

**Sophie's**  
LEGACY



CREATING CHANGE ♥



LOOK FOR  
RAINBOWS!



# Sophie's Legacy Annual Report

01 April 2023 - 31 March 2024

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,*

*I can hardly believe another year has passed and I'm writing the report about our achievements. We managed to accomplish so much last year that summarising it all is always a challenge.*

*Over the past year, we've worked tirelessly on fulfilling Sophie's wishes and have made significant progress. Despite numerous setbacks, my sheer grit and determination to never give up have kept us going. Sophie taught me so much about perseverance, and she remains my driving force.*

*One of the highlights has been establishing the Children and Young People's Cancer Taskforce. Witnessing various professionals in the field of children's cancer come together was truly amazing. I often found myself marveling at how one girl's wish could bring about such a collaboration. The taskforce will continue this year to implement the plans we've agreed on, which will hopefully lead to significant improvements in outcomes for children and young people with cancer. When I met with my MP, Caroline Dinenage, just ten days after Sophie passed, I never imagined we could achieve what we have.*

*Another major milestone has been the progress in feeding parents in hospitals. I spoke at the National Hospital Association in Birmingham last April, and since then, the initiative has gained remarkable traction.*



*Hospitals began feeding parents after hearing Sophie's story, leading to a national pilot project in nine major children's hospitals. Seeing hospitals like Alder Hey, Sheffield, and Great Ormond Street continue feeding parents a year after the project started makes me incredibly proud. These changes came about because Sophie recognised the need for them, and it's truly remarkable to see the impact both locally and nationally.*

*Locally, we have continued to support thousands of families in 11 hospitals. Through freedom of information requests, we know we've supported over 60,000 families, which is astounding. From those in A&E to neonatal wards and children's wards, we assist every baby, child, and teenager, no matter the reason for their hospital visit.*

*Our incredible team of volunteers makes all of this possible. From those leading efforts at each hospital, to those packing crates, driving the van with supplies, and delivering pizzas each week, we have numerous ways for people to volunteer. We cannot run this charity without them, so I want to thank every single person who has dedicated their time to supporting families in hospitals.*

*We now employ six people (four full-time equivalents) who help with the charity's day-to-day operations. The team works incredibly hard, putting up with my ideas and engaging in creative social media efforts. I'm fortunate to have such a brilliant team of staff and volunteers, all driven by the same goal of achieving Sophie's wishes.*

*I am deeply grateful to everyone who has raised money, donated items, spread awareness, or supported our charity in any way. When I started this charity, I never imagined it would grow so much in such a short time. As long as people continue to support us, we can keep making a difference for families in hospital with their children. Thank you to everyone for your support.*

*Here's to another year—I'm excited to see what it brings.*

*Charlotte*

*Charlotte Fairall  
Sophie's Mum*

# Update on the Legacy



Feeding parents of children in hospitals was a priority for Sophie, who could never understand why parents were not provided a meal when staying with their child. Throughout her treatment across three hospitals, we found the same issue in each, which is common across the country.

According to our research, only 30% of hospitals in the country feed the parent that stays. Often, children like Sophie don't want their parents to leave their bedside, which results in them not being able to eat. Stories of parents not eating for five days, being unable to afford to eat, or not being able to leave their child to eat drive us to fill these gaps. Eating a balanced diet will help give parents the stamina to deal with the stress of having a sick child in the hospital.

Sophie's Legacy charity has been providing snack and toiletry boxes to 17 children's wards in Portsmouth and Southampton hospitals weekly since January 2022. We want to ensure parents have access to food on the ward 24 hours a day, seven days a week. The feedback has been extremely positive, with parents often saying without the food we provide, they wouldn't have eaten. We will continue to provide these until they are not needed. We now also have the same boxes in hospitals in Chichester, Guildford, Basingstoke, Winchester, Isle of Wight, Poole, Dorchester and Salisbury, covering the children's wards and Neonatal Intensive Care Units (NICU).

We have been working with Phil Shelley (NHS Food Review), Ruth May (Chief Nursing Officer for NHS England), and Kate Pye (Deputy Chief Nursing Officer for NHS England), along with staff in various hospitals across the country. One of their research findings is that the cost for one parent to eat in a hospital is around £15-£18 a day. Given the current financial challenges, this means some parents will not be able to afford to eat.

Sophie's story was presented to the NHS board in February 2022, and we received a letter stating their commitment to trying to achieve Sophie's wishes. I shared Sophie's story with the Southampton Hospitals Trust Board in September 2022, which initiated a £4 parent meal voucher per day at the hospital.

Sophie's story has been shared with many hospitals across the country with the aim to implement her wish of parents being fed. Locally, in Hampshire, we have purchased freezers for parents' rooms and filled them with meals from COOK. We wanted to provide parents with nutritious food. We are grateful to COOK for choosing us locally to provide 30 meals a week for free for the last two years.

In addition to snack boxes and frozen meals, we also provide pizza nights to children's wards. This scheme initially began at QA Hospital, Portsmouth, in May 2022 every Saturday evening and now extends to Guildford, Chichester, Royal Marsden, Poole, and Isle of Wight.

In March 2023, an eight-week trial began of feeding the parent that stays overnight with their child at Alder Hey, Birmingham, Bristol, Great Ormond Street, Leeds, Manchester, Newcastle, Sheffield, and Southampton children's hospitals. This trial was funded by Child Alliance but named "Sophie's Legacy Pilots." This has been a huge achievement so far. A number of the hospitals, such as Alder Hey, Sheffield, and Great Ormond Street, are still feeding parents a year on.

Sophie's Legacy recognised the need to support smaller hospitals with one or two children's wards to feed parents. In March 2024, hospitals were invited to apply for funding from Sophie's Legacy. We received many applications and selected 15 hospitals around the country to receive £5,000 each. The project started in June 2024 and ran for around eight weeks. Each hospital had to demonstrate how they would sustain the project after the funding ended. The goal is for all hospitals to adopt this as best practice and continue to feed parents long term.

