publishing any useful results.

### **Strategic Review**

In February 2020 the Strategic Plan for Star Throwers was produced outlining plans for the next three years and 12 month specific priorities for developing the charity's income and service delivery. As part of this Strategic review Star Throwers launched the Vision, Mission and Values of the charity going forwards:

#### **Vision**

To provide individually focused support services for cancer patients and their carers.

#### **Mission**

We will work together to put the needs of cancer patients and their carers at the centre of everything we do.

#### **Values**

- **To treat people with respect and dignity**  
We will aim to put the needs of each individual at the heart of everything we do and work in a professional manner at all times.
- **To enhance the lives of people affected by cancer**  
We will use our cancer specialism to enable cancer patients to become better informed

about their diagnosis and treatment options and improve the well-being of them and their carers.

- **To be collaborative and inclusive**  
We will aim to achieve more by working together collaboratively to ensure that everyone feels respected, valued and supported.
- **To work with integrity and trust**  
We will maintain high levels of confidentiality to protect our service users, volunteers and supporters. We will be transparent and honest in all aspects of our work.
- **To strive for excellence**  
We will strive to produce support and information of the highest evidence-based quality, continuously improving

### **Strategic Objectives**

Within the overall Charitable Objectives of Star Throwers a set of Strategic Objectives were developed to shape the direction of the charity:

1. **REACHING OUT: We will raise greater awareness of our services to users and supporters.**
2. **CONTINUING AND MAXIMISING SERVICES: We will maximise the capacity of our current assets.**
3. **SUSTAINABILITY: We will strengthen our current processes and improve the sustainability of the charity.**

### **Activities and Achievements, 2020-2021:**

#### **Reaching Out:**

- Offered a range of remote support services to those who were unable to visit the centre in person: information sessions, counselling, nutrition, fatigue management and reiki.
- Delivered new Fatigue Management service to support those with a cancer diagnosis.
- Launched a virtual event "Skip, Stomp, Star Jump" to attract new supporters and fundraisers.

#### **Continuing and Maximising Services:**

- Star Throwers delivered the following support sessions to a total of 92 patients and carers, despite the centre being closed to all patients until August 2020 due to the Coronavirus pandemic. All services were delivered virtually only from August 2020 until March 2021:
  - 195 cancer information sessions
  - 147 counselling sessions
  - 58 nutrition support sessions
  - 97 one-to-one complementary therapies
- Created an online patient and carer questionnaire to improve the ease of access to our support services and decrease the time required to process enquiries.
- Recruited new therapists to deliver complementary therapies.
- Created online feedback forms to measure feedback from our service users.
- Grew our working relationship with the Anti Cancer Fund to deliver joint information sessions.

### **Sustainability:**

- Launched an eBay shop to increase income from retail.
- Invested in our Clinic Office software to support delivery of our services and safeguard client information.
- Continued to measure feedback from services users.
- Invested in new phone system, IT equipment and upgraded WIFI to meet service delivery needs.

### **INCOME GENERATION**

#### **Fundraising**

Despite multiple lockdowns, the following events were organised during the period and raised a total of over £6,000:

- Christmas wreath making workshop – ultimately, had to revert to online only due to local restrictions
- Christmas Raffle
- Skydive challenge

*We had an amazing amount of support from the local community raising nearly £30,000; below are just a few of the fundraising efforts that took place for Star Throwers:*

- 2.6 challenge by Olivia Walker.
- 100 tasty treats by Airlie Pigg.
- Online quiz organised by Wymondham Rotary Satellite Group.
- JR Arboriculture Christmas tree disposal service.
- Snettisham beach sales by Nicola Denny,
- Christmas raffle proceeds by H Young Structures.
- World Cancer Day online fundraising by Nicky O'Grady.

#### **Special Thanks:**

A special thank you to all of our supporters – whether through individual donations, online fundraising events or purchasing through our retail outlets, your support during this most trying of years has been incredible! Thank You!!

#### **Grants**

We are incredibly grateful to all of the supporters who have enabled us to carry out specific projects through their grant funding.

