

SADIE BRISTOW FOUNDATION

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024



SADIE BRISTOW FOUNDATION

ANNUAL REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024



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SADIE BRISTOW FOUNDATION

LEGAL & ADMINISTRATIVE INFORMATION FOR THE YEAR ENDED 31 MARCH 2024



Trustees

C Bristow
E Ashley
K Matthews (resigned 7 August 2024)
C Leggett (resigned 20 May 2024)
J S Jordan (appointed 28 November 2023)
Dr K E Hamiton-West (appointed 27 February 2024)
M A M Fernandez (appointed 7 August 2024)
A Shuai (appointed 7 August 2024)

Charity registered number

1182525

Principal office

24 The Crescent
Chartham
Canterbury
Kent
CT4 7PX

Ambassadors

Thalina Houghton
Adam Orzel

Bankers

Barclays Bank Plc
9 St George's Street
Canterbury
Kent
CT1 2JX

The Trustees present their annual report together with the financial statements of the charity for the year ended 31 March 2024. The Trustees confirm that the annual report and financial statements of the charity comply with the current statutory requirements and the requirements of the company's governing document.

Objectives and Activities

a. Policies and objectives

In setting objectives and planning for activities, the Trustees have given due consideration to the Charity Commission published guidance on the operation of the Public Benefit requirement.

The charity's main objects are:

- (1) For the benefit of the public to advance in life and help children and young people by organising or providing facilities which will enable and encourage them to participate in sporting activities, in particular but not exclusively tennis or mini tennis, with the object of improving their conditions of life and developing their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals; and
- (2) The relief of sickness and the preservation and protection of good health in particular but not exclusively by:
 - (a) providing information about severe allergic conditions and where practical help and support can be found;
 - (b) making grants to charities to fund research into the cause and care of severe allergic conditions (provided the useful results of such research is published);
 - (c) making grants and other financial provision for the training of nurses and other medical staff involved in the care and treatment of people with severe allergic conditions.

Sadie Bristow Foundation meets the definition of a Public Benefit entity under FRS 102.

Achievements and performance

a. Review of activities

The Foundation engaged in two principal activities during the year in line with its above stated objectives 1 & 2:

1. The Sadie Bristow Foundation continued operations in two schools in East Kent, which included providing the "Sadie Way" fitness and tennis coaching programme. The programme continues to be tailored to match the individual schools requirements and facilities. We continue to provide fully trained instructors/coaches equipment and technical resources to both schools. We on average spent 10 man hours per week and provided lessons for all ages and abilities. The programme was provided free of charge to the schools.
2. The Sadie Bristow Foundation has worked extensively to raise awareness in the community of the issues regarding Allergies and Anaphylaxia which endangers so many lives.

a. Review of activities (continued)

The Sadie Bristow Foundation has set up parents peer to peer support groups, which ran once a month held by Clare Bristow in Whitstable. Your money was able to pay for our new board member and paediatric clinical psychologist Francesca Sawyer to provide detailed guidance on how to support parents and children with anxiety related to social situations. Clare continues to secure the venue for free so that your efforts go into quality trusted support from professional such as Francesca.

School Tennis Programme

The charity continued with our Schools tennis programme during the year, and the charity have now completed 4 years at Bridge School in Kent. Some of the highlights from the programme in the last year were:

- Our tennis groups entered the county schools qualifiers at Canterbury Polo Farm with 30 children taking part. Across three categories, 10 children qualified for the county finals in Bromley. It was enjoyed by everyone and a fantastic experience all around for the children. Well done to every who took part. We are all super proud.
- Free online allergy awareness session for Sports clubs and coaches: A great success, which also led SBF me travelling to leister football club to deliver an in person session to over 50 coaches.

Our coaches continue to amend and tailor the sessions based upon feedback from the children.