Sophie's wish for parents to be fed is spreading nationwide. Hospitals like Medway and Hull have implemented feeding parents inspired by her story. This is truly amazing and is a movement that will continue to grow.



Sophie was dedicated to improving hospital food for children. She described it as "disgusting," which was significant coming from a child who loved food.

During her treatment, we found that hospital food wasn't child-friendly or served at times when Sophie wanted to eat. Chemotherapy often made her nauseous, and meals would arrive when she was feeling ill. When she felt like eating, typically late at night, the kitchen was closed. This led to Sophie refusing hospital food and only eating after being discharged.

Our research at Portsmouth hospital revealed that the food was prepared by a caterer in Wales and simply reheated before serving. Even the chips were microwaved.



We are working with the Chief Nursing Officer, her NHS team, and Phil Shelley from the NHS Food Review to implement changes. Hospital food should be nutritious, made with high-quality ingredients, and freshly cooked.

Changing the quality and standard of NHS food is a significant challenge. We want to expand the range and options of food for children so they can enjoy meals while in the hospital.

In April 2023, I spoke about Sophie's experience at the National Catering Conference in Birmingham, attended by representatives from hospitals across the UK.

In May 2023, I met with Nick Vadis from NHS Food Supply to discuss improving children's food. He suggested creating a cookbook. A year later in May 2024, a children's cookbook produced by NHS Food Supply Chain and Foodbuy UK was published. This is the first cookbook for NHS chefs, focusing on children's food. Sophie's Legacy charity chose two recipes to have the logo on: a pancake dish and a Mexican dish, both of Sophie's favourites. The book, titled "More Please," also emphasises the need to feed parents. It is a valuable tool for NHS chefs and will be distributed to all hospitals with on-site chefs.



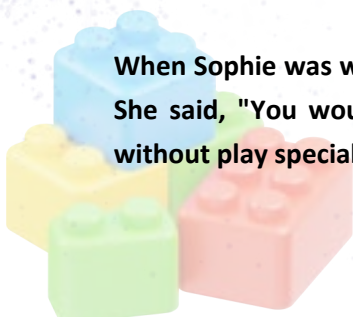
During Sophie's frequent hospital stays, we realised the vital role play specialists play on children's hospital wards.

For Sophie, the play specialist was the best part of going to Southampton General Hospital for chemotherapy. Besides providing light relief through play and crafts, they offered emotional support and distraction during procedures. Play specialists help children feel like kids in a place that can be frightening, traumatic, and socially isolating.

However, we discovered that play specialists often worked only Monday to Friday, 9 am to 5 pm, with no provision for weekends. Sophie would say, "I'm still here. Are they saying I can only play Monday to Friday?"

Additionally, if a play specialist was off sick or on holiday, they were not replaced.

When Sophie was writing her bucket list, she wished for play specialists in hospitals seven days a week. She said, "You wouldn't run a ward without nurses; I don't think you should run a children's ward without play specialists."



After Sophie's death, we have been exploring how to fulfil her wish. The challenges are significant. There are only 680 play specialists registered on the public register which covers hospitals, hospices etc. There are only a few institutions where one can train to become a play specialist, including Cardiff & Vale College, Leeds City College, Nescot, North Warwickshire College, and Solent University. The courses are either a two-year foundation degree or an apprenticeship.

There is little awareness of the role of play specialists within hospitals, and we aim to change that. We need more colleges and universities to offer courses for training play specialists. We also want hospitals to place greater importance on the role of play for children.

We have been working with NHS England and the Starlight charity to implement changes. I shared Sophie's story in June 2022 at the National Association of Hospital Play Specialists conference in London and at the Play Research Centre at the University of Cambridge in March 2023.

In June 2022, NHS England announced a new joint task force co-chaired with Starlight. The task force included the Royal College of Nursing, the Royal College of Paediatrics and Child Health, Sophie's Legacy, the Care Quality Commission, the Society of Health Play Specialists, and over 60 individual health professionals. Children and young people were represented via NHS England's CYP Transformation Board and a survey by the Heads of Patient Experience (HOPE) Network. The task force has completed its work, producing:

- New national guidance for commissioners and health service leaders on the purpose, design, and composition of health play teams.
- New national standards for service providers.

These documents are currently being evaluated before publication by NHS England.

In February 2023, we funded an art practitioner, Hayley, to work one day a week in Portsmouth Hospital. Hayley provides therapeutic art sessions for children in the hospital, something Sophie would have loved. In 2024, Hayley began working with children referred by Portsmouth community nurses who needed support as long-term patients. Hayley can see children at home, school, or hospital, ensuring they receive therapy wherever they are. This art therapy is proving extremely successful, and Hayley currently has a waiting list due to high demand.

Sophie's Legacy provides play, crafts, and games to all the hospitals we support. We supply these resources year-round because play teams often lack budgets for such items. We also purchased a portable play trolley for the Southampton Paediatric High Dependency Unit, costing £4,800, which has been greatly needed.







It is so hard to ever explain truly how horrific it is to see the impact chemotherapy and radiotherapy has on your child. The treatment is designed for adults but given to children. This is why, in many cases, if children do survive, they are often left with lifelong issues as a result of their treatment. This should not be deemed a success or cure!

Had Sophie survived, we knew the long term side effects would have been extensive. She had radiotherapy to her entire abdomen, and this did extensive damage to organs which were healthy prior to her treatment.

The reason why there has been no advances to treatment for cancers like Sophie's is primarily due to funding, or the lack of it! There are not enough researchers or scientists taking an interest in childhood cancer – the majority tend to go into adults' cancer. Childhood cancer research needs to be prioritised and incentives for new treatments increased.

