

**Sophie's**  
LEGACY



CREATING CHANGE ♥

LOOK FOR  
RAINBOWS!



# Sophie's Legacy Annual Report

01 April 2024 - 31 March 2025

Registered Charity Number: 1198979

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★ Change  
is  
happening! ★



## 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 that Sophie's Legacy is now three years old. What started as a promise to my daughter has grown into a national movement — a charity with heart, determination, and an unwavering focus on making things better for families with children in hospital. Writing this foreword is always a moment of reflection, and once again, I'm amazed at how much we've achieved in just twelve months.

Over the past year, we've continued to honour Sophie's wishes. Her legacy was never just about her story — it was about every family going through the trauma of hospital stays. Sophie taught me resilience, compassion, and above all, the power of never giving up. That same grit has carried me — and this charity — through the ups and downs of the last year.

One of our proudest achievements has been the successful delivery of the second national pilot of our Parent Meal Project, working in partnership with NHS England. This year, 15 hospital trusts from across England participated, trialling ways to feed parents who are staying in hospital with their poorly children. The feedback we received was incredible — parents finally felt seen, valued, and cared for. Something as simple as a hot meal can have a profound impact. We now believe we have gathered enough evidence to push for this to become mandatory policy. Feeding a parent in hospital should never be an afterthought — it should be a basic, essential part of care. When a parent is running on empty, how can we expect them to be strong for their child?

We also faced a significant challenge in September when the newly formed government paused the important children's cancer reform work. It felt like a blow — but one I wasn't willing to accept. I reached out to my local MP, Caroline Dinenage, and together we secured a meeting with the new Health Secretary, Wes Streeting, in November 2024.



I went into that meeting with hope and determination — and after 45 minutes, we came out with a commitment to restart the Children and Young People’s Cancer Taskforce. The first official meeting took place in Westminster this March, and the work is now feeding into the 10-Year Cancer Plan due to be published later this year. I’m incredibly proud of this achievement, and it is a testament to Sophie’s voice still being heard at the highest levels of government.

At a local level, the impact of Sophie’s Legacy continues to grow. We now support families in 12 hospitals, and through Freedom of Information requests, we’ve confirmed that over 60,000 families have benefitted from our support.

Our support is wide-reaching and practical. In the 40 children’s and neonatal wards across our network, we provide:

- Non-perishable food in parent rooms
- Frozen meals from COOK
- Tassimo coffee machines and coffee pods
- Toiletries, clothes, nappies and essentials
- Toys and activities for play teams
- Financial help for travel costs, especially to London for specialist care
- Emotional support, birthday parties, and end-of-life wishes for children and their families

No matter how a child ends up in hospital, from A&E visits to neonatal or children’s wards, we are there for them. That’s what makes Sophie’s Legacy so unique. We are not condition specific.

One of the most impactful developments this year has been the arrival of Gemma, our first Family Support Worker, at Portsmouth Hospital. Families on Starfish, Shipwreck, and CAU wards are now welcomed by a bright yellow t-shirt and an even brighter smile. Gemma provides comfort, connection, and consistency. The feedback has been overwhelming, families feel supported, listened to, and far less alone. It’s now a major priority for us to secure funding for similar roles across other hospitals. We’ve seen the difference it makes, and we want every family to have access to that kind of support.

Behind the scenes, our team continues to grow. We now employ eight fantastic individuals (equivalent to 5 full-time roles) who keep the day-to-day operations of Sophie’s Legacy running. They handle logistics, referrals, events, fundraising, and volunteer coordination. All with a passion for our cause and a belief in what we’re doing. I never take for granted how lucky I am to work alongside such a committed team.



And, of course, I must mention our incredible volunteers, they are the unsung heroes. Packing crates, delivering supplies, driving the van, checking in with hospitals, even delivering pizzas. Sophie's Legacy simply wouldn't function without them. To every volunteer who gives their time, their heart, and their energy, thank you. You are making a real difference.

