

SADIE BRISTOW FOUNDATION

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025



SADIE BRISTOW FOUNDATION

ANNUAL REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025



CONTENTS

	Page
Reference and Administrative Details of the Charity, its Trustees and Advisers	1
Trustees' Report	2 – 7
Independent Examiner's Report	8
Income and Expenditure Account	9
Statement of Assets and Liabilities	10
Notes to the Accounts	11

SADIE BRISTOW FOUNDATION

LEGAL & ADMINISTRATIVE INFORMATION FOR THE YEAR ENDED 31 MARCH 2025



Trustees

C Bristow (resigned 18 November 2025)
E Ashley
K Matthews (resigned 7 August 2024)
C Leggett (resigned 20 May 2024)
J S Jordan (resigned 12 November 2025)
Dr K E Hamilton-West
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

SADIE BRISTOW FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025



The Trustees present their annual report together with the financial statements of the charity for the year ended 31 March 2025. 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, and completed in the year. There are currently no plans to renew the programme in 2026.
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 established monthly parent peer-to-peer support groups, facilitated by Clare Bristow in Whitstable. These sessions offered detailed guidance on supporting parents and children experiencing anxiety related to social situations.

During the year, we reviewed the delivery of these sessions in response to declining in-person attendance since Covid—an issue that mirrors trends seen across other organisations offering similar support. As a result, we developed a series of online sessions and created on-demand resources that parents can access throughout the year whenever they need support.

We continue to explore the most effective ways to support parents moving forward.

School Tennis Programme

The Tennis program finished in Bridge School as per agreed contract. We had extended the contract in Bridge School for an extra year due to a fabulous amount of children exceeding expectations in their enjoyment for Tennis. Unfortunately, we were not able to secure another school which could accommodate the program in its entirety. We also did not have enough coaches to be able to deliver the timetable needed for the school. We decided to focus our energy on developing our Allergy programs which were ready for implementation.

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:

- Understanding Allergies Conference (May 2025, London)
Hosted at Kings Cross NVCO the charity's first "Understanding Allergies Conference" with leading specialists including Dr Francesco Sawyer, Prof. Helen Brough, Prof. Adam Fox, and others. First London event, attended by 70+ participants both online and in person. It is the charity's intention to make this an annual conference hosted by the charity.
- Conference Participation
Attended BSACI (Wales) and EAACI (Edinburgh). SBF became a proud Patient Voice Committee (POC) member of EAACI, strengthening our role in allergy awareness advocacy.
- School & Nursery Awareness Sessions
Delivered allergy awareness sessions to 5 primary schools and 2 nurseries across Kent.
- Speaking Engagements
Presented talks at 4 major conferences throughout the year.
- National Allergy Strategy Committee
Founder Clare Bristow contributed to shaping UK allergy care through NASG, focusing on education and public awareness.
- Research & Scientific Contribution
Completed research on Allergy Management Fund effectiveness (led by Dr Helen Allergy) and presented a scientific poster at BSACI.
- Attendance at the Free From Show (London)
Engaged with families, showcased the Allergy Management Fund, and promoted SBF's mission at this key event.

SADIE BRISTOW FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025



Allergy Management Fund

The Sadie Bristow Foundation Allergy Management Fund was launched in the year and has been 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.

In the year the charity was able to provide support through the fund to nearly 30 families and set up collaboration for the start of Immunotherapy treatment. These services are provided by professional medical clinics. One in London and one in Bournemouth.

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 £1,152 for the charity
- We were grateful for Chartered Accountancy firm Wilder Coe Ltd making us their nominated charity for 2024 and helped raise an incredible £6,278 for the charity.

A very generous donation of £7,800 was given to the charity during the year, which has contributed towards the Allergy Management Fund.

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 2025, income amounted to £36,261 (2024: £26,037), and expenditure amounted to £15,190 (2024 £18,025).

As a result of the above movements, a surplus of £21,071 (2024: £8,012) was reported for the year. Cash reserves carried forward total £55,482 (2024: £34,412), of which £40,189 (2024: £24,562) are unrestricted funds, £8,000 (2024: £8,000) are designated funds and £7,293 (2024: £1,850) 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 £13,823. As at 31 March 2025, the free reserves amounted to £48,189 (2024: £32,562) 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 paid member of staff responsible for leading fundraising and engagement activities, 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.