#### **Retail**

The Star Throwers retail team continued to work incredibly hard during the period despite the inevitable interruptions due to at least three occasions of forced closure due to national lockdowns; donations and support from the public remain strong. The charity made the difficult decision to close the Attleborough shop in December 2020 after three years, although it had not been trading

since March 2020 due to the first national lockdown. It was decided to concentrate on the Wymondham Shop, eBay sales and opening up another outlet at the centre in the form of a shipping container at some point in the future.

### **Star Thrower's Volunteers**

Despite our centre being closed to in-person visits from March 2020 to March 2021, our volunteer therapists have embraced the new virtual world and through them we were able to deliver a variety of online services.

Our centre and shop volunteers returned to support us from March 2021 and we are incredibly grateful to them for everything they do for us. The volunteers have adapted to our new Covid-19 procedures really well.

We are also very grateful to our gardening and maintenance volunteers who have ensured that our building and grounds have remained looking attractive and fit for purpose.

### **Infrastructure & Personnel**

All paid staff excluding the Finance Manager were furloughed from April 2020 until July 2020 when staff were transferred to flexible furlough to allow the centre to open virtually on a reduced basis and the shop to open. All "work from home" guidance was followed. The Finance Manager worked from home full time from March 24<sup>th</sup> 2020 until the January 2021 national lockdown. At that time, all paid centre staff were transferred to flexible furlough and shop staff were completely furloughed. All furlough payments were topped up to ensure that staff continued to receive their full salary and wage entitlements throughout this period. All furlough support was discontinued from the end of June 2021.

### **Plans for the Future**

Star Throwers remains focused on achieving the goals identified in our 2020+ Strategic Plan:

#### **1. We will strengthen our processes and improve the sustainability of the charity.**

- Consider the current risks of the charity by creating a Risk Register and Asset Register and propose ongoing review.
- Stabilise the fluctuations in monthly income by increasing Star Throwers own fundraising/events, corporate support and collection tins.
- Improve value for money commitments and scope savings by budgeting effectively and reviewing contractual commitments.
- Review and update our statutory compliance policies to safeguard the charity, service users, supporters, staff and volunteers.
- Staff and volunteer structure to be reviewed and strengthened with continual self-appraisal initiated.
- Ensure all volunteers feel valued and supported through improved induction, training, feedback process and recognition.
- Invest in technology to support the operations and service delivery of the charity.

#### **2. We will maximise and increase the capacity of our current services and staff and volunteer skills.**

- Increase the capacity of our cancer information service by employing an additional Cancer Information Nurse.
- Maximise the capacity of our complementary therapies by recruiting more therapists.
- Expand our lymphoedema service by training additional therapist(s) to deliver information and support.
- Maintain and improve our buildings and equipment to provide the best possible experience for our service users.
- Improve our processes for measuring impact by implementing online, offline and face-to-face feedback options.

### **3. We will raise greater awareness of our services to users and supporters.**

- Increase our support services to appeal to a wider demographic by researching the 'need' for support groups for men.
- Scope the provision for 'Family Therapy' available to support the families and children of those affected by cancer.
- Establish an annual awareness/fundraising day accessible for all.
- Increase our geographical awareness in Attleborough through local press, businesses and contacts.
- Increase our presence and awareness in local GP surgeries and hospital contacts.
- Draw up proposals for 'outreach' services in the community.

The charity remains committed to these goals with a strong staff and volunteer commitment and financial reserves. Whilst we enter a period of uncertainty, our commitment to providing free support and information to those affected by cancer remains our number one priority.

#### **Declaration**

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the charity's trustees

Sandra Betts (Chair) and Joan Welsby 29/3/2021

## Independent Examiner's Report to the Trustees of Star Throwers CIO

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 May 2021.

### Responsibilities and basis of report

As the charity's trustees, 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 charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the 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 charity 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.

