



#### 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 package 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 Trustees - 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.

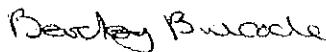
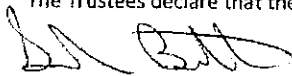
We are also incredibly grateful to our gardening and maintenance volunteers who have ensured that our building and grounds remain looking attractive and fit for purpose.

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>267,701</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	Unrestricted funds £ F01	Restricted Income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ 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
<b>Provisions for liabilities and charges</b>	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
<i>Beverley Bulcock</i>	BEVERLEY BULCOCK	27/03/24
<i>Celia Lynne</i>	CELIA LYNN	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****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 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  
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	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 £
<b>Wages, Salaries, Pensions and NI</b>	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>
<b>Expenditure on raising funds</b>	Charity shops running costs	5,577	6,560
	Grant applications	-	-
	In-house fundraising	12,054	8,768
	Cost of merchandise	-	244
	Other fundraising costs	-	2,179
	<b>Total</b>	<b>17,631</b>	<b>17,750</b>
<b>Rent and rates</b>	Charity Shops	6,787	6,844
		-	-
	<b>Total</b>	<b>6,787</b>	<b>6,844</b>
<b>Repairs and maintenance</b>	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>
<b>Utilities</b>	Charity shops	2,443	2,291
	Centre	9,835	2,901
		-	-
	<b>Total</b>	<b>12,278</b>	<b>5,192</b>
<b>Charity support costs</b>	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>
<b>Fundraising costs</b>	Advertising and marketing costs	1,821	2,017
		-	-
	<b>Total</b>	<b>1,821</b>	<b>2,017</b>
<b>Governance</b>	Accountancy fees	600	700
		-	-
	<b>Total</b>	<b>600</b>	<b>700</b>
<b>Bank charges and interest</b>	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

<b>Section C</b>	<b>Notes to the accounts</b>	<b>(cont)</b>
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**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**

	This year Number	Last year Number
The parts of the charity in which the employees work		
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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	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		

(cont)

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

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

**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.**

£

***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.***

<b>Names of Institutions</b>	<b>Purpose</b>	<b>Total amount of grants paid £</b>
		-
		-
		-
		-
		-
		-
		-
		-
		-
		-
		-
<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	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.



Section C	Notes to the accounts	(cont)
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**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


<b>Section C</b>	<b>Notes to the accounts</b>	<b>(cont)</b>
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**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

**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 £

**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 £

<b>Section C</b>	<b>Notes to the accounts</b>	<b>(cont)</b>
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<b>Note 15</b>	<b>Additional Disclosures</b>
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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 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