

Sophie's
LEGACY



CREATING CHANGE ♥



LOOK FOR
RAINBOWS!



Sophie's Legacy Annual Report

01 April 2022 - 31 March 2023

Registered Charity Number: 1198979

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Mission Statement

Sophie's Legacy is committed to providing emotional, practical, and financial support to families with children in hospital. We seek to create a compassionate and nurturing environment where families can focus on their child's well-being without added stress.



Vision

An improved hospital experience where families feel supported, cared for, and empowered during their challenging times.



A message from our CEO



Dear Supporters, Volunteers, and Friends of Sophie's Legacy,

As we reflect on the financial year spanning from April 2022 to March 2023, I am filled with immense gratitude and pride on the exceptional journey of Sophie's Legacy. This period has been marked by growth, resilience, and an unwavering commitment to our core mission - providing support to families admitted to hospitals with their children.

Sophie's Legacy is a testament to our love for her, and to our commitment to preventing other families from enduring similar challenges. Our shared determination is rooted in the belief that positive change can emerge from the depths of our grief.

What we have achieved in our first year has been beyond anything I could have ever dreamt of. From that very first snack box delivery to Portsmouth Hospital to swiftly expanding our presence within seven hospitals in such a short timeframe, our achievements have been nothing short of incredible.

Since the start of 2022, we have consistently provided snack and toiletry deliveries to these seven hospitals, amounting to approximately £1,200 worth of food and beverages every week. Additionally, in May 2022, we initiated Sophie's Suppers, a weekly pizza delivery service to Portsmouth Hospital, which has been generously sponsored every week since its inception.

Sophie's Legacy understands that families in hospitals need holistic support. By addressing parents' basic needs in the hospital not only supports their well-being but also plays a critical role in the overall healing and recovery process for the child.

Throughout this financial year, we have continued to provide a diverse range of support services. These include help with transport costs, clothing, birthday parties within hospitals, fulfillment of end-of-life wishes, and numerous other forms of support. We have also been dedicated to improving the hospital environment by funding essential items and activities for children.

In September 2022 we moved into our office in Segensworth. This dedicated space has provided us with the capacity to store essential supplies, including food, toiletries, and toys, offering us the invaluable advantage of a permanent base

Our accomplishments, on a national scale, have surpassed our initial expectations. I've had the privilege of meeting with two Health Secretaries, both deeply committed to fulfilling Sophie's wishes. Together, we achieved a historic milestone - the first-ever House of Commons debate on childhood cancer. Our collaboration with the NHS on Sophie's wishes, participation in the play taskforce, and involvement in national efforts to ensure parents are fed in hospitals reflect the significant strides we've made.

But, none of this would be possible without our dedicated volunteers, generous donors, and supportive partner hospitals. Thank you for your unwavering support.

Looking ahead to the coming financial year, our commitment to our mission remains unshakeable. We will continue to extend our reach, enhance the quality of support we offer, and advocate for positive changes for children and their parents. With your support, we are confident that we can make an even more significant impact in the future.

I am confident that Sophie would look down upon the remarkable achievements made in her memory with immense pride. While we couldn't alter the outcome for our own family, our commitment is to enhance the experiences of others facing similar challenges. This is the path we will continue to walk, dedicated to making a positive difference in the lives of those in need.

Thank you for being a part of Sophie's Legacy, for believing in our mission, and for helping us make a difference to the lives of families in hospital. Together, we will continue to build a legacy of love, compassion, and unwavering support.

Charlottes



The Legacy

Sophie Fairall was an amazing child, with a smile that would light up the room, a twinkle in her eye and an incredible zest for life. To know her was to love her.

In September 2020, Sophie was diagnosed with a rare form of cancer. Tragically, a year later, at just 10 years old, Sophie died. During her treatment, Sophie and her mother, Charlotte, spent considerable time in hospital. Reflecting on their experiences, they recognised that unmet basic needs, across a number of areas, contributed to increased stress during what was already an extremely difficult and traumatic time. This included a lack of access to food and drinks for parents in hospitals (an issue that is particularly burdensome for those, such as Charlotte, who cannot leave their child's bedside), lack of access to hygiene products and a lack of access to clean clothing. These issues are made worse for families who struggle financially, especially when living separately from their main household, and are exacerbated significantly by the cost-of-living crisis.

Sophie was an extremely caring child who always tried to see the good in everyday, and everyone. Life in hospital could be boring, and Sophie valued the times that the Play Specialist spent with her and, despite her illness, having recognised the lack of toys available for children in the hospital wards, wanted to make a difference. Sophie started to paint and sell ceramic ornaments to raise funds to buy toys. She ultimately raised £6000 for her cause.

Prior to her passing, Sophie outlined her aspirations for change in a wish list, which has since served as the cornerstone for the establishment of Sophie's Legacy. Officially registered as a charity since 16 May 2022, the organisation is dedicated to enhancing the support and care children receive during their hospital stays, achieved by assisting parents in addressing their own essential needs. This empowerment enables parents to devote their undivided attention to their sick child.



What have we achieved?



Sophies Snack Boxes

We provided snack boxes containing food, drinks and toiletries, for parents across 7 hospitals amounting to 26 wards including neonatal, intensive care, Special Care Baby Unit, children's wards and A&E.



Parent Packs

We have provided 230 parent packs, containing the essentials that a parent might need, including phone charger, notepad, pen, snack and drink,



Transport

Many parents do not have the financial means to afford the travel to and from hospital, and cannot take the bus due to their child's illness. We support parents by finding transport where necessary.





Sophie's Saturday Suppers

We have provided in excess of 1600 pizza's to Queen Alexandra Hospital, for families to share on a Saturday evening



Emergency Clothing

We have provided clothing for both adults and children following emergency admission to hospital.



Art Therapist

From September 2022 we provided an art therapist at Sophie's Art Studio based at Crofton Anne Dale School. From February 2023 we extended this provision to include one day per week, to the Childrens Ward, QA Hospital.



Vouchers

We provide vouchers to enable parents to buy meals from cafes and supermarkets, including Costa and M&S.





Celebrations

We've supported numerous special occasions including, Christmas, Easter, Halloween, Birthdays, and the Jubilee.



In other news.....