Allergy Awareness Activities

The charity continued to raise awareness of allergies and share advice with parents to help them identify potential allergens and how to manage them. A few of these activities in the year were:

- Trustee Clare Bristow developed an allergy module for the university teaching hospital at Southampton. After having attended the BSACI conference last year, she was asked to prepare the materials for teaching student nurses, covering a parent's perspective of living with allergies. This was the first module for the term and was well received.
- Running a number of online support sessions with support from guest speakers including Dr Francesca Sawyer, a clinical psychologist. Talks held supporting nearly 100 parents, included:
 - tips on how to manage anxiety when kids are staying away on school residential
 - Help with OIT
 - How do you start to introduce food you know your child should be safe with but you have restricted their diet so much as you fear everything
 - coping mechanisms as a parent that suffers with anxiety
 - How to discuss with children (with allergies) how serious they are but without scaring them.
 - Support for multiple mums with babies with allergies
 - Suggestion for supporting anxiety in teen with food allergy
- Shared content online for anxiety in teens covering topics which help young people recognise anxiety, teaching coping skills, and understanding the difference between allergic reactions and anxiety responses. This is achieved through the use of the charity's social media channels and incorporating sharing of the work and insights of experts including Dr. Leah Kugelmass and Odile Scherrer, Clinical Paediatric Psychologists

Allergy Management Fund Launch

The new Sadie Bristow Foundation Allergy Management Fund will be used to support allergy families with everyday life as they come to terms with the impact of a diagnosis.

With waiting lists for referrals sometimes being 9-12 months on the NHS, and follow up appointments often being that or longer, those with allergies, eczema, and asthma are often left to navigate everyday life on their own. This is where the Dr Helen Allergy 'Membership' comes into play.

Together we help to fill in the gaps, answer those questions that would otherwise wait until your next appointment, help you be heard if struggling for a referral or treatment, help you navigate everyday life with the uncertainty that these conditions can bring.

What support is provided?

- Three month's worth of daily support from Helen (GP and Allergy Specialist).
- Support from a dietician, dermatology/eczema nurse and a clinical psychologist.
- Exclusive resources, a back catalogue of Q&As, plus expert speaker talks on a wide range of topics.

New Ambassador

Introducing Adam Orzel, a remarkable ski racer proudly representing Team GB. Despite facing multiple life-threatening reactions due to his nut allergy, Adam remains undeterred.

His unwavering dedication to raising allergy awareness has led him to join us as a passionate Ambassador for The Sadie Bristow Foundation.

Tee, from Allergies in Bold and Foundation Ambassador, interviewed Adam. They delved into his personal journey with allergies, discussing how he navigates his condition while competing on an international stage for Team GB, and what motivated him to become an Ambassador.

You can catch the full interview with Adam on our website: <https://www.sadiebristowfoundation.org.uk/.../our.../> Sadie loved skiing with her Dad, zooming down slopes for over 80kms a day. We're incredibly proud to have Adam represent Sadie on the slopes as part of our team.

You can look forward to Adam's contributions and insights as an athlete, shedding light on how sports can bolster the confidence of children with allergies, and sharing his strategies for managing allergies while competing internationally, which will undoubtedly be invaluable for young people and families navigating allergies.

Fundraising Activities

We are grateful for the help and support given to the charity throughout the year, which has supported the services provided by the charity.

Fundraising events held by the charity during the year included:

- Party in the Garden at Haywain Pub in Bramling, which included live music, karaoke and a raffle, raising £1,094 for the charity
- The charity's annual Tennisathon held at Bridge Tennis club, raising £1,140 for the charity
- A number of wonderful volunteers completed the Three Peaks Challenge raising an incredible £6,761 for the charity
- Peak Pedal Paddle - On June 23rd 2023, with their Dads in tow, Jake and Phoebe trekked up and over the tallest mountain in England/Wales, Mt Snowdon, followed by a bike ride to the shores of the longest lake in Wales, Llyn Tegid (Bala), and finally completing the challenge by using paddleboards & kayaks to paddle the length of the lake, finishing before the sun went down. The raised an amazing £1,582 for the charity

The board of trustees would like to thank all of those who have given their time and donated towards the charity's work.

Financial review

For the year ended 31 March 2024, income amounted to £26,037 (2023: £12,930), and expenditure amounted to £18,025 (2022: £22,859).