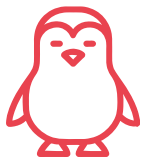
Unlike many adult cancers, children do not typically develop cancer because of lifestyle or environmental factors yet, this area still receives the least amount of funding and research.

I met with our MP Caroline Dinenage ten days after Sophie died and begged her to help us to change things. She has been committed to pushing through our wishes ever since.

In April 2022, Sophie's Legacy managed to secure the first ever debate in the House of Commons on 26th April 2022 thanks to Caroline's efforts. It received cross party support with 22 MPs sharing stories of their constituents whose children were either in remission or sadly died from cancer.

In April 2024, after two years of relentless campaigning by Charlotte and MP Dame Caroline Dinenage, the UK government announced the establishment of the Children and Young People Cancer Taskforce. The force unites experts in the field of paediatric cancer including scientists, researchers, philanthropists, oncologists, parents, and childhood cancer survivors with the common goal of saving lives and reducing the long-term impact of cancer. The Children and Young People's Cancer Plan will encompass research, prompt diagnosis, world-class treatment, quality survivorship, and excellent patient experience.

Our children deserve so much more, more research, more funding, and a chance at being cured without lifelong problems



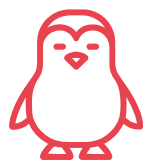
## Sophie's Saturday Suppers

We have provided in excess of 4500 pizza's to SIX hospitals - Portsmouth, Guildford, Chichester, Royal Marsden, Isle of Wight, Poole, for families to share on a Saturday evening, at a cost of £34,279



## Emergency Clothing

We have provided clothing for both adults and children following emergency admission to hospital, at a cost of £3,740.27



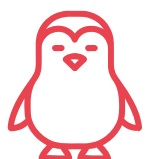
## Art Therapist

We take referrals from the community nursing team for children in the community who have long term health issues and in need of some therapeutic support. We can see them in their home, school or in hospital when they get admitted. We spent £7,700 on art therapy.



## Vouchers

We provide approximately £900 per week in vouchers to enable parents to buy meals from cafes and supermarkets, including Costa and M&S.

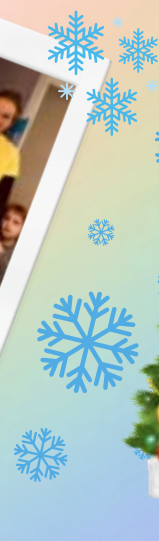






# Celebrations

We've spent over £11,000 supporting numerous special occasions including, Christmas, Easter, Halloween, Birthdays, and the Coronation.



# In other news.....



Between 19 and 21 April 2023, Charlotte was in Birmingham, for the National Hospital Catering Conference, where she had the honour of being one of the keynote speakers alongside Kate Pye, Deputy Director for Children and Young People at the NHS.

Charlotte discussed the importance of feeding parents in hospitals and the ongoing trials of Sophie's Legacy in nine major children's hospitals. The feedback was overwhelmingly positive, with Heads of Hospital Catering expressing their intention to implement these changes and to engage in higher-level discussions with key stakeholders.

Charlotte was also delighted to meet esteemed chef Prue Leith and Dr Rupj Aujla, author of The Doctor's Kitchen, both of whom expressed an interest in learning more about the work of Sophie's Legacy.

Following the conference Charlotte expressed her optimism that this initiative would lead to parents being fed in hospitals .

In April 2023, we were thrilled to announce that one of our dedicated volunteers, Jill Durnell, had been selected as one of the 500 official Coronation Champions. Nominated by her friend for her exceptional voluntary work with Sophie's Legacy, Jill received an official Coronation Champions pin badge, a signed certificate from Their Majesties, and an invitation to a Coronation celebration, such as the Windsor Castle Coronation Concert or a Coronation Garden Party. The Coronation Champions Awards, launched by the Royal Voluntary Service, celebrated the extraordinary contributions of volunteers across the UK.

Our volunteers are essential to our charity, and we remain deeply grateful to everyone who generously gives their time to support us.







On 01 May 2023, Charlotte received an exclusive invitation to 10 Downing Street for lunch, marking an extraordinary occasion. The invitation, extended to celebrate the Coronation, allowed her to bring one guest, and she chose Lucy (Sophie's sister) to accompany her. Charlotte's invitation was a result of her earlier recognition with the Points of Light award, a prestigious acknowledgment for her significant contributions to the community through volunteering.

Since March of the previous year, Charlotte had dedicated herself full-time to running Sophie's Legacy without remuneration. Then Chancellor, Rishi Sunak extended the invitation to those honored with the Points of Light award from across the country.

During the event, Charlotte and Lucy had the opportunity to interact not only with Rishi and his family but also with First Lady Jill Biden, who engaged them in a meaningful conversation, particularly about her personal experience with cancer, having lost her son to the disease. It was remarkable that Rishi and his wife were already familiar with Sophie's Legacy.



## ***Sophie's Legacy and NHS Partnership Ensures Parents Can Eat Alongside Children***



On 18 June 2023, as part of Sophie's Legacy's ongoing commitment to ensuring the well-being of parents during hospital stays with their children, Charlotte met with Mr. Robert Strachan, the Head of Catering for North Hampshire Hospitals. During this session, Charlotte was able to talk about, not only her own personal experience but also those of other families. And guess what? Mr Strachan listened!

Following the meeting significant changes were made at hospitals in Basingstoke and Winchester, both in terms of the quality of the menus, and to allow parents to order three meals a day, alongside their child. Charlotte said, *'Rob and his team have overhauled the menus. They have put so much time and effort into this and it will have a big impact for patients and families in hospital.'*



# 7 Days a week

On June 22, 2023, Charlotte represented Sophie's Legacy at the final meeting of the Taskforce in Play, held at the Starlight Children's Foundation's office in London. This meeting marked the culmination of an eight-month project inspired by Sophie's wish for a seven-day play service.

