

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 26th – 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.
- Mattishall 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.


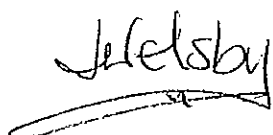
The charity remains committed to these goals with a strong staff and volunteer commitment and financial reserves. Providing free support and information to those affected by cancer remains our number one priority.

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	CC17a
Annual accounts for the period					
Period start date	01/06/2021	To	Period end date	31/05/2022	

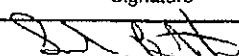

Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	Note	Restricted			Total this year	Total last year
			Unrestricted funds	Income funds	Endowment funds		
			£	£	£	£	£
Incoming resources (Note 3)			F01	F02	F03	F04	F05
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
Total incoming resources		S01	193,519	70,492	-	264,011	172,480
Resources expended (Notes 4-8)							
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
Total resources expended		S02	217,768	43,916	-	261,684	188,606
Net incoming/(outgoing) resources before transfers		S03	- 24,249	26,576	-	2,327	16,126
Gross transfers between funds		S04	-	-	-	-	-
Net incoming/(outgoing) resources before other recognised gains/(losses)		S16	- 24,249	26,576	-	2,327	16,126
Other recognised gains/(losses)							
Gains and losses on revaluation of fixed assets for the charity's own use		S17	-	-	-	-	-
Gains and losses on investment assets		S18	-	-	-	-	-
Net movement in funds		S19	- 24,249	26,576	-	2,327	16,126
Total funds brought forward		S20	436,501	30,912	-	467,413	483,539
Total funds carried forward		S21	412,252	57,488	-	469,740	467,413

Section B Balance sheet

	Note	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
		F01	F02	F03	F04	F05
Fixed assets						
Tangible assets (Note 9)	B01	394,329	7,439	-	401,768	402,379
	B02	-	-	-	-	-
Investments (Note 10)	B03	-	-	-	-	-
Total fixed assets	B04	394,329	7,439	-	401,768	402,379
Current assets						
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
Total current assets	B09	135,522	50,049	-	185,571	194,161
Creditors: amounts falling due within one year (Note 12)	B10	10,013	-	-	10,013	11,115
Net current assets/(liabilities)	B11	125,509	50,049	-	175,558	183,046
Total assets less current liabilities	B12	519,838	57,488	-	577,326	585,425
Creditors: amounts falling due after one year (Note 12)	B13	107,586	-	-	107,586	118,012
Provisions for liabilities and charges	B14	-	-	-	-	-
Net assets	B15	412,252	57,488	-	469,740	467,413
Funds of the Charity						
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			-	-	-
Total funds	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.

Section C

Notes to the accounts

(cont)

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
		-	-
		-	-
		-	-
	Total	88,668	38,852
Fundraising Events	External fundraising	17,294	8,288
	Internal fundraising	14,156	6,211
		-	-
		-	-
	Total	31,450	14,497
Donations and Legacies	Individual donations	9,413	6,194
	Group donations	10,185	2,857
	In memory of donations	12,753	10,716
	All other donations	18,072	1,691
	Total	50,423	21,258
Sales	Room hire and ticketed events	6,666	-
	Merchandise	246	-
		-	-
		-	-
	Total	6,912	-
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
		-	-
	Total	83,917	93,804
Gift Aid	Gift aid claimed from online fundraising	2,641	1,462
		-	-
		-	-
		-	-
	Total	2,641	1,462

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	3,176	2,412
	Finance staff employers NIQ	1,850	1,818
	Finance staff gross salary	22,240	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	1,610	1,586
	Fundraising staff gross salary	21,291	25,472
	Total	174,253	134,958
Expenditure on raising funds	Charity shops running costs	8,560	4,208
	Grant applications	-	-
	In-house fundraising	8,768	1,571
	Cost of merchandise	244	180
	Other fundraising costs	2,179	439
	Total	17,750	6,398
Rent and rates	Charity shops	8,844	9,595
	Centre	-	-
	Total	8,844	9,595
Repairs and maintenance	Charity shops	405	1,232
	Centre	13,365	68
	Total	13,770	1,300
Utilities	Charity shops	2,291	4,162
	Centre	2,901	3,489
	Total	5,192	7,651
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	252
	Office equipment	14	412
	Total	22,026	10,957
Fundraising costs	Advertising and marketing costs	2,017	242
	Total	2,017	242
Governance	Accountancy fees	700	600
	Total	700	600
Bank charges and interest	Charity shops bank	649	218
	Mortgage interest	4,057	4,308
	Total	4,606	4,526
Insurance	Charity shops	284	248
	Centre building and contents insurance	806	627
	Charity insurance	655	628
	Centre licences	206	204
	Service delivery	138	192
	Total	1,870	1,899
Depreciation	Property	6,000	6,000
	Container	1,680	-
	Heating System	843	-
	Computer equipment	1,332	1,418
	Total	12,555	10,418

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 £
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Total	-	-	-	-

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
Total staff costs	174,254	134,988

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	-	-
Total	10	8

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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	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		

(cont)

Grantmaking

8.1 Total value of grants

Purpose for which grants made	Grants to institutions Total amount £	Grants to individuals Total amount £
	-	-
	-	-
	-	-
	-	-
	-	-
Total	-	-

8.1 Grantmaking costs

Support costs of grantmaking

13

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 £
		-
		-
		-
		-
		-
		-
		-
		-
		-
		-
Total grants to institutions		-

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

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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.

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 £
-	-
-	-
-	-
-	-
-	-
-	-
-	-
Total	-

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

Trade debtors
Amounts due from subsidiary and associated undertakings
Other debtors
Prepayments and accrued income

Amounts falling due within one year		Amounts falling due after more than one year	
This year £	Last year £	This year £	Last year £
-	-	-	-
-	-	-	-
-	1,400	-	-
336	336	-	-
Total	336	1,736	-

Note 12 Creditors and accruals

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

12.1 Analysis of creditors

Loans and overdrafts
Trade creditors
Amounts due to subsidiary and associated undertakings
Other creditors
Accruals and deferred income

Amounts falling due within one year		Amounts falling due after more than one year	
This year £	Last year £	This year £	Last year £
10,013	10,531	107,586	118,012
-	584	-	-
-	-	-	-
-	-	-	-
-	-	-	-
Total	10,013	11,115	107,586

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 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
Total Funds	30,912	70,492	43,916	-	-	57,488

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)
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Note 15	Additional Disclosures
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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 28th April 2023