On 20 April 2022, Charlotte was invited onto the TV show This Morning to raise awareness and discuss Sophie's Story and her fight to improve the diagnosis, treatment and outcomes for children with cancer. Charlotte was able to raise awareness of the forthcoming debate on Childhood Cancer which was to be held on 27 April 2022, in the House of Commons, in the hope that MP's would see the segment and be moved to attend.



As a result of Sophie's wish that there should be better research, diagnosis and treatment of cancer in children, Charlotte, raised the issue with her local MP Ms Caroline Dinenage and the then Health Secretary, Sajid Javid.

As a result of this, on 26th April 2022, the first debate on Childhood Cancer was held in the House of Commons, having been brought by Ms Dinenage, in honour of Sophie. Prior to the debate, there had been a significant amount of support for the cause, with many supporters of charities including Sophie's Legacy,

Azaylia Foundation and Alice's Arc, writing to their MP's ahead of the event to campaign for change.

Ms Dinenage opened the debate by laying out the current failings in the diagnosis, treatment and research for childhood cancer in the United Kingdom. She asked Ministers for 'a new childhood cancer mission, a concerted effort to bring together the very best in research, genomics, training, treatment, philanthropy, medical and allied health professionals, the brightest and the best, to really change our approach to childhood cancer once and for all.'

Want to Volunteer?



In June 2022, it became clear that Sophie's Legacy was growing beyond expectations, and that it had the potential to continue to grow. And so the first formal advertisement for volunteers was issued. By 31 March 2023 we had created a team of 35 dedicated volunteers, including Sophie's mother Charlotte, who help with tasks such as, but not limited to, collecting donations, dropping off food to hospitals, manning the trolleys at QA, heading up the project at the individual hospitals, driving or supporting with the mountain of administration tasks that our organisation creates. Fortunately, our amazing volunteers are as tireless as the list is endless, and we could not do this without them.



NAHPS Annual Conference

Sophie's Legacy encompasses Sophie's wish for the availability of play specialists in hospitals, seven days a week. On 17 June 2022, Charlotte had the distinct privilege of delivering a speech at the National Association of Hospital Play Specialists' (NAHPS) Annual Conference in London.

During her thirty-minute address, Charlotte underscored the pivotal role played by play teams within healthcare institutions. These teams provide children with vital respite from often distressing medical interventions, offer them a means to express their emotions, mitigate feelings of isolation, and, fundamentally, allow them to experience the joys of childhood.

Despite the undeniable importance of the play specialist role, it remains underappreciated within the healthcare

sector. There is a notable scarcity of educational institutions offering specialised training in this field, and the number of available positions falls short of the demand.

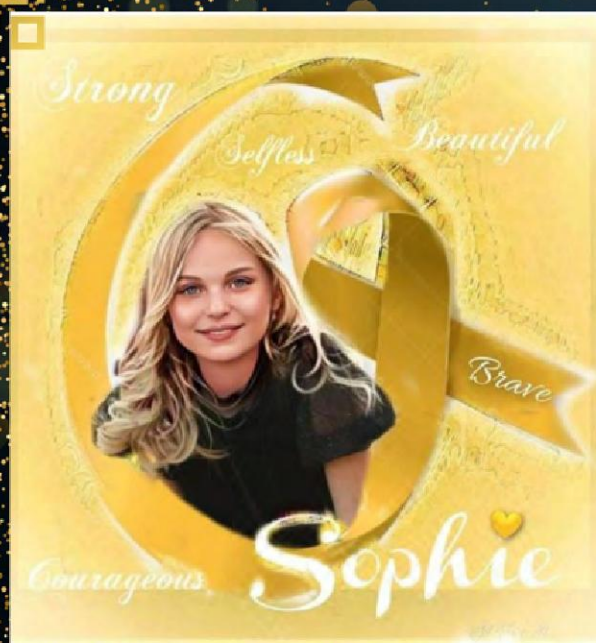
Nevertheless, Charlotte's impassioned advocacy for the cause resonated strongly with the conference attendees, many of whom require no convincing regarding the paramount significance of the play specialist role in nurturing the emotional well-being of young patients.

Following the conference, the Play Taskforce was launched and included Charlotte as part of the executive management group. Sophie's Legacy remains committed to furthering this noble mission, advancing the cause of enhanced play specialist services in hospitals nationwide.



Childhood Cancer Mission

On 19 July 2022, Dame Caroline Dinenage once again raised in Parliament, that cancer is the leading killer of children under the age of fourteen. Caroline recognised that Sophie's story had inspired the speech given by the previous Secretary of State, Sajid Javid when he launched the Governments ten year cancer strategy. Caroline requested the new Secretary of State, Steve Barclay restate the governments commitment to the strategy including a Childhood Cancer Mission. This was agreed.



Childhood Cancer Awareness Month September 2022

As part of Sophie's Legacy' commitment to the creation of a Childhood Cancer Mission, Charlotte requested that individuals write to their MP's to request the promotion of Childhood Cancer Awareness Month, the backing of our calls for greater awareness on the signs and symptoms of childhood cancer and the lobbying of Health Ministers to ensure that the Childhood Cancer Mission will be delivered for our children. Over 3000 letters were sent to MP's.



University Hospital Southampton Launches Trial

Sophie's Legacy have been advocating for parents and carers to be fed in hospital. On 5th September 2022, Southampton University Hospital launched a trial.

University Hospital Southampton are proud to launch a trial to provide meals, support and essential items to carers staying at UHS together with Sophie's Legacy!

If you are a carer staying overnight with your cared for person and are struggling to fund food during your stay, ask your nurse to contact the **Patient Support Hub on 0800 484 0135**

You will receive:

- ♥ A friendly welcome from our volunteers
- ♥ A £4 voucher for hot or cold food at ~~Costa~~ **Costa**
- ♥ Snacks drinks and food items donated by Sophie's Legacy
- ♥ Support from our Carer Support service at UHS if you need it



On 07 September 2022, following the appointment of a new Prime Minister, Liz Truss, Dame Caroline Dinenage once again sought assurances that the government remained committed to the ten year cancer strategy and the Childhood Cancer Mission. The Prime Minister agreed that the government remained committed.

Childhood Cancer Mission



In October 2022, Sophie's Legacy teamed up with Sensory Superstars to raise money to supply sensory and mindfulness boxes filled with activities for children to enjoy whilst in hospital.