So many of you reading this have played a part in our journey. Whether you've donated money, sponsored a fundraiser, run a marathon, donated items, or simply shared our posts, you have helped us reach more families and continue Sophie's mission. I never imagined, when I sat with her and promised to make things better, that we would grow into something so impactful. And yet, here we are, three years on, stronger than ever, still pushing for the change Sophie dreamed of.

We have big plans for the year ahead, but for now, I just want to say thank you from the bottom of my heart. Thank you for believing in us, for standing with us, and for helping us make Sophie's wishes a reality.

Here's to the next chapter — and to all the families we'll support along the way.

With love and gratitude,



**Charlotte Fairall**

**Sophie's Mum & Founder, Sophie's Legacy**



# Update on the Legacy



Feeding parents of children in hospital was one of Sophie's top priorities. She never understood why a parent staying with their sick child wasn't also provided a meal. Across the three hospitals where Sophie received treatment, we encountered the same issue—something sadly all too common nationwide.

According to the 2022 survey, only 30% of hospitals in the UK provide meals to the parent staying with their child. Yet many children, like Sophie, don't want their parent to leave their bedside, meaning those parents often go without food. We've heard heartbreaking stories: parents not eating for five days, unable to afford food, or simply unwilling to leave their child to get a meal. It's clear that proper nutrition is essential for parents to cope with the immense physical and emotional strain of having a seriously ill child in hospital.

Since January 2022, Sophie's Legacy has been delivering snack boxes, toiletry packs, and Tassimo coffee machines weekly to 17 children's wards in Portsmouth and Southampton hospitals. Our aim is to ensure that parents have access to food and drink 24/7, seven days a week. The response has been overwhelming, with many parents saying that without our support, they simply wouldn't have eaten. We've now expanded this support to include hospitals in Chichester, Guildford, Basingstoke, Winchester, the Isle of Wight, Poole, Dorchester, Salisbury, and Worthing, covering children's wards and Neonatal Intensive Care Units (NICUs).

## National Conversations and NHS Engagement

In July 2021, while Sophie was still alive, we met with Phil Shelley from the NHS England Food Review. He listened not only to our experiences but also to Sophie's personal views.

In October 2021—just a month after Sophie's passing—Charlotte met with Ruth May, then Chief Nursing Officer for NHS England. Ruth pledged to support making Sophie's wishes a reality. In February 2022, Sophie's story was presented to the NHS England Board. As a result, Kate Pye (then Deputy Chief Nursing Officer), Phil Shelley, and others visited hospitals across the country to see whether our experiences reflected a wider problem. Their findings confirmed they did.

One key discovery: the average cost for a parent to eat in hospital is around £15–£18 per day. With the current cost-of-living pressures, this is simply unaffordable for many families. They also found that while some hospitals would provide food to breastfeeding parents, non-breastfeeding mothers were often excluded. One shocking example shared with Sophie's Legacy involved a mother recovering from a traumatic C-section. Admitted with her three-week-old baby and unable to breastfeed due to an infection, she stayed in hospital for seven weeks and wasn't provided a single meal. We believe it is discriminatory to feed only breastfeeding mothers—every parent staying with a sick child deserves care and nourishment.

### Progress and Pilot Programmes

After Sophie's story was presented to the NHS Board, we received a formal letter stating their commitment to her vision.

In September 2022, Charlotte shared her story with the Southampton Hospitals Trust Board, which led to the introduction of a £4 daily meal voucher for parents at the hospital.

Locally, we have also purchased freezers for parent rooms and stocked them with COOK meals to provide access to hot, nutritious food. Beyond that, we've introduced weekly pizza nights, starting at QA Hospital in Portsmouth in May 2022 and now also held at Guildford, Chichester, Royal Marsden, Poole, and the Isle of Wight.