As a result of the above movements, a surplus of £8,012 (2023: deficit of £9,930) was reported for the year. Cash reserves carried forward total £34,412 (2023: £26,400), of which £24,562 (2023: £26,270) are unrestricted funds, £8,000 (2023: £Nil) are designated funds and £1,850 (2023: £130) are restricted funds.

a. Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

b. Principal risks and uncertainties

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

c. Reserves policy

The trustees aim to maintain reserves at a level they deem sufficient for the future needs of the charity and are aiming to maintain reserves at a level sufficient to support 10 months of expenditure, which, based on the average annual expenditure since the charity was established would amount to £15,021. As at 31 March 2024, the free reserves amounted to £32,562 (2023: £26,270) and therefore this policy has been maintained in this year.

d. Material investments policy

Investment activities are managed in line with the requirements of the Trustee Act 2000. The trustees, having regard to the liquidity requirements of operating the charity and to the reserves policy, will operate a policy of keeping available funds in interest bearing deposit accounts and seek to achieve a rate of deposit which matches or exceeds inflation as measured by the Retail Prices Index.

e. Future plans

The board of trustees' are keen to expand upon the work of the charity, particularly in the charity's allergy awareness and support work. Currently a limiting factor in the charity's ability to deliver upon our objectives for raising allergy awareness and support in Kent is the charity's reliance upon volunteers. Whilst the charity values the amazing contribution that its volunteers make, the board of trustees feel that the charity will be able to accelerate its work through the appointment of an employee. Thus, the board plan to seek appropriate funding to enable to charity to appoint a CEO, which will to help drive forward the board's vision for the charity.

Additionally, the charity has recently launched the Allergy Management Fund and are planning to develop a psychology online course, both of which will expand the charity provision of support to individuals and families affected by allergies, in addition to helping further the research in this area.

Structure, governance and management

a. Constitution

The charity is a Charitable Incorporated Organisation registered on 30 November 2018. The registered number is 1182525. The governing document is a Constitution dated 30 November 2018.

b. Method of appointment or election of Trustees

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Constitution.

The governing document prescribes that there shall be a minimum of three trustees and a maximum of twelve. Every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting trustees, the charity must have regard to the skills, knowledge and experience needed for the effective administration of the charity.

Prospective trustees are recommended by existing trustees to join the board of trustees, or advertisements are placed in the local press.

c. Policies adopted for the induction and training of Trustees

The charity makes available to each new trustee, on or before his or her first appointment:

- (a) a copy of the current version of the Constitution; and
- (b) a copy of the charity's latest trustees' annual report and statement of accounts.

d. Organisational structure and decision making

The trustees consider the trustees to comprise the key management personnel of the charity in charge of directing, controlling, running and operating the charity on a day to day basis. All trustees give their time freely and no trustee received remuneration in the year for services as a trustee.

Any trustee may call a meeting of the trustees. Decisions are made by a simple majority of votes cast at a meeting. In the case of an equality of votes, the person who chairs the meeting shall have a second or casting vote. No decision shall be taken at a meeting unless a quorum is present. A quorum is three trustees, or the nearest number to one third of the total number of trustees, whichever is the greater, or such larger number as the trustees may decide from time to time.

A meeting may be held by suitable electronic means agreed by the charity trustees in which each participant may communicate with all the other participants. Any charity trustees participating at a meeting by suitable electronic means agreed by the charity trustees in which a participant or participants may communicate with all the other participants shall qualify as being present at the meeting. Meetings held by electronic means must comply with rules for meetings, including chairing and the taking of minutes.

Trustees' responsibilities statement

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by order of the members of the board of Trustees on 30/01/2025 and signed on their behalf by:



C Bristow
Trustee

Independent Examiner's Report to the Trustees of Sadie Bristow Foundation (the 'charity')

I report to the charity Trustees on my examination of the accounts of the charity for the year ended 31 March 2024.

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

Responsibilities and Basis of Report

As the Trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 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 2011 Act.