On 02 February 2023, Charlotte received the 1979th Point of Light Award, an award given to outstanding individual volunteers - people who are making a change in their community. In a letter from the Prime Minister, Rishi Sunak, he wrote 'It says something truly extraordinary about Sophie that during her illness she created a bucket list to help others'. He was right!



02 February 2023

On 02 February 2023, Charlotte engaged in a meeting with Health Secretary Steve Barclay and MP Dame Caroline Dinenage, in London. The focus of this discussion centered on the realisation of Sophie's wishes, intertwined with the broader framework of the Children and Young People's Cancer Mission. This collaborative effort has spanned a 16-month period, involving extensive consultations and interactions with various stakeholders, encompassing national children's cancer charities, scientists, and researchers. The primary objective was to formulate a comprehensive plan for presentation to the Health Secretary, one that meticulously addressed areas within his purview. The meeting was deemed highly productive, with Charlotte proposing strategies to enhance the visibility of childhood cancer and Steve Barclay expressing commitment to the realisation of Sophie's wishes and the proposed plan. The meeting concluded on an optimistic note, with Charlotte expressing inspiration and enthusiasm for the prospects of forthcoming change in the field of childhood cancer care and advocacy.



CHILDREN AND YOUNG PEOPLE'S 10 YEAR CANCER PLAN

Every year in the UK over 4,000 children and young people under 25 are diagnosed with cancer

Why do we need this plan?

Childhood cancer is:

1. Not rare - it is the biggest cause of death in under 19s
2. Biologically different and faster growing
3. Not commonly associated with lifestyle or environmental factors
4. Often not diagnosed through primary care - over 53% of childhood cancers are picked up at A&E
5. Under researched - only 18 new drugs approved in 21 years
6. Almost certain to lead to significant long-term treatment effects

The common characterisation of childhood and young people's cancer as 'rare' is misleading, causing this age group to be overlooked

Timely Diagnosis

1. National signs and symptoms campaign
2. Robust referral pathways
3. National standards in place
4. Standardised education packages for health and care professionals

Pioneering Research

1. Identification of new treatments for primary therapy-resistant disease
2. Funded screening and surveillance research programmes such as heel prick testing
3. Systematic review of research priorities such as increased funding for children and young people's cancer

Excellent Patient Experience

1. Experiences of children and young people undergoing cancer treatment are understood
2. Quality food available for young people and parents as appropriate
3. 7 day-a-week play specialist provision
4. Continuation of Under 16 Cancer Patient Experience Survey

World-Class Treatment

1. Rapid access to new, less toxic drugs and treatments
2. All children and young people with cancer offered appropriate & timely genomic testing
3. All children offered HPV vaccination
4. De-escalation and de-toxication of therapies for good risk diseases
5. Age appropriate and personalised care

Quality Survivorship

1. Evidence-based mental health interventions
2. Mental health support provided for immediate family
3. Long-term psychosocial support for survivors
4. Single point of access long-term follow-up care

Sophie's
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DAME CAROLINE
DINENAGE MP

This plan was developed by Sophie's Legacy, Children's Cancer and Leukaemia Group, Young Lives vs Cancer with Dame Caroline Dinenage OBE MP. For more information, please contact carol@dinenage.mps.parliament.uk

Fundraising Highlights.....

Sophie's Allstars vs Pompey Legends



On May 8, 2022, we marked a significant milestone by hosting our inaugural fundraising event, which not only kickstarted our charitable journey but also exceeded all expectations by raising over £25,000. The event featured an exhilarating match between Sophie's Allstars and Pompey Legends, culminating in a thrilling victory for Sophie's Allstars with a 2-1 score. Adding a touch of stardom to the occasion, we were honored by the presence of football legend Owen Hargreaves, making this day truly extraordinary.

£1100

On 23 September 2022, Nando's Whitely presented a cheque for £1100 which they had raised through a variety of events held in store.





QUIZ NIGHT



The week commencing 22 September 2022, saw Sophie's Legacy, supported by landlord, Tony and resident Quiz Master, Bernard, host a week of quiz nights. The three nights were held at The Horse and Jockey, Curdridge, Strawberry Field Tavern in Locks Heath, and The Hook in Warsash. The evenings were a great success and raised an incredible amount for Sophie's Legacy.

£3043



£3600

On 02 October 2022, four runners, Victoria, Matt, Lauren and Al, took part in the London Marathon in support of Sophie's Legacy. All four runners successfully completed the marathon raising an amazing amount for the charity.



16 October 2022



£3854

great south
run



18 November 2022



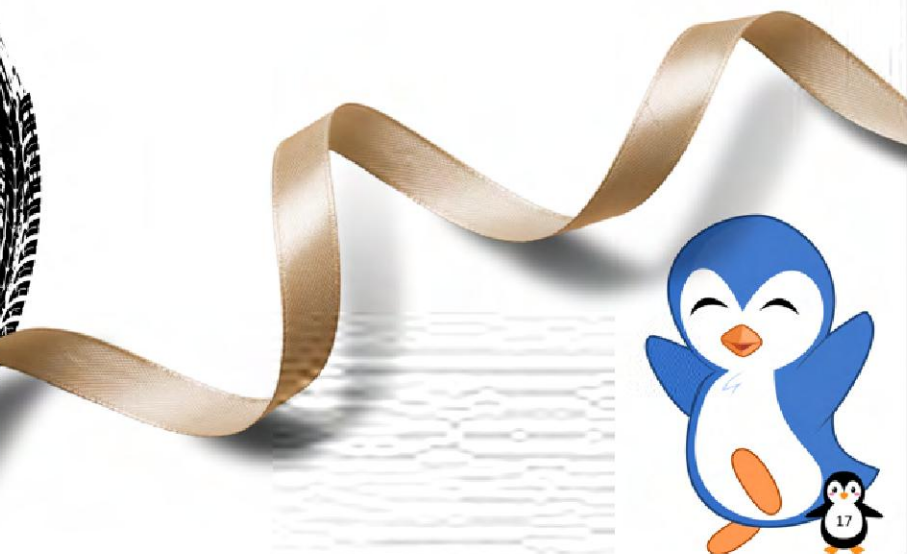
08 December 2022

Jophie's FUNDRAISER UPDATE



ScrapCar
Comparison

Raised
£8627.40





Alexander Bowls, Portsmouth - Walk Stubbington to Portsmouth





PORSCHE
Portsmouth



The Impact

Mason's Story

In late 2019, Mason, just two years old, fell ill with a persistent cough and lethargy, symptoms that would soon reveal a much darker truth. Despite countless visits to the doctor and hospital over the next four months, Mason's condition worsened. His concerned mother persistently requested tests, only to be told Mason was suffering from a virus and required only calpol, or that he required antibiotics. It wasn't until Mason could no longer stand and was rushed to the hospital in an ambulance that tests finally revealed the horrifying reality: Mason had cancer.

