



**INTERESTELAR**  
(Registered charity no. 1183947)

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**TRUSTEES' ANNUAL REPORT  
AND  
RECEIPTS AND PAYMENTS ACCOUNTS  
FOR THE YEAR ENDED 31 MARCH 2024**

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NfP Accountants Ltd

# INTERESTELAR

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## TRUSTEES' ANNUAL REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS

For the period ended 31 March 2024

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**TRUSTEES' ANNUAL REPORT**  
**FOR THE YEAR ENDED 31 MARCH 2024**

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

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## TRUSTEES' ANNUAL REPORT

### FOR THE YEAR ENDED 31 MARCH 2024

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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

The organization has implemented a comprehensive approach to promote health and wellbeing in the Enfield community through various initiatives:

### Health and Wellbeing Net-Promotion

Presentations by General Practitioners:

- Addressed to the general population in Enfield
- Topics covered: benefits of physical activity, healthy eating, sleep hygiene, and mental health
- Emphasized the importance of social connections

*"I would score 10. It was very informative and highlighted some important health interventions that I think can sometimes be forgotten and how simple intervention can have a significant impact"*

*Sabrina (Community Sports Manager)*

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## TRUSTEES' ANNUAL REPORT

### FOR THE YEAR ENDED 31 MARCH 2024

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#### Digital Media Campaign:

- Created YouTube videos and Instagram messages
- Focused on reducing inequalities and promoting general wellbeing
- Aimed to increase moderate physical activity and combat sedentary lifestyle and loneliness

#### Clinical Evidence Highlights:

- Physical activity reduces risk of chronic conditions by up to 50%
- Daily walks can reduce risk of dementia, depression, anxiety, and stress
- Improved sleep quality noted as a benefit.

#### Interestelar TWalking Challenges

The organization developed a virtual and practical project called "TWalking" (Talking and Walking):

- Designed to combat loneliness and promote physical activity
- Focused on participants with long-term conditions, their carers, and elderly population
- Involved health professionals working with the community, Patient Participation Groups (PPGs), and voluntary sector
- Promoted values such as determination, ownership, healthy routines, and mindfulness
- Provided information about free local wellbeing services

#### Participant Feedback:

*"One of most positive aspects is when people finished doing challenge, they are still twalking"*  
Jane W.

*"Inspired teamwork and help others, raised fund to Nottingham Hospital"* Lisa H.

*"Work from home so the challenge helped to get out more often and move"* Philip F.

*"Does not improved physical health but emotionally I feel inspired and more motivated and wish to join next year as well"* Paul G.

*"Really enjoyed the challenge. Did the challenge with a neighbour who I did not know too well, but got to know much better during the challenge as we would meet up for walks and coffees."*  
Tara D.

#### Networking with Other Agencies and Associations

The organization engaged in collaborative efforts to promote wellbeing:

#### Inter-agency Challenges:

- Invited different agencies to participate with their service users
- Solicited feedback from participating agencies

#### Information Sharing:

- Gathered information about free community services promoting wellbeing
- Advertised these services within the challenges
- Participants could access services upon reaching different milestones

#### Resource Development:

- Created multiple posters and videos advertising the benefits of increased physical activity
- Offered presentations by General Practitioners

This multi-faceted approach demonstrates a commitment to improving community health through education, physical activity promotion, and inter-agency collaboration.

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## TRUSTEES' ANNUAL REPORT

### FOR THE YEAR ENDED 31 MARCH 2024

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#### FINANCIAL REVIEW

The Charity had net receipts for the year of £23,858 (2023 - £25,665), details of which are shown in the Receipts and Payments Accounts below.

The total value of receipts during the year amounted to £33,845 (2023 - £33,871). The total value of payments amounted to £9,987 (2023 - £8,205).

Cash funds at the end of the financial year were £57,025 (2023 - £33,167), all of which were unrestricted funds.

#### Reserves policy

The trustees have set a reserves policy to hold £20,000 in reserves. This amount is calculated based on 6 months' expenditure, without receiving further income during those 6 months' budgeted expenditure. The reserves policy is reviewed, and the reserves amount is updated, every 6 months.