The meeting, chaired by NHS England and the Starlight Children's Foundation, included representatives from the National Association of Health Play Specialists (NAHPS), Healthcare Play Specialist Education Trust (HPSET), the Royal College of Nursing, health play specialists, and Charlotte representing Sophie's Legacy. The collaboration of these key stakeholders is set to bring significant changes to play provision for children in hospitals across the country. Achievements included setting standards and guidance, defining job descriptions, and outlining the training required to become a health play specialist all accomplished within just eight months.



On June 23, 2023, Charlotte attended the Annual Conference for NAHPS, where the taskforce shared a summary of their accomplishments. As a speaker at the conference, Charlotte presented Sophie's Legacy's mission and vision, emphasizing the collective responsibility to ensure children have the opportunity to play in hospitals. She also highlighted the positive impact of play in reducing trauma for children undergoing medical procedures or interventions.





**Years Old**

On 12 August 2023, Sophie would have turned 12 years old. To celebrate, not only did we deliver 222 pizzas to 10 hospitals, but we also set up our stall in Whitely shopping centre to raise money through selling sweets and collecting food donations. Sophie loved her food and so this seemed a fitting way to remember her



# Childhood Cancer Mission



In September 2023, during Childhood Cancer Awareness Month, our efforts to advocate for a Children and Young People's Cancer Mission reached a significant milestone. After two years of dedicated campaigning, involving two Health Secretaries, three health ministers, and countless meetings with scientists, oncologists, charities, and families, our local MP, Dame Caroline Dinenage, brought the issue to the forefront once again by raising the question during Prime Minister's Questions on 06 September 2023. We are determined to enact changes so that children like Sophie are diagnosed more quickly and treated with drugs that will save their lives without causing long-term side effects in remission.

On 08 September 2023, Charlotte and Dame Caroline Dinenage, were invited onto GB News where they were able to discuss Sophie's story and the ongoing campaign for the implementation of a Children and Young Persons Cancer Mission.







On 28 September 2024, Charlotte once again found herself gracing the historic halls of 10 Downing Street, the official residence of the Prime Minister of the United Kingdom. This prestigious invitation was extended to honour Sophie's Legacy and its unwavering commitment to making a difference in the lives of families affected by childhood cancer. As the clinking of teacups and the aroma of freshly brewed coffee filled the air, Charlotte joined a star-studded event in support of Macmillan Coffee Morning.



Play Specialists work directly with children in hospitals, hospices, and other health settings. They empower children to understand their illnesses, develop coping techniques, and provide distraction during procedures, all while supporting their mental health during treatment.

09 October sees the beginning of Play in Hospital week and in recognition of this, Sophie's Legacy delivered play items to some of the hospitals we cover.



# Meet Hamilton



However, we're delighted to introduce a game-changing addition to our team - our new van, Hamilton, named in honor of Sophie's cherished hamster, and possible sue to the generosity of C & L Management and Beveridge Flooring Ltd whose invaluable contributions made this possible.

Since achieving registered charity status in May 2022, Sophie's Legacy has experienced remarkable growth beyond our wildest expectations. We are now providing crucial support to families in ten hospitals across the southern region of England. As our reach has expanded, we've encountered challenges in efficiently transporting the necessary items for our families and the growing equipment demands for our events.

Hamilton ensures we can meet the escalating demand for our services, providing a dedicated and spacious transport solution for all our essential supplies.

## Sophie's Legacy leads to groundbreaking childhood cancer task force



After two and a half years of relentless campaigning by Charlotte Fairall, CEO of charity Sophie's Legacy, and MP Dame Caroline Dinenage, , on 06 February 2024, the UK government has announced the establishment of the Children and Young People Cancer Task force. The taskforce will include scientists, researchers, oncologists, parents, and childhood cancer survivors. Their goal was to create a Children and Young People's Cancer Plan, encompassing research, prompt diagnosis, world-class treatment, quality survivorship, and excellent patient experience.



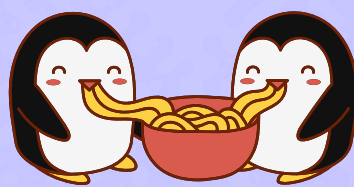
On 15 February 2024, Charlotte and Dame Caroline Dinenage were invited to GB News to discuss the Children and Young People Cancer Taskforce.....



On 07 March 2024, Charlotte featured on BBC News' breakfast programme to discuss the Children and Young People's Cancer Task Force and why it is so important.



On March 25, 2024, Charlotte was invited to represent Sophie's Legacy at the Hotel, Restaurant, and Catering Conference at the Excel Centre in London. The event featured the launch of the NHS book, 'The Healthcare Chefs Knowledge,' which includes 100 delicious recipes and articles from various NHS contributors. One article highlights Sophie's wish for improvements to children's food and for parents to be fed in hospitals. Charlotte was invited to speak at the conference and shared the impactful work being done to drive change in hospitals nationwide. This event provided a valuable opportunity to raise awareness about Sophie's wishes and emphasised the importance of collaborative efforts in achieving these goals.





# We've expanded

*We ♥ our  
Volunteers*



**40 Regular Volunteers**  
**70 Ad hoc Volunteers**



**6 staff members**



**8 Trustees**



# Fundraising Highlights.....

Our fundraising year gets off with a bang!!



April 2023 got off to a busy start with two fundraising events held over the first weekend. Despite poor weather conditions and injuries, 01 April 2023 saw six individuals from Wow Now completed a 60k cycle ride, whilst on 02 April 2023 sixty runners turned out, in their Sophie's Legacy tops, to run various distances from 5k to marathon, all to raise funds for Sophie's legacy. A fantastic weekend was had by all and in excess of £20,000 raised for this amazing cause.

