



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 of 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 rpreviously 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 raused our Breast Cancer Supporr 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 Iâ€™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 15th 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, appearing to read 'Celia Lynne', written in a cursive style.

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


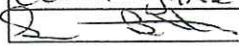
Recommended categories by activity	Details of own analysis	Note	Restricted			Total this year	Total last year
			Unrestricted funds	Income funds	Endowment funds		
			£	£	£	£	£
			F01	F02	F03	F04	F05
Incoming resources (Note 3)							
Incoming resources from generated funds			-	-	-	-	-
Donations and legacies		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
Incoming resources from charitable activities		S07	-	-	-	-	-
Other incoming resources		S08	147	-	-	147	2,444
Total incoming resources		S09	387,953	69,760	-	457,713	243,171
Resources expended (Notes 4-8)							
Costs of Generating Funds		S10	-	-	-	-	-
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
Total resources expended		S21	231,368	74,925	-	306,293	301,816
Net incoming/(outgoing) resources before transfers		S22	156,585	- 5,165	-	151,420	- 58,645
Gross transfers between funds		S23	8,076	- 8,076	-	-	-
Net incoming/(outgoing) resources before other recognised gains/(losses)		S25	164,661	- 13,241	-	151,420	- 58,645
Other recognised gains/(losses)							
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	-	-	-	-	-
Net movement in funds		S28	231,411	- 13,241	-	218,170	- 58,645
Total funds brought forward		S29	343,742	67,353	-	411,095	469,740
Total funds carried forward		S30	575,153	54,112	-	629,265	411,095

Section B

Balance sheet

	Note	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets						
Tangible assets (Note 9)	B01	451,129	4,498	-	455,627	390,252
	B02	-	-	-	-	-
Investments (Note 10)	B03	-	-	-	-	-
Total fixed assets	B04	451,129	4,498	-	455,627	390,252
Current assets						
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
Total current assets	B09	234,366	49,614	-	283,980	133,242
Creditors: amounts falling due within one year (Note 12)	B10	14,027	-	-	14,027	7,015
Net current assets/(liabilities)	B11	220,339	49,614	-	269,953	126,227
Total assets less current liabilities	B12	671,468	54,112	-	725,580	516,479
Creditors: amounts falling due after one year (Note 12)	B13	96,315	-	-	96,315	105,384
Provisions for liabilities and charges	B14	-	-	-	-	-
Net assets	B15	575,153	54,112	-	629,265	411,095
Funds of the Charity						
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				-	-
Total funds	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

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 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.

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 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)
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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	-
		-	-
		-	-
	Total	121,336	103,905
Fundraising Events	External fundraising	21,435	20,735
	Internal fundraising	39,334	28,323
		-	-
		-	-
		-	-
	Total	60,769	49,058
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	-
		-	-
	Total	154,154	45,480
Sales	Room hire and ticketed events	9,006	2,523
	Merchandise	76	-
		-	-
		-	-
		-	-
	Total	9,082	2,523
Grants	Grants for specific projects or running costs of charity	103,952	37,898
		-	-
		-	-
		-	-
		-	-
	Total	103,952	37,898
Gift Aid	Gift aid claimed from online fundraising	8,273	1,863
		-	-
		-	-
		-	-
		-	-
	Total	8,273	1,863
Other Incoming Resources	Interest received	147	78
	Staff overpayment returned	-	2,366
		-	-
		-	-
		-	-
	Total	147	2,444

Section C	Notes to the accounts
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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
	Total	202,241	198,369
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	-	-
	Total	24,166	17,631
Rent and rates	Charity shops	6,679	6,787
	Total	6,679	6,787
Repairs and maintenance	Charity shops	769	616
	Centre	10,364	477
	Treasure trove set up costs	-	19,710
	Total	11,133	20,803
Utilities	Charity shops	2,179	2,443
	Centre	10,887	9,835
	Total	13,066	12,278
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
	Total	28,440	22,783
Fundraising costs	Advertising and marketing costs	1,623	1,821
	Total	1,623	1,821
Governance	Accountancy fees	1,458	600
	Total	1,458	600
Bank charges and interest	Charity shops bank fees	587	838
	Mortgage interest	10,403	6,015
	Total	10,990	6,853
Insurance	Charity shops	924	480
	Centre building and contents insurance	1,347	1,249
	Charity insurance	269	316
	Centre licences	887	-
	Service delivery	-	329
	Total	3,426	2,374
Depreciation	Property	-	9,000
	Container & shed	2,245	1,680
	Heating system	643	643
	Computer equipment	183	193
	Total	3,071	11,516

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	-	-	-	-

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).

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

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).

	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
Total staff costs	202,242	198,369

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	-	-
Total	11	9

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		

Section C	Notes to the accounts	(cont)
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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 £
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
<i>Total</i>	-	-

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

£

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 £
		-
		-
		-
		-
		-
		-
		-
		-
		-
<i>Total grants to institutions</i>		-

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	-	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	1,680	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 & 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)
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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	-
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	-	-
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	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	-	-
Total	2,599	336	-	-

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	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	-	-	-	-
Total	14,027	7,015	96,315	105,384

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 Watling 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

Section C

Notes to the accounts

(cont)

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
Seewix 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 Charity	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
Morgan 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
Total Funds	67,352	69,761	74,925	8,076	-	54,112

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

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	
<p>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.</p>		

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