*Signed*

Name *Simonetta Castellano FCA*

*Fellow of the Institute of Chartered Accountants in England & Wales*

*Unit 8  
Hopper Way  
Diss Business Park  
Diss  
Norfolk  
IP22 4GT*

*Date 24<sup>th</sup> October 2022*



Star Throwers CIO			Charity No (if any)	1162237	<b>CC17a</b>
Annual accounts for the period					
Period start date	01/06/2020	To	Period end date	31/05/2021	

## Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	Note	Restricted			Total this year £	Total last year £
			Unrestricted funds £	Income funds £	Endowment funds £		
			F01	F02	F03	F04	F05
<b>Incoming resources (Note 3)</b>							
Donations and legacies			21,258	-	-	21,258	29,701
Fundraising events			14,497	-	-	14,497	46,492
Charity shop income			38,852	-	-	38,852	89,765
Gift aid			1,462	-	-	1,462	12,945
Sales			-	-	-	-	296
Grants			81,028	12,777	-	93,805	72,683
<b>Total incoming resources</b>			<b>157,097</b>	<b>12,777</b>	<b>-</b>	<b>169,874</b>	<b>251,882</b>
<b>Resources expended (Notes 4-8)</b>							
Wages, salaries, pensions and NI			130,256	4,732	-	134,988	155,266
Expenditure on raising funds			6,398	-	-	6,398	9,356
Rent and rates			9,595	-	-	9,595	17,558
Repairs and maintenance			200	1,100	-	1,300	809
Utilities			7,651	-	-	7,651	8,707
Charity support costs			8,341	2,646	-	10,987	14,809
Fundraising costs			242	-	-	242	414
Governance			600	-	-	600	2,467
Bank charges and interest			4,526	-	-	4,526	6,106
Depreciation			9,290	1,129	-	10,419	10,569
Insurance			1,900	-	-	1,900	2,259
Other resources expended			-	-	-	-	-
<b>Total resources expended</b>			<b>178,999</b>	<b>9,607</b>	<b>-</b>	<b>188,606</b>	<b>228,320</b>
<b>Net incoming/(outgoing) resources before transfers</b>			<b>- 21,902</b>	<b>3,170</b>	<b>-</b>	<b>- 18,732</b>	<b>23,562</b>
<b>Gross transfers between funds</b>			<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Net incoming/(outgoing) resources before other recognised gains/(losses)</b>			<b>- 21,902</b>	<b>3,170</b>	<b>-</b>	<b>- 18,732</b>	<b>23,562</b>
<b>Other recognised gains/(losses)</b>							
Gains and losses on revaluation of fixed assets for the charity's own use		S06	-	-	-	-	-
Gains and losses on investment assets		S07	-	-	-	-	-
<b>Net movement in funds</b>			<b>- 21,902</b>	<b>3,170</b>	<b>-</b>	<b>- 18,732</b>	<b>23,562</b>
<b>Total funds brought forward</b>			<b>455,797</b>	<b>27,742</b>	<b>-</b>	<b>483,539</b>	<b>459,977</b>
<b>Total funds carried forward</b>			<b>433,895</b>	<b>30,912</b>	<b>-</b>	<b>464,807</b>	<b>483,539</b>

## Section B Balance sheet

	Note	Restricted			Total this year £	Total last year £
		Unrestricted funds £	income funds £	Endowment funds £		
		F01	F02	F03	F04	F05
<b>Fixed assets</b>						
Tangible assets (Note 9)	B01	401,250	1,129	-	402,379	412,798
	B02	-	-	-	-	-
Investments (Note 10)	B03	-	-	-	-	-
<b>Total fixed assets</b>	B04	401,250	1,129	-	402,379	412,798
<b>Current assets</b>						
Stock and work in progress	B05	-	-	-	-	-
Debtors (Note 11)	B06	1,736	-	-	1,736	920
(Short term) investments	B07	-	-	-	-	-
Cash at bank and in hand	B08	162,642	29,783	-	192,425	209,095
<b>Total current assets</b>	B09	164,378	29,783	-	194,161	210,015
<b>Creditors: amounts falling due within one year</b> (Note 12)	B10	11,115	-	-	11,115	9,903
<b>Net current assets/(liabilities)</b>	B11	153,263	29,783	-	183,046	200,112
<b>Total assets less current liabilities</b>	B12	554,513	30,912	-	585,425	612,910
<b>Creditors: amounts falling due after one year</b> (Note 12)	B13	118,012	-	-	118,012	129,371
<b>Provisions for liabilities and charges</b>	B14	-	-	-	-	-
<b>Net assets</b>	B15	436,501	30,912	-	467,413	483,539
<b>Funds of the Charity</b>						
Unrestricted funds	B16	433,895			433,895	455,797
	B17				-	-
Restricted income funds (Note 13)	B18		30,912		30,912	27,742
Endowment funds (Note 13)	B19			-	-	-
<b>Total funds</b>	B20	433,895	30,912	-	464,807	483,539