Mason was immediately admitted to pediatric intensive care, where the medical team delivered devastating news. His tiny body was overwhelmed by cancer cells, and his life hung in the balance. Cancer had constricted his chest, causing breathing difficulties, and the noisy cough was a result of this dire situation. Mason's mother, Ellie was thrust into a world of shock and despair, fearing the worst.



An induced coma, intense chemotherapy, steroids, surgeries, and numerous painful procedures followed, each taking its toll on Mason's small frame and his mother's mental health. During his hospital stay, Mason found solace in visits from play specialist Clare, a brief respite from his room-bound reality. Yet, the weekends brought a void as Clare's support was only available during the week.

Mason's incredible spirit began to shine through as his treatment showed promise. He relearned to walk and talk, inching closer to remission. However, in July 2020, a rare mutation unleashed a brutal resurgence of cancer. Treatment options were limited, offering less than a 1% chance of success. Facing this excruciating decision, Ellie chose to end the treatments, sparing her beloved son further suffering.



Mason spent his final days surrounded by family, creating cherished handprints and footprints as mementos. On July 23, 2020, at just two years old, Mason took his last breath, leaving his mother in inconsolable grief. Ellie questions why childhood cancer research lacks the funding for better treatments and higher survival rates, pondering the future milestones stolen from her and Mason stating 'We are in 2023 and children are still dying from cancer. Why are our children's lives not valued enough to deserve the funding into research for new drugs and kinder treatment? I'll never see Mason start school, have a sports day, potty train him, his first dentist visit, our first plane ride, his first little best friend - we've been robbed of that. I miss Mason every single day, I cry every single night as I lay in bed wishing things were different.... the pain never gets easier. I'm left with anxiety, flashbacks and nightmares. But most importantly, I'm left with a broken heart and a huge hole in our lives without Mason. My Mason deserved better. He deserved newer and better treatments, kinder drugs and a higher survival rate'



As we remember Mason's story, we're reminded of the urgency in raising awareness and support for childhood cancer. Sophie's Legacy passionately campaigns for increased research funding, improved diagnosis, and kinder treatments and this has meant that the Children and Young People's Cancer Mission has made significant progress over the year. With the advent of this plan, we hope to ensure no child faces Mason's heart-wrenching journey in the future.



Jacob's Family's Story

Sophie's Legacy has touched the lives of countless families, offering invaluable support during their most challenging moments. Among these families is Lorraine and Nigel's.

Their son, Jacob, at the tender age of 9, faces a multitude of complex health issues, the result of his premature birth at twenty seven weeks. Diagnosed with Cerebral Palsy, Epilepsy, Adrenal insufficiency, Chronic lung disease, and reliant on Jejunal feeding via a tube, Jacob often finds himself in hospital for extended periods of time.

Lorraine, reflecting on their experience, highlights the profound positive impact of Sophie's Legacy's support.

'We call the QA our second home, in the last three years we have spent around 50% of our time in hospital. However, these stays can vary from days to months at a time. If we had to give an average, I would estimate an average stay of around 3 weeks. To put this in context, he turned 9 this year and the last four of his birthdays have been in hospital.'



"Being in hospital for such long periods can make life really complicated. There are so many things that become difficult such as doing the shopping, caring for our older two children or maintaining the house. All these simple tasks, when your mind is focusing on your poorly child become far more challenging. There is also the financial strain of constantly running around, car parking, drinks, food and takeaways as we still haven't been had time to do the shopping."

For Jacobs birthday they managed to arrange a surprise visit of Spiderman, who came to his bedside and made a 9-year-old boy very happy! They have also supported me, they kindly arranged for three lovely ladies to come into the hospital, they gave me an Indian head massage, cut my hair and I had my nails done, this was the first time in almost two months that I felt human!"

Nigel stated, 'Sophies legacy has made a huge impact on our prolonged stays. In the years we have been going to the hospital, my wife has been known to go to bed hungry on so many occasions quite often because he is too ill to be left on his own. Thanks to SL, there is now always something to be able to eat, there is also always tea, coffee, sugar and more. No-one has to go to bed hungry.'

Liam's Story



In April 2022, Liam faced an agonizing loss when his mother tragically passed away from cancer. His world took another cruel twist in September when he received his own cancer diagnosis. Liam has been bravely fighting this battle since September 2022, showing remarkable determination and strength.

Amidst this trying time, Portsmouth FC, in collaboration with Sophie's Legacy, came together to create a heartwarming surprise for Liam's 11th birthday. Louis Thompson, Joe Rafferty, Michael Jacobs, and Danny Cowley joined in, bringing joy to Liam's life during his hospital stay.

Louis Thompson said, 'I recently visited the QA hospital in Portsmouth to meet a brave young boy who is currently battling cancer - a visit arranged by Sophie's Legacy. Me and my colleagues were able to spend some time with him and his lovely family celebrating his birthday.'

"Sophie's Legacy is not only raising awareness for childhood cancer, the symptoms to look out for and pushing for further funding but it is also very present in the local community, making families who are going through the toughest times feel supported in many ways."



Thank you Messages

Good morning, I really hope you don't mind me messaging you, thank you so much for supplying the snack boxes, my son is on the starfish children's ward at QA hospital at the moment and they have helped me so much so thank you so much for supplying them. Many thanks stacey and liam
xxx

We were in QA hospital this week and my little girl loved the snacks as she refused to eat the hospital food. Such an amazing thing to do and it really does make such a difference for the children and their parents. It really meant a lot to us. Such an amazing legacy for Sophie ❤️ xx

My little grandson, has had several trips to hospital recently with bronchitis and now croup. Quite scary for my daughter as she has had to deal with this without the support of her husband, but she mentioned the availability of Sophie's snacks, so just want to say a massive thank you to everyone for making a scary situation just a little bit more bearable ❤️❤️❤️



Corporate Support



Thanks to the support of ASDA, Tesco and Morrisons, Sophie's Legacy were able to gather donations of food and toiletries. Sophie's Legacy carried out between two and five Supermarket Days per month and the generous donations received from the public contributed significantly to Sophie's Snack Boxes and meant that there was less to buy.