+£20,000

## London Marathon 2023

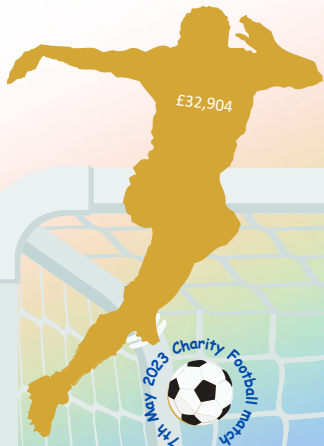
£3635



Congratulations to the three runners who completed the April 2023 London Marathon, in support of Sophie's Legacy. Running a marathon requires extensive training, dedication, and commitment, making it particularly meaningful when individuals choose to raise money for our charity. The runners who accomplished this remarkable feat today are Leah Mansbridge (Sophie's cousin), Silvie Cousins, and Aaron Gallimore.



# Fundraising Highlights.....



## Sophie's Allstars vs Pompey Legends



On 07 May 2023, Sophie's Charity Football match took place, drawing a crowd of approximately 2600 attendees: an exceptional turnout.

The children's match featured Sophie's Allstars kids team securing a 2-1 victory over the Pompey kids team, despite Sophie's team being comprised of half girls against an all-boys Pompey team. In the subsequent adult match between Sophie's Allstars and the Pompey Charity squad, Sophie's team took an early lead but ultimately suffered an 8-2 defeat, as ex-professionals demonstrated their skill and experience on the field.

The event demanded meticulous planning and execution, relying on the efforts of approximately forty dedicated volunteers who contributed across various roles throughout the day. The invaluable support of local businesses, offering last-minute provisions, entertainment for children, and photography services, alongside the dedication of players, staff, and mascots, was pivotal in the event's success. With an impressive fundraising total of around £28,000, this substantial amount significantly enhances Sophie's Legacy's capacity to support more families in hospitals, underscoring the impact of such collective efforts.



## Quiz nights at the Churchillian

£1724





100 MILES  
24Hrs

On June 10, 2023, Paula Williams, one of our team members, embarked on an extraordinary challenge to support Sophie's Legacy. Paula undertook the incredible feat of running 100 miles, with over 12,000 feet of elevation, in 24 hours to raise funds for this important cause.

Sophie's Legacy holds a special place in Paula's heart. Having known Sophie personally, Paula was inspired by the strength and resilience Sophie demonstrated throughout her journey. Motivated by this, Paula committed to this epic challenge to make a positive impact in Sophie's memory.



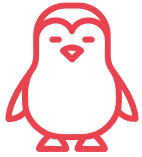
## *Sophie's Ball*

After months of meticulous planning and dedicated hard work, the highly-anticipated Sophie's Legacy Black and Gold Ball finally took place on 22 September 2023. It was a night filled with delightful cuisine, great music, and dancing, all in the company of fantastic people. We are elated to share that the event not only raised over £30,000 but also secured essential sponsorship for our much-needed Sophie's Legacy van.





# What have we achieved?



## Sophies Snack Boxes

We provided snack boxes containing food, drinks and toiletries, for parents across 11 hospitals amounting to 32 wards including neonatal, intensive care, Special Care Baby Unit, children's wards and A&E. All at a cost of £45,134



## Parent Packs

We have provided in excess of 700 parent packs, containing the essentials that a parent might need, including phone charger, notepad, pen, snack and drink, All at a cost of £5,174.



## Referrals

We receive referrals from professionals for families in hospital who need additional help. The highest reason for referring a family is to fund transport costs. Many parents do not have the financial means to afford the travel to and from hospital. We also fund emergency accommodation, support families whose children are terminal and many other things. The total spent for referrals was £59,534.

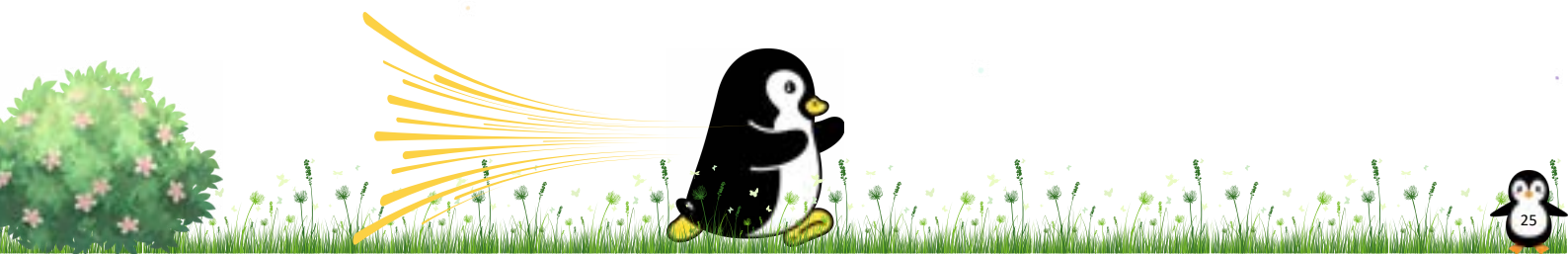




## 7 Marathons, 7 Days



Jon already holds the Guinness World record for the fastest person to run a marathon in Crocs! He set a new challenge to raise money for Sophie's Legacy by running 7 marathons in 7 consecutive days in his bright yellow crocs! Jon started his challenge on 02 October 2023.





15 October 2023

£10,530.47

great south  
run



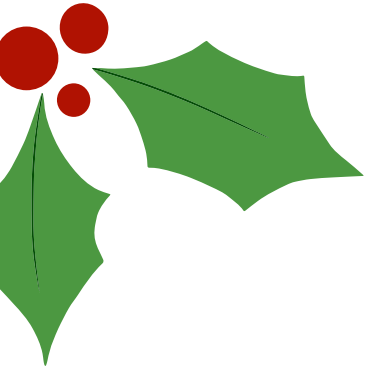
## Sophie's 10K

On 28 October 2023, Sophie's Halloween 10k run took place and the event was nothing short of spectacular, despite the challenging weather conditions, and included participants from across the UK, including as far north as Orkney!!