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Beverley Bulcock	16.08.2022
	Sandra Betts	06.09.2022

**Section C****Notes to the accounts****Note 1 Basis of preparation**

*This section should be completed by all charities.*

**1.1 Basis of accounting**

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2019);
- and with\*  Accounting Standards FRS 102;
- or  Financial Reporting Standards for Smaller Enterprises (FRSSE);
- and with the Charities Act.

[\*\* except for the following].

*Give details in this box if a different standard has been followed.*

\* -Tick as appropriate:

- if all relevant disclosures shown in the pack have been given then please tick "Accounting Standards";
- if disclosures completed in these accounts have been restricted to those required by the FRSSE, then please tick "Financial Reporting Standards for Smaller Enterprises (FRSSE)".

\*\* - If no departures from the chosen standards have been made then delete these words; otherwise give details of any changes in the boxes.

**1.2 Change in basis of accounting**

There has been no change to the accounting policies (valuation rules and methods of accounting) since last year (§ except for the following).

*Give details in this box of any material changes that have been made.*

§ if no changes have been made to accounting policies then delete these words.

**1.3 Changes to previous accounts**

No changes have been made to accounts for previous years (§§ except for the following).

*Give details in this box of any material changes that have been made.*

§§ if no changes have been made to accounts for previous periods then delete these words.

**Note 2 Accounting policies**

*This standard list of accounting policies has been applied by the charity except for those deleted. Where a different or additional policy has been adopted then this is detailed in the box below.*

**INCOMING RESOURCES**

<b>Recognition of incoming resources</b>	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> <li>• the charity becomes entitled to the resources;</li> <li>• the trustees are virtually certain they will receive the resources; and</li> <li>• the monetary value can be measured with sufficient reliability.</li> </ul>
<b>Incoming resources with related expenditure</b>	Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.
<b>Grants and donations</b>	Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.
<b>Tax reclaims on donations and gifts</b>	Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.
<b>Contractual income and performance related grants</b>	This is only included in the SoFA once the related goods or services have been delivered.
<b>Gifts in kind</b>	Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.  Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity.  Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.
<b>Donated services and facilities</b>	These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.
<b>Volunteer help</b>	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
<b>Investment income</b>	This is included in the accounts when receivable.
<b>Investment gains and losses</b>	This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

**EXPENDITURE AND LIABILITIES**

<b>Liability recognition</b>	Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.
<b>Governance costs</b>	Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.
<b>Grants with performance conditions</b>	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.
<b>Grants payable without performance conditions</b>	These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.
<b>Support Costs</b>	Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

**ASSETS**

<b>Tangible fixed assets for use by charity</b>	These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.
<b>Investments</b>	Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.
<b>Stocks and work in progress</b>	These are valued at the lower of cost or market value.

**POLICIES ADOPTED  
ADDITIONAL TO OR  
DIFFERENT FROM THOSE  
ABOVE**

## Note 3 Analysis of incoming resources

Incoming resources may be further analysed if this would help the reader of the accounts.

Analysis	This year	Last year
	£	£
Charity Shop income	Income from donated goods at charity shops	89,765
	Income from donated goods online auction	-
		-
	<b>Total</b>	<b>38,852</b>
Fundraising events	External fundraising	35,937
	Internal fundraising	10,555
	<b>Total</b>	<b>46,492</b>
Donations and legacies	Individual donations	9,965
	Group donations	6,901
	In memory of donations	11,956
	All other donations	879
	<b>Total</b>	<b>29,701</b>
Sales	Room Hire and ticketed events	296
	<b>Total</b>	<b>296</b>
Grants	Grants for specific projects or running costs of	65,847
	Coronavirus Job Retention Scheme	6,836
	Local Authority Covid Recovery Grants	-
	<b>Total</b>	<b>72,683</b>
Gift Aid	Gift aid claimed from online fundraising	12,945
	<b>Total</b>	<b>1,462</b>

## Section C

## Notes to the accounts

(cont)

## Note 4

## Analysis of resources expended

Resources expended may be further analysed if this would help the reader of the accounts.