Sophie's
LEGACY

"We're delighted that Sophie's Legacy will be our House Charity for 2023. In founding this amazing organisation in their daughter's memory, Gareth and Charlotte Fairall have shown incredible courage, and are making a real difference to other families' experience. Our team, who chose Sophie's Legacy through a process we've followed since our earliest days, will be raising funds throughout the coming year to support this wonderful and really important work."

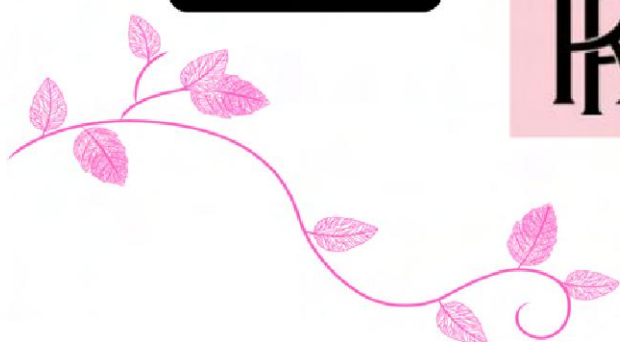
Andrew Ball, Head of Corporate Relations, Rolls-Royce Motor Cars

ROLLS-ROYCE

MOTOR CARS



CREATING CHANGE

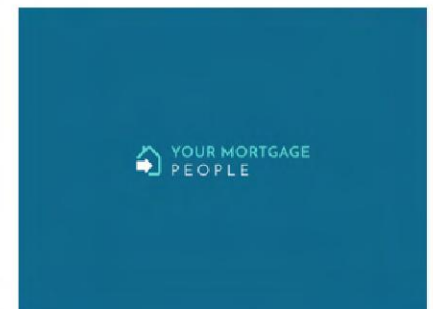




PORSCHE
Portsmouth



 **mace**



AR Banks
SAFE EFFECTIVE SOLUTIONS

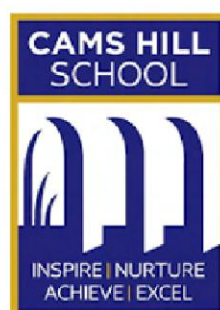


WOW NOW
HIRE

LEAD
FORENSICS



 **EIGHT**
FOUNDATION



Sophie's
LEGACY



CREATING CHANGE ♥

LOOK FOR
RAINBOWS!



Report and Financial Statements

31 March 2022 - 31 March 2023

Registered Charity Number: 1198979



Sophie's Legacy

Report of the Trustees for the year ended 31 March 2023

The trustees present its report and financial statements, examined by an independent examiner, for the year ended 31 March 2023.

Reference and Administrative Information

Charity Name: Sophie's Legacy

Charity registration number: 1198979

Registered Office and Operational Address: Segensworth Office Park
4 Little Park Farm Road
Fareham
PO15 5TD

Trustees

Charlotte Fairall

Gareth Fairall

Andrew Martin Vaughan

Maria Edwards

Vanessa Buckley

Madeleine Jenkins

Karen Kirkpatrick

Independent Examiner

Maria Ettridge, Diamond Accounting, Unit 3, New Forest Enterprise Centre, Chapel Lane, Southampton, SO40 9LA

Bankers

NatWest – 52 West Street Fareham, Hampshire, PO16 0JX

Our Aims and objectives

Purposes and Aims

Our charity's purpose as set out in the objects contained in the charity's constitution is: For the public benefit to promote health and to relieve those suffering from or affected by childhood cancer or other illnesses including their parents/guardians and their families, in particular but not exclusively, by:

- a. The provision of support to parents/guardians and their families and the children on children's wards in hospitals in the form of snacks and toiletries boxes;
- b. The provision of art therapy provided by qualified art therapists on children's wards as well as in the community;
- c. Raising awareness of childhood cancer and acting as an advocate for earlier diagnosis of childhood cancer;
- d. Improving the quality of children's time in hospital by working with other organisations to advance food standards and the provision of play.
- e. And by any other means as the trustees in their discretion shall determine."

Ensuring our work delivers our aims

Sophie's Legacy was granted charitable status in May 2022 and this first Annual Report will review our aims, objectives and activities throughout our first year. This review looks at what we achieved between 01 April 2022 and 31 March 2023, the success of each key activity, and the benefits they brought to those groups of people we are set up to help. The review will help us ensure our aims, objectives and activities have remained focused on our stated purpose.

The focus of our work

During our first year as a Registered Charity, we have focused on the following:

a. Securing the foundations.

This is Sophie's Legacy's first year as a registered charity and as such there has been a significant amount of focus on ensuring that the relevant governance and policy documents are in place and have been reviewed and accepted by the trustees.

b. Raising awareness and campaigning for change

- i) We have worked tirelessly to raise the profile of childhood cancer as the number one killer of children in the UK and campaign for the government to introduce a Childhood Cancer Mission that will see increased funding for research into childhood cancer,

improved awareness across the medical profession and thus earlier diagnosis, better treatment plans and thus better outcomes for children. We continue to campaign for these changes.