Independent Examiner's Statement

I have completed my examination. I can confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
2. the 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:



Dated:

31/01/2025

N Khaliq

Dynamix Accountancy
Dane John Works
Gordon Road
Canterbury
Kent
CT1 3PP

Income and Expenditure Account

	Unrestricted 2024 £	Designated 2024 £	Restricted 2024 £	Total 2024 £	Total 2023 £
RECEIPTS					
Charitable activities	3,817.60	-	-	3,817.60	1,264.71
Trading	1,108.34	-	-	1,108.34	25.00
Voluntary income	10,489.87	-	-	10,489.87	5,645.81
Fundraising	8,620.96	-	-	8,620.96	5,993.98
Grants	-	-	2,000.00	2,000.00	-
Bank interest	-	-	-	-	-
Total receipts	24,036.77	-	2,000.00	26,036.77	12,929.50
PAYMENTS					
Direct Payments					
Trading costs	-	-	-	-	68.06
Fundraising costs	2,342.78	-	-	2,342.78	4,012.23
Costs of generating voluntary income	1,814.00	-	-	1,814.00	3,626.38
Costs of charitable activities	377.46	-	-	377.46	628.70
Deliverance of objectives	7,668.71	-	280.00	7,948.71	13,892.26
Research grant	5,000.00	-	-	5,000.00	-
Total Direct Costs	17,202.95	-	280.00	17,482.95	22,227.63
Indirect Payments					
Governance	541.97	-	-	541.97	631.58
Capital equipment	-	-	-	-	-
Total Indirect Costs	541.97	-	-	541.97	631.58
Total Payments	17,744.92	-	280.00	18,024.92	22,859.21
Net (expenditure)/income for year	6,291.85	-	1,720.00	8,011.85	(9,929.71)
FUNDS					
Funds brought forward	26,270.06	-	130.00	26,400.06	36,329.77
Transfers	(8,000.00)	8,000.00	-	-	-
Funds carried forward	24,561.91	8,000.00	1,850.00	34,411.91	26,400.06



Statement of Assets and Liabilities
As at 31 March 2024

	Unrestricted	Designated	Restricted	Total	Total
	2024	2024	2024	2024	2023
	£	£	£	£	£
ASSETS					
Cash at bank and in hand					
Cash in hand	-	-	-	-	-
Bank current account	24,561.91	8,000.00	1,850.00	34,411.91	26,400.06
	<u>24,561.91</u>	<u>8,000.00</u>	<u>1,850.00</u>	<u>34,411.91</u>	<u>26,400.06</u>
Fixed assets					
Computer equipment	1,608.55	-	-	1,608.55	1,608.55
Stock					
Trading costs	26.65	-	-	26.65	2,850.00
TOTAL ASSETS	<u><u>26,197.11</u></u>	<u><u>8,000.00</u></u>	<u><u>1,850.00</u></u>	<u><u>36,047.11</u></u>	<u><u>30,858.61</u></u>

Notes to the Accounts

The financial statements of the charity, which is a public benefit entity, have been prepared on the receipts and payments basis.

The charity had liabilities of £Nil as at 31 March 2024 (2023: £Nil)

Designated funds as at 31 March 2024 were formed of the follows:

	£
Allergy Management Fund	5,000
Psychology Course	3,000
	<u>8,000</u>

The charity have designed £5,000 towards the establishment of the Allergy Management Fund, which will be used to support 30 allergy families with everyday life as they come to terms with the impact of a diagnosis. This fund is also intended to be used towards funding research into allergies.

The psychology course is a module to be developed as an online course which will be made available for psychologists and other health professional's to take, with the aim of improving the skills available in the health care profession to support the needs of the individuals and families affected by allergies.

Restricted funds relate to a Kent Community Foundation grant of £2,000, received to fund the operation of peer to peer support groups, to provide help to families and individuals affected by allergies. As at 31 March 2024, £150 of the grant had been spent.

No remuneration or other payments have been made to the Trustees' for their services as board members in the period.



Notes to the Accounts (continued)

During the year, expenses of £Nil (2023: £41.77) were reimbursed to nil (2023: 1) trustees.

During the period, the charity engaged the tennis coaching services of Stewart Bristow, co-founder of the charity and husband of trustee, Clare Bristow. In the period, the total payments for his services were £5,140 (2023: £4,540).

There were no other related party transactions.

30/01/2025

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

A handwritten signature in black ink, appearing to read "C Bristow". The signature is written over a dotted line.

**C Bristow
Trustee**