	Analysis	This year £	Last year £
Wages, salaries, pensions and NI	Service delivery staff gross wages	34,285	53,399
	Service delivery staff employers NIC	3,404	3,510
	Staff pension costs	2,412	2,710
	Finance staff employers NIC	1,818	1,440
	Finance staff gross salary	21,970	19,906
	Charity shops employers NIC	2,035	2,545
	Charity shops gross wages	40,599	52,365
	Payroll fees	1,407	936
	Fundraising staff employers NIC	1,586	1,191
	Fundraising staff gross salary	25,472	17,264
	<b>Total</b>	<b>134,988</b>	<b>155,266</b>
Expenditure on raising funds	Charity shops running costs	4,208	4,687
	Grant applications	-	-
	In-house fundraising	1,571	3,876
	Cost of merchandise	180	349
	Other fundraising costs	439	444
	<b>Total</b>	<b>6,398</b>	<b>9,356</b>
Rent and rates	Charity shops	9,595	17,558
	<b>Total</b>	<b>9,595</b>	<b>17,558</b>
Repairs and maintenance	Charity shops	1,232	150
	Centre	68	659
	<b>Total</b>	<b>1,300</b>	<b>809</b>
Utilities	Charity shops	4,162	4,772
	Centre	3,489	3,935
	<b>Total</b>	<b>7,651</b>	<b>8,707</b>
Charity support costs	Service delivery costs	2,675	4,063
	Office consumables	1,080	2,567
	Computer support	6,469	6,432
	Food and drink - visitors	99	368
	Training	252	974
	Office equipment	412	405
	<b>Total</b>	<b>10,987</b>	<b>14,809</b>
Fundraising costs	Advertising and marketing costs	242	414
	<b>Total</b>	<b>242</b>	<b>414</b>
Governance	Accountancy fees	600	600
	CQC registration fees	-	1,867
	<b>Total</b>	<b>600</b>	<b>2,467</b>
Bank charges and	Charity shops bank	218	562
	Mortgage interest	4,308	5,544
	<b>Total</b>	<b>4,526</b>	<b>6,106</b>
Insurance	Charity shops	249	249
	Centre building and contents insurance	627	796
	Charity insurance	628	796
	Centre licences	204	-
	Service delivery	192	418
	<b>Total</b>	<b>1,900</b>	<b>2,259</b>
Depreciation	Property	9,000	9,000
	Computer equipment	1,419	1,569
	<b>Total</b>	<b>10,419</b>	<b>10,569</b>

## Section C

## Notes to the accounts

(cont)

## Note 5 Support Costs

Please complete this note if the charity has analysed its expenses using activity categories and has support costs.

Support cost type	Fundraising activity £	Charitable Activity £	Governance Activity £	Total Cost £
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Total</b>	-	-	-	-

## Note 6 Details of certain items of expenditure

## 6.1 Trustee expenses

Please provide details of the amount of any payment or reimbursement of out-of-pocket expenses made to trustees or to third parties for expenses incurred by trustees. If no expenses were paid, please enter 'None' in the appropriate box(es).

Number of trustees who were paid expenses

This year	Last year
None	None
£0	£0

Nature of the expenses

Total amount paid

## 6.2 Fees for examination or audit of the accounts

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner or auditor. If nothing was paid please enter NONE in the appropriate box(es).