- ii) By collaborating closely with both the NHS and the government, we have undertaken an advocacy campaign to enhance the quality of food served to children within hospitals. This initiative has involved constructive dialogues with NHS food supply chain representatives, resulting in their commitment to deliver tasty, nutritionally balanced meals of appropriate portion sizes for children in hospital care.
- iii) We have continued to campaign for parents, who need to remain in hospital with their child, to be fed. In line with this mission to we have been actively involved in a twelve- week trial program which extended parent feeding services to Alder Hey, Birmingham, Bristol, GOSH, Leeds, Manchester, Newcastle, Sheffield, and Southampton hospitals. Notably, several of these hospitals have opted to sustain these services beyond the trial period. Our efforts have also yielded a substantial dataset, which has been collated by the NHS to further enhance hospital parental care. We continue to campaign for these changes.
- iv) We have raised awareness of the importance of the role of the play specialist within children's wards and recognised both the lack of available training in this field alongside the lack of open positions for those who are trained. Sophie's Legacy would like to see play specialists available, in hospitals, seven days per week. We continue to campaign on this issue.

c. Supporting children and their families

Our objective is to enhance the hospital experience for families, alleviating stress and fulfilling the most fundamental basic needs of all parties involved. This is achieved through the provision of essential items, including food, clothing, and self-care items; supporting families with transport and accommodation costs; funding celebratory events and hosting pizza nights, thus reducing the financial burden experienced by families with children in the hospital, and fostering overall well-being.

d. Fundraising

Throughout this year, Sophie's Legacy has dedicated significant effort to organising fundraising events. These endeavours not only serve to generate essential funds but also to enhance awareness of our charitable mission. Simultaneously, these events engage the community in enjoyable activities. Over the course of the year, the charity has successfully raised £223,143,71.

Public Benefit

When reviewing our aims and objectives and in planning future activities, the trustees have referred to the Charity Commissions' guidance on public benefit. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set. We believe in equal access and so the only criteria for access to our support is that a child is in hospital.

Plans for Future Periods

Sophie's Legacy plans to continue the activities outlined above in the forthcoming years and will continue to explore new projects.

Financial Review

Sophie's Legacy only gained charitable status in May 2022 but, with the dedication and support of its trustees, volunteers, and supporters, managed to generate an impressive financial outcome for the first year, with a total income of £223,143.71.

Principal Funding Sources

The funding sources for Sophie's Legacy are from fundraising events, and individual and corporate donations. Of these funds £3522.29 constituted restricted funds.

Investment Policy

Sophie's Legacy has no investment policy this year. Prior to being distributed, the funds are held in the charity's bank account with NatWest Bank.

Reserves Policy

As part of effective financial management, a general reserve serves as a means for Sophie's Legacy to address unexpected challenges or financial obstacles that may arise, such as sudden reductions in income or unforeseen large expenses that were not included in the budget. It is common for trading organisations, including charities, to maintain a general reserve consisting of assets that can be readily converted into cash within the necessary period, including cash funds held at the bank.

Sophie's Legacy, requires a Reserve Fund for the following reasons:

- i) To manage a shortfall in income, for instance, if one of the primary sponsors were to withdraw their funding, the reserve could be used to maintain cash flow until an alternative funding stream is secured.
- ii) To cover unanticipated expenses, such as a significant repair to the building that is not covered by insurance. In such cases, the reserve can be used to cover the cost of the repair.
- iii) If Sophie's Legacy must close, having sufficient reserves ensures that there will be enough funds to fulfil all its responsibilities and any debts in an organised manner. If closure were to become necessary for Sophie's Legacy, a higher level of reserves would be needed compared to a similar- sized private company. This is because Sophie's Legacy cannot simply close its operations abruptly. It has a moral obligation to its service users and would need to continue providing services for a period or arrange suitable alternatives. If closure occurs, the general reserve would be used to cover ongoing operations, redundancy costs, and other expenses related to the closure.

- iv) The purpose of the reserves is to secure the future of our services and long-term obligation to families. They also provide protection against unexpected events and fluctuations in income. The Trustees have examined the charity's requirements for reserves considering the main risks to the organisation. The reserves are needed to meet the working capital requirements of the charity and the Chief Executive is confident that the level should be set at a level equivalent to six months' running costs. This would enable the charity to continue its activities and allow for the raising of necessary funds. The level of reserves currently available to the charity exceeds its target reserve level on this basis. The reserve level will be reviewed annually.

Note from Trustees

Sophie's Legacy became a registered charity in May 2022 and this report is in relation to our first financial year. With our reserve amount calculated at £49k this leaves the charity with an underspend of approximate £95k. This can be explained in part by the following:

- The support for Sophie's Legacy, in our first year, has been overwhelming and we have been more successful than we could ever have imagined with the level of donation to our cause far outweighing the expectations.
- As this has been our first year we have had no benchmark against which to compare the level of need and thus financial requirement.
- Sophie's Legacy has earmarked money for projects which have then been slow in coming to fruition due to bureaucratic requirements. For example, we have employed the services of an art therapist to provide services to the children's wards in a hospital. However, this took almost eight months to come to fruition resulting in the allocated funds being unspent.

This is an issue that has been discussed at every meeting of the Board of Trustees, and the following action will be taken to attempt to ensure that this issue is not repeated over the forthcoming financial years:

- The trustees will continue to monitor the financial situation closely to ensure that the money is spent efficiently throughout the year.
- The amount held in reserves will be adjusted to reflect the growth of the charity.
- A robust business plan will be implemented that will reflect the new projects to be rolled out. The business plan will utilise the knowledge gained from our first year as a benchmark.
- Given the nature of the support we provide in hospitals and the challenges experienced when implementing new projects within the NHS environment monies allocated are not always then spent within the expected timeframe and Sophie's Legacy will ensure that explanations can be provide where this has been an issue.

Structure, Governance and Management

Governing Document

Sophie's Legacy is a registered charity, number 1198979, and is governed by the Governing Document which was adopted on 16 May 2022. Sophie's Legacy was founded following the death of ten-year-old Sophie Fairall, who died on 18 September 2021, from Rhabdomyosarcoma, a rare but aggressive form of childhood cancer. The purpose of the charity is to support children who are in hospital and their families, including ensuring that parents are fed whilst caring for their children in hospital and campaigning for fulltime play specialists in hospital and for better awareness, diagnosis, treatment, research and thus outcomes for those children who are diagnosed with cancer.

The Board of Trustees

The Board of Trustees (the Board) is responsible for the overall governance of Sophie's Legacy. As outlined in Sophie's Legacy's Governing Document, the number of trustees must be between three and twelve, and there are currently seven trustees from a variety of professional backgrounds. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees or appoint a new charity trustee.

The Recruitment and Selection Process is the responsibility of the Board, who will ensure that in selecting individuals for appointment as charity trustees, they will have due regard to the skills knowledge and experience needed for the effective administration of the charity. Although the original seven trustees have been appointed for terms between two and four years, in the future every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. All Trustees give their time freely and no trustee remuneration is paid.