#### Designated funds

In addition, the Trustees have reviewed plans for future programming costs and considered the charity's funding requirements for 2026-2029. In three to five years' time, we aim to organize respite periods for individuals with long term conditions and their carers. Our vision involves renting an adapted space situated in a natural setting, providing a serene and accessible environment for our clients. This initiative is designed to offer much-needed breaks and support for both individuals with long term conditions or/and disabilities, and their caregivers.

Key details of our plan are as follows:

1. Timeline: Implementation planned for 2026-29
2. Accommodation: Disability-adapted space in a natural setting
3. Capacity: 10-12 people per session
4. Duration: Weekly respite periods
5. Estimated Cost: £10,000 per week

To ensure the successful launch and sustainability of this program, we are building a designated fund of up to £100,000, starting with £37,000 in the current year. This proactive approach will allow us to accumulate the necessary financial resources over the next five years.

#### 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

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## **TRUSTEES' ANNUAL REPORT**

### **FOR THE YEAR ENDED 31 MARCH 2024**

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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. Our organisation consulted with patients, health professionals and voluntary sector in Enfield. This strategy was approved and implemented during 23/24 financial year. We work ensuring we meet the needs of the diverse community we serve and increase awareness about our services.

We main goal is to keep developing a five-year plan to establish a new model of respite for patients with long term conditions and their carers. Our strategy is focused on 4 priority areas over the next years: increase participation and influence; developing our services, income generation and sustainability; partnership and collaboration. At present Interestelar charges for services under a contractual agreement. The organization promotes voluntary work among health professionals and has an internal arrangement where clinicians and most other professionals do not charge for their services. This strategy is aimed at accumulating funds for a future five-year respite pilot project in Spain.

We plan to implement the strategy outlined above in the forthcoming years, subject to satisfactory funding arrangements. Although our funds are gradually increasing helping to achieve our future main goal -the implementation of a new model of respite center-, an increase in our unrestricted funds to a stronger position would help developing this 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

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## TRUSTEES' ANNUAL REPORT

### FOR THE YEAR ENDED 31 MARCH 2024

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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.

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 18.12.2024 and signed on its behalf by:



.....  
**Dr Cristina Lopez Peig**  
Trustee



**TRUSTEES' ANNUAL REPORT**  
**FOR THE YEAR ENDED 31 MARCH 2024**



**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 2024

**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 2024**.

**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.

**Signed:**

**Date:**

19 December 2024

**Name:**

Charles Ssempijja

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


FCA (ICAEW)

**Address:**

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

# TRUSTEES' ANNUAL REPORT

## FOR THE PERIOD ENDED 31 MARCH 2024

 <div>CHARITY COMMISSION FOR ENGLAND AND WALES</div>	Interestelar		1183947		CC16a
	Receipts and payments accounts				
	For the period from	Period start date 01-Apr-23	To	Period end date 31-Mar-24	
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
Contracts	33,750	-	-	33,750	-
Donations	-	-	-	-	89
Bank interest	95	-	-	95	31
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	33,845	-	-	33,845	33,871
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	33,845	-	-	33,845	33,871
A3 Payments					
Bank charges	60	-	-	60	72
Communication equipment	623	-	-	623	600
Payments to partner organisations	7,600	-	-	7,600	5,850
MVM ((My Virtual Mission) app subscription	252	-	-	252	477
Website	461	-	-	461	746
Subscriptions	30	-	-	30	210
MVM (My Virtual Mission) app subscription	-	-	-	-	250
Accountant fees	960	-	-	960	-
	-	-	-	-	-
Sub total	9,987	-	-	9,987	8,205
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	9,987	-	-	9,987	8,205
Net of receipts/(payments)	23,858	-	-	23,858	25,665
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	33,167	-	-	33,167	7,502
Cash funds this year end	57,025	-	-	57,025	33,167

# TRUSTEES' ANNUAL REPORT

## FOR THE PERIOD ENDED 31 MARCH 2024



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 £
<b>B1 Cash funds</b>		57,025	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>57,025</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Independent examination	960	-	
			-	

Approved by all trustees on .....18.12.2024..... and signed on their behalf by:

.....  
Dr Cristina Lopez Peig  
Trustee