£20,585







29 September 2023



On 29 September 2023, for the second year running, Richard Kitchen from Stubbington, sat in his car for 24 hours, livestreaming to the world. In 2022 Richard raised £8,000 for Sophie's Legacy but this year almost doubled the amount by raising a whopping £15,127! And all because he was so impacted by Sophie's story and wanted to help us make a difference.



£30,726.63



£326,077.89

TOTAL CASH

DONATION



# The Impact

## Seraphina's Story

In the blink of an eye, a routine day can take an unexpected turn, potentially leading to a sudden hospital visit with little more than what you're wearing. Perhaps it's a trip to the GP that swiftly escalates, or a day out with your child that turns into an emergency. Unfortunately, many families find themselves in these daunting situations without the means to prepare themselves for a hospital stay. This is where our vital support becomes indispensable.

From essential toiletries to clothing such as food, pyjamas and underwear, Sophie's Legacy ensures that families have the necessities they need. We even cover the cost of parking for those who can't afford it and offer vouchers for meals from nearby establishments. Our goal is clear: to ease the stresses and anxieties that accompany a hospital visit, allowing parents to focus on caring for their child without distraction. Since our inception, we have supported thousands of families during their hospital stays.



Take five-month-old Seraphina who was admitted to Queen Alexandra Hospital, Portsmouth, with breathing difficulties. Seraphina's mum, Heidi, describes how she felt in that moment, *'Going into hospital as an emergency on that Sunday evening was so frightening, highly stressful and very emotional. While running around the house at the last minute, grabbing all of the essential items for her, I managed to scramble up some basic items for me that were near.'*

*In the stress of the situation, Heidi misplaced her bag. When about to get into bed fully dressed, one of the nurses handed Heidi one of Sophie's Legacy's parent packs and some pyjamas. Heidi states that, 'When it's you and you're desperately going through something, it's the most grateful feeling to receive. In those moments, I can't say how grateful I was.....I felt stronger and that I wasn't alone'.*





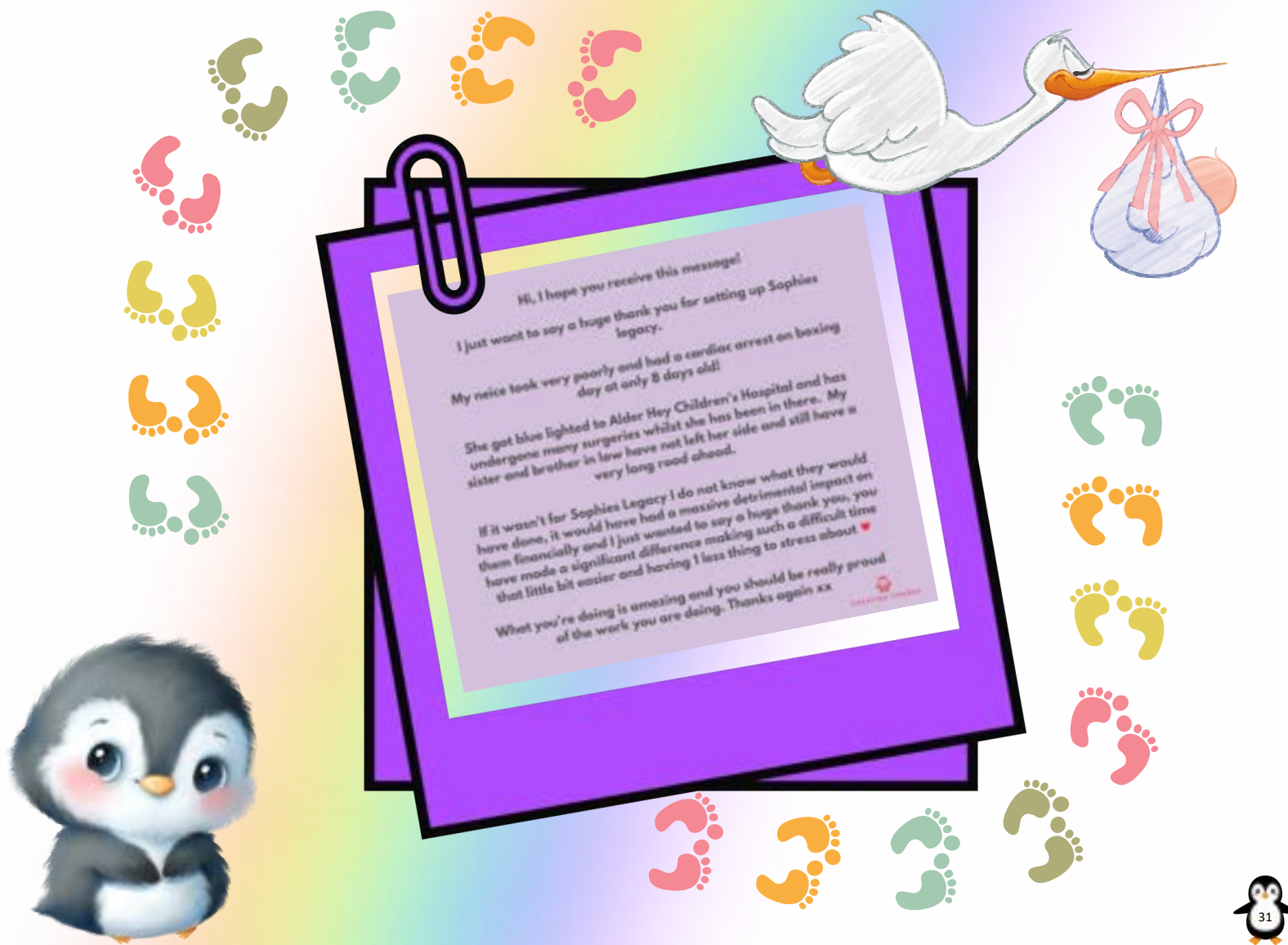
Heidi was also able to access much-needed food provided by Sophie's Legacy and highlighted the difficult task of trying to balance care for both the child and parent in hospital as well as those children left at home, 'The food for parents was a lifeline. Robin stacked me up with as many snacks and things as possible; I was lucky and didn't need to take what I didn't need. However, juggling the other little ones it was hard for him to get to me. On these occasions, I was more than grateful I could eat and stay with Seraphina. Being fed made all the difference. And knowing other parents were being fed nutritious lovely food was heartwarming to know. Hearing Sophie's Legacy trolley with lovely volunteers coming by felt reassuring and comforting, lovely to see their smiling faces.'