On appointment all trustees are mandated to:

- i) confirm their understanding and compliance with the charity's policies, which encompass our reserves, equal opportunities, IT, risk management, and complaints policies.
- ii) partake in safeguarding training to equip themselves for their responsibilities involving vulnerable children and/or adults.
- iii) undergo annual reviews of their Enhanced Disclosure and Barring Service (DBS) Checks to maintain the integrity and safety of our operations.

The Board meets regularly throughout the year and is responsible for setting an appropriate strategy for the Charity. It also ensures that relevant performance measures are in place. The Board receives regular reports on all aspects of the Charity's work.

Delegation

The Trustees delegate responsibility for the day-to-day administration of the charity to the CEO/Founder who is responsible for the strategic direction of the charity and liaises regularly with the Chair.

Risk Management

The Trustees have considered the major risks to which the charity is exposed, and identified them as:

- i) **Governance risk:** the potential danger associated with inadequate governance practices, which could lead to the Board's inability to execute a proficient strategy aligning with the Charity's fundamental objectives. This type of risk underscores the pivotal role that sound governance plays in steering the organisation toward its mission and ensuring the responsible stewardship of its resources. Effective governance mechanisms are essential in safeguarding the Charity's integrity, sustainability, and the fulfilment of its charitable goals.
- ii) **Operational risk:** encompasses the spectrum of potential challenges arising from the daily operational functions of the Charity including risks stemming from the assistance provided to families of hospitalised children, as well as potential threats to the well-being of Charity personnel and the safeguarding of its assets, data, and infrastructure. Evaluating and mitigating operational risks are crucial aspects of maintaining the charity's operational effectiveness, protecting its stakeholders, and ensuring the continuity of its vital support services.
- iii) **Financial risk:** the possibility of the Charity's performance significantly deviating from the projected budget. This includes considerations related to liquidity risk and cash-flow risk. Effectively managing financial risk is paramount to safeguarding the Charity's fiscal stability, ensuring the prudent allocation of resources, and maintaining its ability to fulfil its mission and support the families of children in need. Through diligent financial oversight and prudent fiscal planning, the Charity endeavours to mitigate these risks and uphold its commitment to its beneficiaries.
- iv) **Legal and compliance risk:** the potential for the Charity to not adhere to the relevant regulations and requirements set forth by charity, local, and national authorities. Ensuring strict compliance with these regulations is of utmost importance to maintain the Charity's legal standing and reputation. The Charity is committed to upholding the highest standards of legal and ethical conduct, actively monitoring and addressing any compliance concerns, and continuously striving to fulfil its mission while remaining in full accordance with all applicable laws and regulations.

- v) **External risk:** encompass a range of factors beyond the Charity's direct control, including political, economic, social, technological, and environmental elements. These external dynamics have the potential to significantly impact the Charity's operations and objectives. To mitigate external risks, the Charity actively monitors and analyses these factors, adapts its strategies and practices as necessary, and maintains a proactive stance in safeguarding its mission against external challenges. This approach helps ensure the Charity's resilience in the face of an ever-changing external landscape.

The Charity will review these risks annually. Systems and procedures are in place to manage any risk that could reasonably be foreseen and there are procedures in place for the authorisation of all financial transactions, including the distribution of grants. Adequate insurance policies are in place to cover Business All Risks, Employers', Public Products and Trustees Liability.

Related Parties

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year.

Employees

In the fiscal year 01 April 2022 – 31 March 2023 Sophie's Legacy employed three part time members of staff.

Volunteers

Sophie's Legacy is fortunate to have a dedicated group of thirty-five volunteers who have significantly enriched our organization's activities over the past year. Their consistent and frequent support in daily operations, along with their willingness to step in when needed, has been instrumental. In addition to their operational roles, volunteers have played a crucial part in planning and executing our fundraising events throughout the year. We acknowledge and deeply appreciate their commitment, which embodies the core values of Sophie's Legacy and reinforces our mission.

Expenses

Staff members, trustees and volunteers can claim back expenses. £1021.46 in expenses were reclaimed from the charity over the year. The amount reclaimed was mainly volunteer expenses to cover deliveries to the hospital.

Statement Of Trustees' Responsibilities for the Financial Statements and Corporate Governance

The Trustees are responsible for their Annual Report and for the preparing of the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice and for ensuring they give a true and fair view of the incoming resources and the application of resources of the Charity during the year, and of the state of affairs as at the end of the financial period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities Statement of Recommended Practice;
- make judgements and estimates which are reasonable and prudent;
- state whether the applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a 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 which disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with applicable laws and regulations. They are also responsible for safeguarding the assets of the Charity and for their proper application as required by charity law, and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees have overall responsibility for ensuring that the Charity has appropriate systems and controls, financial and otherwise, to provide reasonable assurance that:

- the Charity is operating efficiently and effectively;
- proper records are maintained, and financial information used within the Charity, or for publication, is reliable;
- the Charity complies with relevant laws and regulations.

Internal controls over all forms of commitment and expenditure continue to be refined to improve efficiency. Processes are in place to ensure that performance is monitored, and that appropriate management information is prepared and reviewed regularly by the Board of Trustees. The systems of internal control are designed to provide reasonable but not absolute assurance against material misstatement or loss. They include:

- a strategic plan and annual budget approved by the Trustees
- regular consideration by the Trustees of financial results, variances from budgets, non-financial performance indicators and benchmarking reviews
- delegation of day-to-day management authority and segregation of duties
- identification and management of risks

DISCLOSURE OF INFORMATION TO INDEPENDENT ACCOUNTANTS

Regarding the preparation of this Annual Report and Accounts:

- As far as each Trustee is aware, there is no relevant audit information of which the Charity's Independent Accountants are unaware.
- Each Trustee has taken all the steps a Trustee might reasonably be expected to have taken to be aware of relevant information and to establish that the Charity's Independent Accountants are aware of that information.

Independent Examiner

Maria Ettridge was appointed as the charity's independent examiner. This report has been prepared in accordance 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) effective from 1st January 2019.