Independent examiner's or auditors' fees for reporting on the accounts

Other fees (for example: advice, consultancy, accountancy services) paid to the independent examiner or auditor

This year £	Last year £
600	600
None	None

**Section C** **Notes to the accounts** **(cont)**

**Note 7** **Paid employees**  
*Please complete this note if the charity has any employees.*

**7.1 Staff Costs**

	This year £	Last year £
Gross wages, salaries and benefits in kind	122,327	142,934
Employer's National Insurance costs	8,842	8,686
Payroll fee	1,407	936
Pension costs	2,412	2,710
<b>Total staff costs</b>	<b>134,988</b>	<b>155,266</b>

**7.2 Average number of full-time equivalent employees in the year**

The parts of the charity in which the employees work

	This year Number	Last year Number
Centre	5	4
Charity shops	3	4
Governance	-	-
Other	-	-
<b>Total</b>	<b>8</b>	<b>8</b>

**7.3 Defined contribution pension scheme**

*Please complete if a defined contribution pension scheme is operated.*

Brief details of the scheme

Nest workplace pension for all qualifying staff

	This year £	Last year £
The costs of the scheme to the charity for the year	2412	2710
The amount of any contributions outstanding at the year end		
The amount of any contributions prepaid at the year end		



**Note 9 Tangible fixed assets**

Please complete this note if the charity has any tangible fixed assets

**9.1 Cost or valuation**

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Payments on account and assets under construction	Total
	£	£	£	£	£	£
Balance brought forward	450,000	-	-	4,707	-	454,707
Additions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers *	-	-	-	-	-	-
Balance carried forward	450,000	-	-	4,707	-	454,707

**9.2 Accumulated depreciation and impairment provisions**

<b>**Basis</b>	SL	SL or RB	SL or RB	SL	SL or RB
<b>** Rate</b>	2%			33%	

Balance brought forward	39,750	-	-	2,159	-	41,909
Depreciation charge for year	9,000	-	-	1,419	-	10,419
Impairment provisions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers*	-	-	-	-	-	-
Balance carried forward	48,750	-	-	3,578	-	52,328

**9.3 Net book value**

Brought forward	410,250	-	-	2,548	-	412,798
Carried forward	401,250	-	-	1,129	-	402,379

**9.4 Revaluation**

If any fixed assets have been revalued please give details of the valuer and method of valuation

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\* The "transfers" row is for movements between fixed asset categories.

\*\* Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.

**Note 10 Investment assets**

Please complete this note if the charity has any investment assets.

**10.1 Fixed assets investments**

	£
Carrying (market) value at beginning of year	-
<b>Add:</b> additions to investments at cost	-
<b>Less:</b> disposals at carrying value	-
<b>Add/(deduct):</b> net gain/(loss) on revaluation	-
Carrying (market) value at end of year	-

Please provide below:

10.2 A breakdown of the market values of investments shown above agreeing with the balance sheet row B03.

10.3 A breakdown of the income from investments agreeing with SOFA row S03.

**Analysis of investments**

	10.2 Market value at year end £	10.3 Income from investments for the year £
<b>Investment properties</b>	-	-
Investments listed on a recognised stock exchange or held in common investment funds, open ended investment companies, unit trusts or other collective investment schemes	-	-
Investments in subsidiary or connected undertakings and companies	-	-
Securities not listed on a recognised Stock Exchange	-	-
Cash held as part of the investment portfolio	-	-
Other Investments	-	-
<b>Total</b>	-	-

**10.4 Material investment holdings**

If any single investment is material in terms of its value (for example represents more than 5 per cent of the value of the charity's total investments) please provide details.

Investment held

Market Value


**Section C****Notes to the accounts****(cont)****Note 11 Debtors and prepayments***Please complete this note if the charity has any debtors or prepayments.*

## Analysis of debtors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Trade debtors	-	-	-	-
Amounts due from subsidiary and associated undertakings	-	-	-	-
Other debtors	1,400	-	-	-
Prepayments and accrued income	336	920	-	-
<b>Total</b>	<b>1,736</b>	<b>920</b>	<b>-</b>	<b>-</b>

**Note 12 Creditors and accruals***Please complete this note if the charity has any creditors or accruals.*

## 12.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Loans and overdrafts	10,531	9,903	118,012	129,371
Trade creditors	584	-	-	-
Amounts due to subsidiary and associated undertakings	-	-	-	-
Other creditors	-	-	-	-
Accruals and deferred income	-	-	-	-
<b>Total</b>	<b>11,115</b>	<b>9,903</b>	<b>118,012</b>	<b>129,371</b>

## 12.2 Security over assets

*If any loan, overdraft or other creditor holds a charge or other security over any assets of the charity please provide details.*

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**Note 13 Endowment and restricted income funds**

Please complete this section if the charity has any endowment or restricted income funds.