Thankfully Seraphina has recovered and is safely back at home with her family. But, stories such as hers are why we do what we do. What is clear though, is that we couldn't continue to do this without all of you who contribute to Sophie's Legacy, whether through fundraising, volunteering, or spreading awareness of our cause and for that we are incredibly grateful.











## Sophie's LEGACY

I'd just like to take this opportunity to thank you and the team at Sophie's legacy for supporting us here on McElwain Ward.

Your kindness and generosity has made a huge difference to our families here. By improving our food provisions, we have seen the positive impact that this has had on the unit and making this tough journey for a families that little bit more bearable.

We have had nothing but compliments and thanks from grateful parents and careers.

The team here at the Marsden are forever grateful for your support.

THANK YOU - YOU ARE ALL AMAZING!



Creating Change ♥

Back in February this year Rosie had a bit of a cold and an itchy eye (turns out this was Strep A) but nothing we were overly worried about. The next day we had the awful news that her Dad has gastric cancer so lots of tears and crying. By that night Rosie's eyelid started swelling so we called 111 and we're put on callback. Still no call Saturday morning so we called back and told to keep waiting. Swelling still getting worse so we went to A&E and rushed straight through and given oral antibiotics and sent home.

A few hours later it was much worse so back to A&E. In the end she had a CT scan, IV antibiotics, ENT and eye Doctors saw her. When they saw her CT results it turns out that her blocked sinus had burst into her eye socket and was pushing her eye forward and pulling on the optic nerve and she was also septic from the infection. So...quickly into an op to drain it and reduce swelling. All this resulted in a weeks hospital stay during which time her Dad couldn't visit much as he was feeling so unwell and risk of infections to him as well as looking after our other daughter at home.

I didn't want to leave Rosie for a second and finding all the Sophie's legacy food in the kitchen available in the kitchen was an absolute God-send! I have stayed in hospital many years before with my other daughter and the food situation was so difficult I think the change you have made is absolutely wonderful and just makes such a difference at a time that is hard enough all ready.

Rosie has made a wonderful recovery and her dad has just finished chemo and we've managed a holiday just before his big operation in a weeks time. Pic of Rosie on hols at the end.

Well done for all your hard work, Sophie is creating an almighty legacy.



CREATING CHANGE





**Sophie's**  
LEGACY



CREATING CHANGE ♥

LOOK FOR  
RAINBOWS!



# Report and Financial Statements

01 April 2023 - 31 March 2024

Registered Charity Number: 1198979

# Sophie's Legacy

## Report of the Trustees for the year ended 31 March 2024

The Board of Trustees presents its report and financial statements, examined by an independent examiner, for the year ended 31 March 2024.

### 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

Andrew Martin Vaughan

Maria Edwards

Karen Kirkpatrick

Andrew Saunders

Edward Butler

Fred Birkett

Sara Bryant

### 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 is our second Annual Report which will review our aims, objectives and activities throughout our second year. This review looks at what we achieved between 01 April 2023 and 31 March 2024, 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 second year as a Registered Charity, we have focused on the following:

- a. **Securing the foundations.**

Sophie's Legacy continues to 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 campaigned 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. This came to fruition in February 2024, when the UK Government announced the establishment of the Children and Young People's Cancer Task Force chaired by Dame Caroline Dinenage. The goal is to create a Children and Young People's Cancer Plan, encompassing research, prompt diagnosis, world-class treatment, quality survivorship, and excellent patient experience. Work continues in this area.
  
- 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.

In May 2023, as part of Sophie's Legacy's ongoing commitment to ensuring the well-being of parents during hospital stays with their children, Charlotte met with Mr. Robert Strachan, the Head of Catering for North Hampshire Hospitals. Following the meeting significant changes were made at hospitals in Basingstoke and Winchester, both in terms of the quality of the menus, and to allow parents to order three meals a day, alongside their child. Sophie's Legacy continues to campaign for change in this area.

- 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, 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 shared with the NHS to further enhance hospital parental care. Following this success, in 2024, Sophie's Legacy

has partnered with the NHS to support hospitals across the UK in piloting programs that provide meals for parents staying with their hospitalised children. We have pledged £75,000 towards these initiatives, allocating £5,000 per hospital. The program aims to establish the infrastructure, demonstrate the need and impact, and build a case for ongoing funding across the NHS. Sophie's Legacy continues to campaign for change in this area.

- iv) We continue to campaign to raise awareness of the importance of the role of the play specialist within children's wards and on 22 June 2023, Sophie's Legacy was represented at the final meeting of the taskforce held at Starlight's office in London. This meeting marked the culmination of an eight-month project inspired by Sophie's wish for a seven-day play service.