In March 2023, an eight-week pilot began at major children's hospitals including Alder Hey, Birmingham, Bristol, Great Ormond Street, Leeds, Manchester, Newcastle, Sheffield, and Southampton. The pilot was funded by the Child Alliance but proudly named the "Sophie's Legacy Pilots." It has already made a major impact. Some hospitals, including Alder Hey, Sheffield, and Great Ormond Street, continue to feed parents two years later.

### Extending the Mission to District Hospitals

Recognising that district hospitals, those with one or two children's wards, also needed support. Sophie's Legacy solely funded and launched with NHS England a new pilot project in March 2024. Fifteen hospitals were selected to receive £5,000 each to feed parents, with projects starting in June 2024. Each hospital had to outline how they would sustain the initiative after the pilot.

The results were powerful. In some cases, this was the first hot meal parents had in over seven weeks. One parent said: "It was the first hot meal I've had since arriving in hospital with my child." We also found that children were more likely to eat when their parents ate alongside them, potentially aiding recovery and even reducing hospital stays. This could have long-term cost-saving implications, though no formal study has yet examined this.

### Widening Impact and National Change

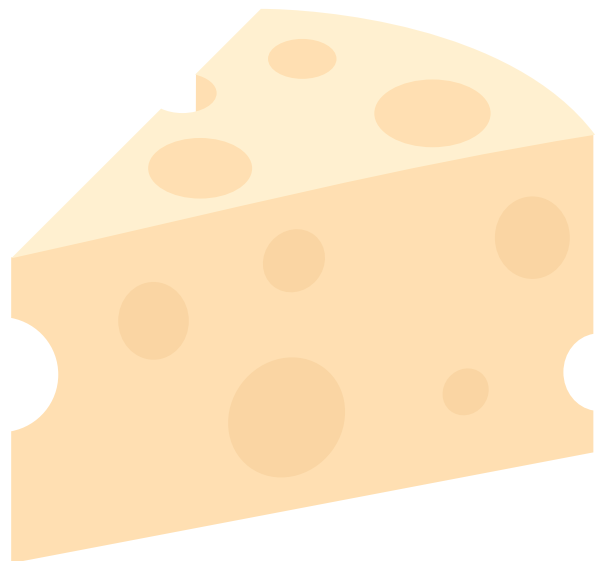
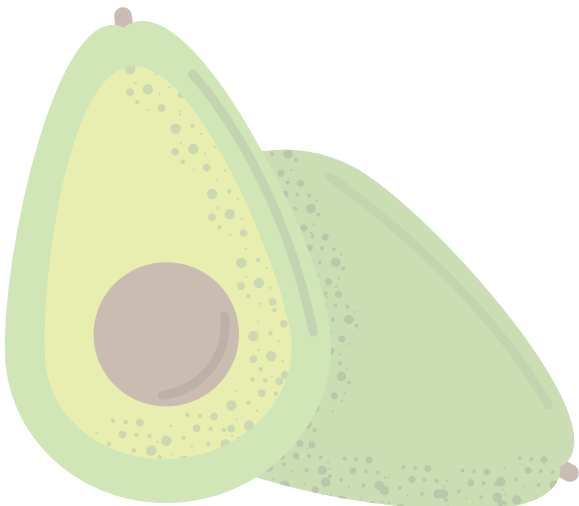
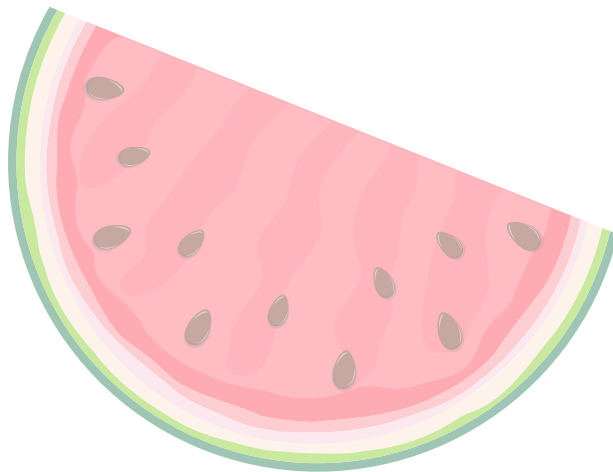
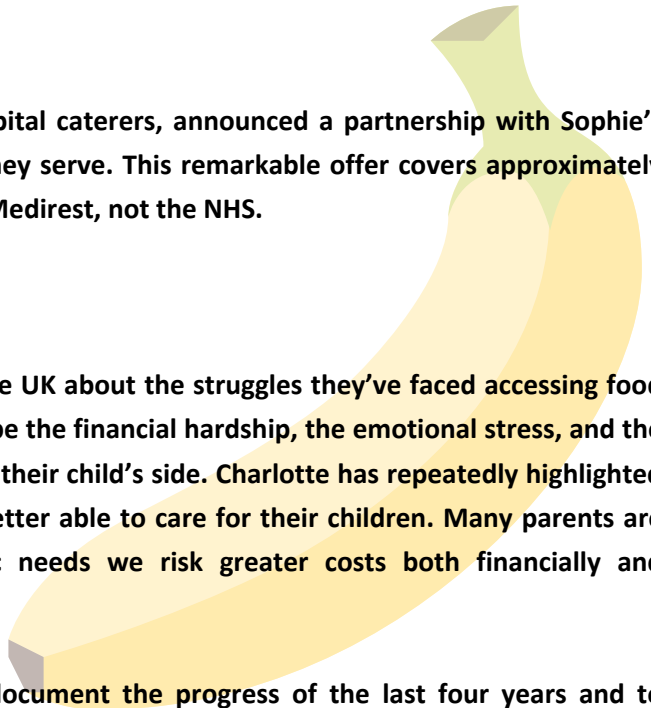
Sophie's message is spreading. Hospitals like Medway and Hull have implemented parent-feeding policies inspired by her story. We hope the 2022 survey will be repeated in 2025 to measure progress, and early signs suggest that more than 50% of hospitals now feed parents, thanks in large part to Sophie's Legacy and the strong case for treating parents with care.

