



INTERESTELAR
(Registered charity no. 1183947)

**TRUSTEES' ANNUAL REPORT
AND
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2023**

NfP Accountants Ltd

INTERESTELAR

**TRUSTEES' ANNUAL REPORT
AND
RECEIPTS AND PAYMENTS ACCOUNTS**

For the period ended 31 March 2023

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TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2023

Trustees	Dr Cristina Lopez Peig Dr Olatz Begona Heredia Diez Jose Luis Montes Buera Dr Vidaltxo Martinez Elizari
Charity Reg. No.	1183947
Registered Office	17 Blackwell Close London N21 1UL
Independent Examiner	Charles Ssempijja, FCA 3 rd Floor, 86-90 Paul Street London EC2A 4NE
Bankers	CAF Bank Ltd 25 Kingshill Avenue Kings Hill, West Malling Kent, ME19 4JQ

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their annual report and financial statements of the charity for the period ended 31 March 2023. Reference and administrative information set out on page 1 forms part of this report. The financial statements have been prepared on a Receipts and Payments basis, and they comply with current statutory requirements and the charity's governing document. The Trustees' Annual Report has been prepared in compliance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Charitable objects

The objects of the CIO are to preserve and promote the health of people suffering from mental or physical illness of any description or in need of rehabilitation as a result of such illness, but also the health of their carers and general public in any part of the world, in particular but not exclusively, by providing education related to health promotion through the provision of lectures, books, leaflets and the publication of newsletters and by raising awareness and organising activities to support the community structures in any part of the world which have a proven beneficial effect in general health.

Statement of public benefit

The Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. The Trustees consider how planned activities will contribute to the aims and objectives that have been set.

ACHIEVEMENTS AND PERFORMANCE: REVIEW OF ACTIVITIES FOR THE YEAR

Health and wellbeing activities

- Interestelar TWalking Challenges
- Health and Wellbeing net-promotion

Interestelar TWalking Challenges

These Twalking challenges (Talking and Walking) focus in fighting all detrimental effects of loneliness and poor physical activity through walking, socialising, and reconnecting with nature. These Virtual challenges are specifically designed to boost the mental and physical health of its users, and it is mainly focussed on participants with long term conditions, their carers and elderly population. This project allows health professionals to work jointly with the Community, Patient participation groups (PPGs) and Voluntary sector. These professionals become role models of other participants while practicing wellbeing practices. We move along the path of well-being, step by step while participants walk, as we help them establishing the important values of determination, ownership, healthy routines, and being present, amongst others, and we provide information about free services in the area related to wellbeing.

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"This challenge has encouraged me to walk longer than I would normally. I have also managed to encourage my mum to come walking with me and we have walked 3 miles a few times which I would not normally do."

"It prompted me to stop and appreciate the beauty around me and take in the wildlife and my surroundings".

"I have also been spurred on to eat healthier and I feel that I have lost some weight. All in all, it has been positive".

- Twalking Challenge participants

Health and wellbeing net-promotion

A series of YouTube videos and Instagram messages promoting health and Wellbeing: We aim to reduce inequalities whilst promoting general wellbeing, socialisation, and increasing moderate physical activity among population. These presentations are addressed to improve people's health by tackling two of the main challenges in our society: sedentary lifestyle and loneliness. Clinical evidence shows that physical activity reduces the risk of long-term chronic conditions such as type II diabetes, cardiovascular disease, and cancer by up to 50%. A daily walk is enough to reduce your risk of developing hazardous conditions such as dementia, depression, anxiety, and stress, and it also improves sleep quality.

All available in our website <https://interestelar.org.uk/projects-2012-2023/>

FINANCIAL REVIEW

The Charity had net receipts for the year of £25,665 (2022 - £4,062), details of which are shown in the Receipts and Payments Accounts below.

The total value of receipts during the year amounted to £33,871 (2022 - £4,680), an increase of £29,190 on the previous year. The increase is largely thanks to a single Grant from NHS NCL (North Central LDN)

The total value of payments amounted to £8,205 (2022 - £618), an increase of £7,587 on the previous year.

Cash funds at the end of the financial year were £33,167 (2022 - £7,502), all of which were unrestricted funds.

Reserves policy

The charity currently has no reserves policy. The trustees will review the guidance of the charity commission and seek external support where necessary to draw up a reserves policy in the coming year.

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Going concern

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. Free reserves are held to ensure the continuity of care of our patients, mainly elderly population, cares and patients with long term conditions, and to help developing our five year plan described below.

PLANS FOR FUTURE PERIODS

We worked on developing a new strategy during 22/23 financial year, which has now been approved. Our organisation consulted with patients, health professionals and voluntary sector in Enfield, and drew a plan to ensure we meet the needs of the diverse community we serve and increase awareness about our services.

Our strategy is focused on 4 priority areas over the next 2 years: increase participation and influence; developing our services, income generation and sustainability; partnership and collaboration. We work on developing a five-year plan to establish a new model of respite centre for patients with long term conditions and their carers.