**13.1 Funds held**

Please give a brief description of any of the following type of funds held by the charity:

- permanent endowment funds (PE);
- expendable endowment funds (EE); and
- restricted income funds, including special trusts, of the charity (R).

Fund Name	Type PE, EE or R	Purpose and Restrictions
Rachel Lane Fund	R	Creation of manual lymphatic drainage (MLD) room and to start up costs of the service
Part 2 payments - Dr Mannings	R	Centre extension project
Toyota fund	R	To pay for a post therapy relaxation room
Big Lottery Fund	R	Award for holistic support for people with cancer
Pink Ribbon Foundation	R	Breast cancer Lymphoedema service
The Goodman Trust	R	Grant to improve therapies and lymphoedema service
St James Place Charitable Foundation	R	Grant for lymphoedema therapist
Wyndham Rotary Satellite Club	R	Online counselling course
Lady Hind Trust	R	Empowerment and holistic support sessions
NCF Saracens Fund	R	For provision of cancer information sessions
Aviva Community Fund	R	Provision of patient/carer counselling services
Aviva Community Fund	R	Provision of patient nutrition support services
Ground Works UK	R	Tesco Bags for good - for counselling services

**13.2 Movements of major funds**

Please give details of the movements of the major funds summarised in the restricted and endowment columns of the Statement of Financial Activities.

Fund names	Fund balances brought forward £	Incoming resources £	Outgoing resources £	Transfers £	Gains and losses £	Fund balances carried forward £
Rachel Lane Fund	3,757	-	-	-	-	3,757
Part 2 payments - Dr Mannings	5,121	-	-	-	-	5,121
Toyota fund	535	-	-	-	-	535
Big Lottery Fund	58	-	-	-	-	58
Pink Ribbon Foundation	5,000	-	-	-	-	5,000
The Goodman Trust	338	-	162	-	-	176
St James Place Charitable	10,000	-	-	-	-	10,000
Wyndham Rotary Satellite Club	1,933	252	1,318	-	-	867
Lady Hind Trust	1,000	-	-	-	-	1,000
NCF Saracens Fund	-	5,000	4,924	-	-	76
Aviva Community Fund	-	1,650	1,003	-	-	647
Aviva Community Fund	-	4,875	1,200	-	-	3,675
Ground Works UK	-	1,000	1,000	-	-	-
<b>Total Funds</b>	<b>27,742</b>	<b>12,777</b>	<b>9,607</b>	<b>-</b>	<b>-</b>	<b>30,912</b>

**13.3 Transfers between funds**

*Please give details of any transfers between funds.*

<b>From Fund (Name)</b>	<b>To Fund (Name)</b>	<b>Reason</b>	<b>Amount</b>

**Note 14 Transactions with related parties**

If the charity has any transactions with related parties (other than the trustee expenses explained in note 6) details of such transactions should be provided in this note. If there are no transactions to report, please enter "None" in the relevant boxes.

**14.1 Remuneration and benefits**

Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee or other related parties by the charity or any institution or company connected with it.

Name of trustee or connected party	Legal authority (eg order, governing document)	Amounts paid or benefit value	
		This year £	Last year £
		None	None

**14.2 Loans**

Please give details of and amounts owing to or from the charity's trustees or other related parties by the charity at the year end.

	Name of trustee or connected party	Legal authority	Amount owing	
			This year £	Last year £
Due to trustees and related parties			None	None
Due from trustees and related parties			None	None

**14.3 Other transaction(s) with trustees or related parties**

Please give details of any transaction undertaken by (or on behalf of) the charity in which a trustee or related party has a material interest.

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	This year £	Last year £
			None	None

**Note 15****Additional Disclosures**

The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.