Sophie's Legacy Statement of Financial Activities

01 April 2022 - 31 March 2023

(including Income & Expenditure Account)

Sophie's Legacy							
Statement of Financial Activities for the year ended 31st March 2023							
Charity Number 1198979							
					Unrestricted	Restricted	Total
					Funds	Funds	2023
				Notes	£	£	£
Income and Expenditure							
Incoming resources			2				
Voluntary income					165,217	12,170	177,386
Events					40,716	0	40,716
Merchandise sales					6,961	0	6,961
Grants					0	5,483	5,483
Total Incoming Resources					212,893	17,653	230,546
Resources Expended							
Costs of generating funds			3				
Fundraising costs					13,115	0	13,115
Charitable activities					27,552	13,903	41,455
Governance costs			4		30,317	0	30,317
Total Resources Expended					70,984	13,903	84,887
Net expenditure/(income) for the year					141,909	3,750	145,659
Funds as at 1st April 2022					0	0	0
Balances as at 31st March 2023					141,909	3,750	145,659
The Statement of Financial Activities includes all gains and losses recognised in the year							
All incoming resources and resources expended derive from continuing activities							

Sophie’s Legacy Balance Sheet at 31 March 2023

Sophie’s Legacy						
Balance Sheet for the year ended 31st March 2023						
Charity Number 1198979						
				Notes	2023 £	£
Fixed Assets						
Tangible fixed assets				5		2,746
Current Assets						
Stock					5,226	
Debtors					138	
Cash and Bank					143,162	
					148,526	
Creditors						
Amounts falling due within one year				6	5,614	
NET CURRENT ASSETS						142,913
TOTAL ASSETS LESS CURRENT LIABILITIES						145,659
FUNDS						
Unrestricted Funds					148,526	
Restricted Funds					3,750	
Your paragraph text						145,659

For the year ending 31st March 2023 the Charity was entitled to exemption from audit under Section CC32 of the Charity Commission.

The financial statements were approved and authorised for issue by the Trustees on 10th May2023 and signed on behalf of the Trustees by:



Mr Andrew Vaughan (Chairman of Trustees)

Notes to the Financial Statement to the year ending 31 March 2023

1. Accounting Policies

a) Basis of Accounting

The financial statements have been prepared under the historical cost convention and in accordance with the applicable accounting standards. In preparing the financial statements, the Charity follows best practice as laid down in the Statements of Recommended Practice "Accounting and Reporting by Charities" (SORP 2005).

b) Incoming Resources

†

Donations and fund-raising events from private individuals and sponsors are considered based on cash receipts. Income tax recoverable is accounted for on the same basis as the income to which it relates. Bank interest is accounted for on an accrual's basis.

Where services and facilities are provided to the Charity as a donation that would normally be purchased from our suppliers, this contribution is included in the financial statements at an estimate based on the value of the contribution to the Charity.

c) Resources Expended

All expenditure is accounted for on a receipts and payments basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

We received a huge amount of food, toiletries and other donations from individuals and businesses which meant we did not have to purchase as many items. We were able to donate all these items to the hospital. We also completed many supermarket days, asking for individuals to add one extra thing to their shopping which reduced our spend on items for the hospital.

Direct costs, including directly attributable salaries, are allocated on an actual bases to the key strategic areas of the Charity. Overheads and other salaries are allocated between the expense headings on the basis of time spent.

d) Stocks

Stocks of publicity materials and merchandise have been donated to the Charity and have no carrying value at the balance sheet date.

e) Fund Accounting

Unrestricted funds which are available for use at the discretion of the Trustees in continuance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors which have been raised by the Charity for particular purposes. The aim and use of each restricted fund is set out in the notes to the financial statements.

f) Fixed assets

The cost of tangible fixed assets is their purchase cost, together with incidental expenses of acquisition.

g) Depreciation

Depreciation is charged on a straight-line basis at such a rate as will cause the assets to be written off in the books of the Charity at the end of their useful working life. The rates used are as follows:-

Office equipment	33%
Fixtures and fittings	25%

h) Donated Assets and Services

Where services or assets are provided to the Charity as a donation that would normally be purchased from suppliers, this contribution is included in the financial statements at an estimate based on the value of the contribution to the Charity.

i) Operating Lease

The Charity classifies the lease of 4 Little Park Farm Road as an operating lease. Rental charges are charged on a straight-line basis over the term of the lease.

2. Income Resources

	2023
	£
Donations	177,035
Pizza Night Donations	11,265
Costa Voucher Donations	905
Merchandise Sales	6,961
Grants	5,483
Charity Football Match	26,078
Events	2,819
	230,546

3. Analysis of Resources Expended

	Direct Costs £	Support Costs £	Total 2023 £
Fundraising	13,115	0	13,115
Snack Boxes	6,131	5,829	11,959
Pizza Nights	11,265	0	11,265
Parent Packs	1,916	0	1,916
Patient Referrals	7,542	0	7,542
Parent Hospital Meals	1,250	0	1,250
Costa Vouchers	970	0	970
Art Therapy	4,423	0	4,423
Play Therapy	519	0	519
Hospital Ward Expenses	1,613	0	1,613
	48,781	5,829	54,570

4. Governance Costs

	2023 £
Premises costs	10,164
Staff and volunteer costs	16,617
Office costs	3,201
Professional fees	154
Depreciation	181
	30,317

5. Tangible Fixed Assets

	2023
	£
Office Equipment Cost	1540
Depreciation charge for year	88
Fixtures and Fittings	1387
Depreciation charge for year	93
Net Book Value	2746

6. Creditors: Amount falling due within one year

Rental accrual	5614
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Independent examiner's report to the trustees of Sophie's Legacy.

I report on the accounts of the Trust for the year ended 31st March 2023, which are set out on pages 40-41..

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. It is my responsibility to:

- Examine the accounts under section 145 of the 2011 Act
- Follow the procedures laid down in the general Directions given by the commission under section 145(5) (b) of the 2011 Act
- State whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

The charity's gross income did not exceed £250,000. The examiner is a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered and certified Accountants in England and Wales (ACCA), which is one of the listed bodies. In connection with my examination, no matter has come to my attention: (1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met or (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

Name: Maria Ettridge

Relevant professional qualification or body: FCCA

Address: The Adelphi 1-11 John Adam Street, London WC2N 6AU

Date: 13th November 2023





Sophieslegacy.co.uk



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