In October 2024, Medirest, one of the UK's hospital caterers, announced a partnership with Sophie's Legacy to feed all parents across the hospitals they serve. This remarkable offer covers approximately 1,000 children's beds, with costs fully funded by Medirest, not the NHS.

### Continuing Advocacy.

We've heard from hundreds of families across the UK about the struggles they've faced accessing food while caring for a hospitalised child. Many describe the financial hardship, the emotional stress, and the impossible choice between eating and staying by their child's side. Charlotte has repeatedly highlighted to NHS trusts. If we care for parents, they are better able to care for their children. Many parents are full-time carers, and if we neglect their basic needs we risk greater costs both financially and emotionally.

We are now working on an impact report to document the progress of the last four years and to encourage all hospitals to adopt feeding parents as standard practice. If you would like a copy of this report, please get in touch.







Sophie was passionate about improving hospital food for children. She described it as "disgusting", a powerful statement from a child who genuinely loved food.

During her treatment, we quickly realised that hospital meals were not child-friendly and were served at times that didn't align with when Sophie actually felt like eating. Chemotherapy often made her nauseous, and meals would arrive when she was too sick to eat. By the time she felt hungry, typically late at night, the kitchen was already closed. This led Sophie to stop eating hospital food altogether. She insisted on being tube fed and would only eat once she had been discharged.

We've since been working with Phil Shelley from NHS England to drive change. Hospital food should be nutritious, made with high-quality ingredients, and freshly prepared. Improving the quality and standard of NHS food is a significant challenge, but one we are committed to tackling. Our goal is to expand the range and variety of food options available to children in hospital so they can enjoy and actually want to eat their meals.