The meeting, chaired by NHS England and the Starlight Children's charity, included representatives from National Association of Health Play Specialists (NAHPS), Healthcare Play Specialist Education Trust (HPSET), the Royal College of Nursing, health play specialists, and Sophie's Legacy. The collaboration of these key stakeholders is set to bring significant changes to play provision for children in hospitals across the country. Achievements include setting standards and guidance, defining job descriptions, and outlining the training required to become a health play specialist—all accomplished within just eight months. The next steps involve sending out the guidance and standards for consultation in July, with the executive board of the taskforce scheduled to meet again in September/October 2023 to finalise the documents. The document will be published by NHS England in autumn of 2024 and sent out to all hospitals in the country.

On June 23, 2023, the Annual Conference for NAHPS, took place and the taskforce shared a summary of their accomplishments. As a speaker at the conference, Sophie's Legacy's CEO, Ms Charlotte Fairall, presented Sophie's Legacy's mission and vision, emphasising the collective responsibility to ensure children have the opportunity to play in hospitals. She also highlighted the positive impact of play in reducing trauma for children undergoing medical procedures or interventions. Sophie's Legacy continues 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 endeavors 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 £507,901.

### **Public Benefit**

When reviewing our aims and objectives and in planning future activities, the trustees have referred to the Charity Commission's 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**

Over the past year, through the dedication and support of its trustees, volunteers, and supporters, Sophie's Legacy has managed to generate an impressive £507, 901



## Principal Funding Sources

The funding sources for Sophie's Legacy are from fundraising events, and individual and corporate donations. Of these funds £80,046 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 trustees are confident that the level should be set at 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.

## **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 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 2023 – 31 March 2024 Sophie's Legacy employed six paid members of staff. The six members of staff make up four full time positions.

## **Volunteers**

Sophie's Legacy is fortunate to have a dedicated group of forty 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. £811.87 in expenses were reclaimed from the charity over the year.



# 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 2023 - 31 March 2024

(including Income & Expenditure Account)

				Sophie’s Legacy			
	Statement of Financial Activities for the year ended 31st March 2024						
				Charity Number 1198979			
						Unrestricted	Restricted
						Funds	Funds
					Notes	£	£
							2024
						£	£
<b>Income and Expenditure</b>							
Incoming resources					2		
	Voluntary income					295,368	61,046
	Events					111,880	0
	Merchandise sales					17,113	0
	Grants					1,950	19,000
	Investment Income					1,544	0
	Total Incoming Resources					427,855	80,046
<b>Resources Expended</b>							
Costs of generating funds					3		
	Fundraising costs					61,884	0
Charitable expenditure							
	Charitable activities					152,796	75,064
	Governance costs				4	41,474	
	Total Resources Expended					256,154	75,064
<b>Net expenditure/(income) for the year</b>						171,701	4,982
Funds as at 1st April 2023						141,909	3,750
Balances as at 31st March 2024						313,610	8,732
	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 2024

Sophie's Legacy						
Balance Sheet for the year ended 31st March 2024						
Charity Number 1198979						
					2024	
				Notes	£	£
<b>Fixed Assets</b>						
Tangible fixed assets				5		18,832
<b>Current Assets</b>						
Stock					15,672	
Debtors					14,076	
Cash and Bank					318,200	
					347,947	
<b>Creditors</b>						
Amounts falling due within one year				6	44,437	
<b>NET CURRENT ASSETS</b>						303,510
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>						<b>322,342</b>
<b>FUNDS</b>						
Unrestricted Funds					244,335	
Designated Funds					69,275	
Restricted Funds					8,732	
						322,342

For the year ending 31st March 2024 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 05.06.2024 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 2024

## 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.

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.

Designated funds which the Trustees have set aside to meet the Reserve Policy.

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.

<b>2. Income Resources</b>					
					2024
					£
	Donations				326,078
	Pizza Night donations				30,727
	Costa voucher donations				150
	Merchandise sales				17,113
	Grants				20,950
	Charity Football Match				32,904
	Events				78,437
	Investment Income				1,544
					507,901

<b>3. Analysis of Resources Expended</b>					
			Direct	Support	Total
			Costs	Costs	2024
			£	£	£
	Fundraising		50,049	11835	61,884
	Snack boxes		17,687	27,447	45,134
	Pizza Nights		33,929	350	34,279
	Parent packs		4,529	646	5,174
	Patient referrals		43,630	15,904	59,534
	Advocacy			17,015	17,015
	Parent Hospital meals		6,927	0	6,927
	Costa vouchers		18,209	0	18,209
	Art Therapy		7,701	0	7,701
	Play Therapy		6,920	0	6,920
	Hospital Ward expenses		15,838	24	15,862
	Special Occasions in Hospital		11,094	13	11,107
			166,462	61,399	227,861
Note:	The above includes staffing and other costs attributable to the charitable activities				



4. Governance Costs					
					Total
					2024
					£
	Premises costs				4,321
	Staff and volunteer costs				23,796
	Office costs				2,179
	Professional fees				7,660
	Depreciation				3,518
					41,474

5. Tangible Fixed Assets					2024
					£
	Office Equipment				
	Cost				1,452
	Additions				998
	Depreciation charge for the year				633
					1,817
	Fixtures and Fittings				
	Cost				1,294
	Additions				606
	Depreciation charge for the year				410
					1,490
	Motor Vehicle				
	Cost				18,000
	Depeciation charge for the year				2,475
					15,525
	<b>Net Book Value</b>				<b>18,832</b>

6. Credit within one year				
				2024
				£
	Creditors			5,769
	Deferred Income			35,510
	Rental accrual			1,133
	Audit accrual			1,000
	HMRC			1,025
				<b>44, 437</b>

Staff Costs				
				2024
				£
	Wages and salaries			77,466
	Pension contribution			866
	The average equivalent of full time employed staff			
	is			4

## 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 2024, which are set out on pages 47 - 53.

### 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 exceed £250,000 but the gross assets were under £3.26 million. 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: Unit 33, New Forest Enterprise Centre, Southampton, SO40 9LA

Date: 27th June 2024



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