We plan to implement the strategy outlined above in the forthcoming years, subject to satisfactory funding arrangements. Although our reserve position is strong, an increase in our free reserve to a stronger position would help developing our five-year plan.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution and governing document

Interestelar is a registered charity, number 1183947, constituted as a Charitable Incorporated Organisation (CIO) and was registered with the Charity Commission on 18 June 2019. The charity is governed by its Constitution of the CIO dated 07.01.2019.

The charity is committed to creating an innovation space where different social groups interact, to improve the quality of life in the community; a place where professionals share the challenges of carers and patients' daily life.

Method of appointment or election of Board of Trustees

Trustees are elected and co-opted under the terms of the charity's Constitution of the CIO document. Regular reviews are held to identify gaps within the knowledge and expertise of the Board of Trustees and appointments are made where required to strengthen the Board.

When it is necessary to appoint new Trustees, due to either a Trustee stepping down or a gap of expertise in the board is identified, recruitment will initially begin through the networks of the board and management team. Applicants will be reviewed by Trustees and the successful applicant will be invited to attend a Trustee meeting. Following this, on the provision that the board are satisfied and the applicant still wishes to join the Trustee board, they will be appointed.

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FOR THE YEAR ENDED 31 MARCH 2023

No other person or external organisation is entitled to appoint any Trustees of the charity. The Trustees who served during the period and after the year end are shown on page 1.

Policies adopted for the induction and training of Trustees

The charity provides new trustees with an induction pack and mentoring from the Chair. The charity has limited resources for formal training of the trustee body. However, on-going training opportunities are announced to Trustees when these become available pro bono.

Related party relationships

The charity has no related party connections with other organisations. The Trustees consider that members of the board, the director, and their close connections to be the only related parties of the charity.

Trustees are required to disclose all relevant interests and register them with the Director and to withdraw from decisions where a conflict of interest arises.

The trustees did not receive any remuneration during the year (2022 – the same). No trustees were reimbursed for out of pocket expenses incurred on behalf of the charity (2022 – the same).

Remuneration policy for key management personnel

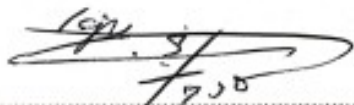
The Trustees consider the Board of Trustees and the director as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity on a day-to-day basis. All Trustees give of their time freely.

Risk management

The Trustees fully accept their responsibilities for ensuring that the major risks to which the Charity is exposed are identified, and that there are systems and procedures in place to mitigate those risks. At every meeting the Trustees receive comprehensive update reports on the charity's work programme, finances, staffing and partnerships. These are all considered in terms of risk and actions to manage and mitigate risk are agreed.

APPROVAL OF THE REPORT

This report was approved by the Board of Trustees on 24/11/23 and signed on its behalf by:



.....
Dr Cristina Lopez Pelg
Trustee

TRUSTEES' ANNUAL REPORT
FOR THE PERIOD ENDED 31 MARCH 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Interestelar

**On accounts for the period
ended**

31 March 2023

**Charity no
(if any)**

1183947

Set out on pages

appended

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period ended **31 March 2023**.

**Responsibilities and basis
of report**

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 (~~other than that disclosed below~~*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date: 28/11/2023

Name:

Charles Ssempijja


**Relevant professional
qualification(s) or body (if
any):**

FCA (ICAEW)

Address:

NfP Accountants Ltd, 3rd Floor, 86-90 Paul Street, London, EC2A 4NE

TRUSTEES' ANNUAL REPORT
FOR THE PERIOD ENDED 31 MARCH 2023



CHARITY COMMISSION

FOR ENGLAND AND WALES

Interest in

1163947

Receipts and payments accounts

CC16a

For the period from

Period start date

21-Mar-22

To

Period end date

31-Mar-23

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	33,750	-	-	33,750	-
Donations	89	-	-	89	4,680
Bank interest	31	-	-	31	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	33,871	-	-	33,871	4,680
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	33,871	-	-	33,871	4,680
A3 Payments					
Bank charges	72	-	-	72	96
Communication equipment	600	-	-	600	-
Payments to partner organisations	5,850	-	-	5,850	-
MVM ((My Virtual Mission) app subscription	477	-	-	477	522
Website	746	-	-	746	-
Subscriptions	210	-	-	210	-
MVM (My Virtual Mission) app subscription	250	-	-	250	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	8,205	-	-	8,205	618
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	8,205	-	-	8,205	618
Net of receipts/(payments)	25,665	-	-	25,665	4,062
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	7,502	-	-	7,502	3,440
Cash funds this year end	33,167	-	-	33,167	7,502

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Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		33,167	-	-
		-	-	-
		-	-	-
	Total cash funds	33,167	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Independent examination	960	-	
			-	

Approved by all trustees on 24/11/2023 and signed on their behalf by:



Dr Cristina Lopez Peig
Trustee