SADIE BRISTOW FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025



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 29/1/26 and signed on their behalf by:


.....
Dr K E Hamiton-West
Trustee

SADIE BRISTOW FOUNDATION
INDEPENDENT EXAMINERS REPORT
FOR THE YEAR ENDED 31 MARCH 2025



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 2025.

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:

A handwritten signature in black ink, appearing to read "Rachel Hall", written over a horizontal line.

Dated:

29/1/26

Rachel Hall FCA

Bulldog Accounting Limited
12 Brogdale Place
Ospringe
Faversham
Kent
ME13 0AF

Income and Expenditure Account

	Unrestricted 2025 £	Designated 2025 £	Restricted 2025 £	Total 2025 £	Total 2024 £
RECEIPTS					
Charitable activities	-	-	-	-	3,817.60
Trading	1,483.51	-	-	1,483.51	1,108.34
Voluntary income	12,673.15	-	7,800.00	20,473.15	10,489.87
Fundraising	9,489.43	-	-	9,489.43	8,620.96
Grants	-	-	-	-	2,000.00
Gift aid	4,814.89	-	-	4,814.89	-
Total receipts	28,460.98	-	7,800.00	36,260.98	26,036.77
PAYMENTS					
Direct Payments					
Trading costs	-	-	-	-	-
Fundraising costs	735.12	-	114.40	849.52	2,342.78
Costs of generating voluntary income	4,998.05	-	-	4,998.05	1,814.00
Costs of charitable activities	161.25	-	157.50	318.75	377.46
Deliverance of objectives	2,953.13	-	1,535.00	4,488.13	7,948.71
Research grant	3,123.95	-	-	3,123.95	5,000.00
Total Direct Costs	11,971.50	-	1,806.90	13,778.40	17,482.95
Indirect Payments					
Governance	871.95	-	-	871.95	541.97
Independent Examination	540.00	-	-	540.00	-
Total Indirect Costs	1,411.95	-	-	1,411.95	541.97
Total Payments	13,383.45	-	1,806.90	15,190.35	18,024.92
Net (expenditure)/income for year	15,077.53	-	5,993.10	21,070.63	8,011.85
FUNDS					
Funds brought forward	24,561.91	8,000.00	1,850.00	34,411.91	26,400.06
Transfers	549.80	-	(549.80)	-	-
Funds carried forward	40,189.24	8,000.00	7,293.30	55,482.54	34,411.91

Statement of Assets and Liabilities
As at 31 March 2025

	Unrestricted 2025 £	Designated 2025 £	Restricted 2025 £	Total 2025 £	Total 2024 £
ASSETS					
Cash at bank and in hand					
Cash in hand	-	-	-	-	-
Bank current account	40,189.24	8,000.00	7,293.30	55,482.54	34,411.91
TOTAL	40,189.24	8,000.00	7,293.30	55,482.54	34,411.91

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 2025 (2024: £Nil)

Designated funds as at 31 March 2025 were formed of the follows:

	£
Allergy Management Fund	5,000
Psychology Course	3,000
	8,000

The charity have designed £5,000 towards the establishment of the Allergy Management Fund, which will be used to support 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 as at 31 March 2025 were formed of the follows:

	£
Allergy Management Fund	6,407
Kent Community Foundation	886
	7,293

The Kent Community Foundation restricted fund relates to a 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 2025, £1,114 (2024: £700) of the grant had been spent.

The Allergy Management Fund restricted fund relates to a very kind donation during the year of £7,800, which is to be used towards the aforementioned Allergy Management Fund, of which £1,393 has been spent in the year.

Notes to the Accounts (continued)

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

During the year, expenses of £59 (2024: £Nil) were reimbursed to 1 (2024: Nil) trustees.

During the period, the charity engaged the tennis coaching services of Stewart Bristow, co-founder of the charity and husband of trustee during the year, Clare Bristow. In the period, the total payments for his services were £1,480 (2024: £5,140).

There were no other related party transactions.

The financial statements were approved by the Trustees on^{29/1/26}..... and signed on their behalf by:

.....^{K E H}.....

Dr K E Hamiton-West
Trustee