In April 2023, Charlotte shared Sophie's story at the National Hospital Catering Conference in Birmingham, attended by hospital representatives from across the UK.

A month later, in May 2023, Charlotte met with Nick Vadis from NHS Supply Chain to discuss how to improve food for children. One idea that emerged was to create a dedicated cookbook. A year later, in May 2024, the NHS Food Supply Chain and Foodbuy UK published the first NHS cookbook focused entirely on children's food. Titled "More Please," the cookbook includes two of Sophie's favourite dishes, a pancake recipe and a Mexican dish, both featuring Sophie's Legacy branding. The book also emphasises the importance of feeding parents alongside their children. It has been distributed to every hospital in the UK with on-site chefs and is now a key tool in helping NHS chefs cater to children's nutritional needs. Its success has led to the production of a second cookbook, "Even More Please," currently in development. Charlotte has worked closely with Nick and the NHS Supply Chain team on both books.

Charlotte was honoured to serve as a judge for NHS Chef of the Year in both 2023 and 2024. In these competitions, chefs were challenged to prepare two meals suitable for children in hospital. Charlotte shared Sophie's story, helping the chefs understand the real-life impact of their food.

While there is still much work to be done, there are hospitals already leading the way. One standout example is Alder Hey Children's Hospital in Liverpool, which Charlotte visited in September 2024. There, each ward has its own chef, and on the children's cancer ward, patients can press a doorbell to order food whenever they feel ready to eat. They can choose exactly what they'd like, which not only reduces food waste but also gives children a sense of control. Charlotte believes wholeheartedly that Sophie would have eaten during her hospital stays if she had access to that kind of experience. It shows what is truly possible within the NHS when child-focused care is prioritised.



During Sophie's many hospital stays, we came to understand the vital role play specialists play on children's hospital wards.

For Sophie, the play specialist was often the highlight of her visits to the three hospitals she attended during her journey. Beyond offering light relief through play and crafts, they provided emotional support and distraction during procedures. Play specialists help children feel like children in environments that can be frightening, traumatic, and isolating.

Sophie was shocked to learn that the play team didn't have funds to buy more toys, arts, or crafts. Very early in her journey, she decided to help. She spent her time in hospital painting ceramics to sell, raising money to buy the toys and activities the ward needed. Over the course of a year, Sophie painted hundreds of ceramics and raised more than £6,000. She especially loved receiving the list of what the hospital needed and then going shopping to fulfil it.

However, we quickly learned that play specialists often only worked Monday to Friday, 9am to 5pm, with no weekend cover. Sophie would say, "I'm still here, are they saying I can only play Monday to Friday?"

If a play specialist was off sick or on holiday, they weren't 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."

Since Sophie's passing, we have been working to make that wish a reality. The challenges are significant. There are only around 680 play specialists registered on the public register across the UK, covering hospitals, hospices, and more. Training options are limited, with just a few institutions offering routes into the profession: Cardiff & Vale College, Leeds City College, Nescot, North Warwickshire College, and Solent University. These courses typically involve a two-year foundation degree or an apprenticeship.

Awareness of the role of play specialists remains low. We aim to change that. We want more colleges and universities to offer training and for hospitals to recognise the value and necessity of play for children.

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

That same June, NHS England announced a new joint task force, co-chaired with Starlight. This group brought together representatives from the Royal College of Nursing, 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 also consulted through the NHS England CYP Transformation Board and a survey by the Heads of Patient Experience (HOPE) Network.

The task force produced:

- 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

In February 2023, we funded an art practitioner, Hayley, to work one day a week in Portsmouth Hospital, providing therapeutic art sessions, something Sophie would have adored. By 2024, Hayley began supporting children referred by Portsmouth community nurses, working with long-term patients at home, in school, or in hospital. Demand has been so high that Hayley now works two days a week for Sophie's Legacy and has a waiting list. These therapeutic art sessions are having a truly positive impact on children's mental health.

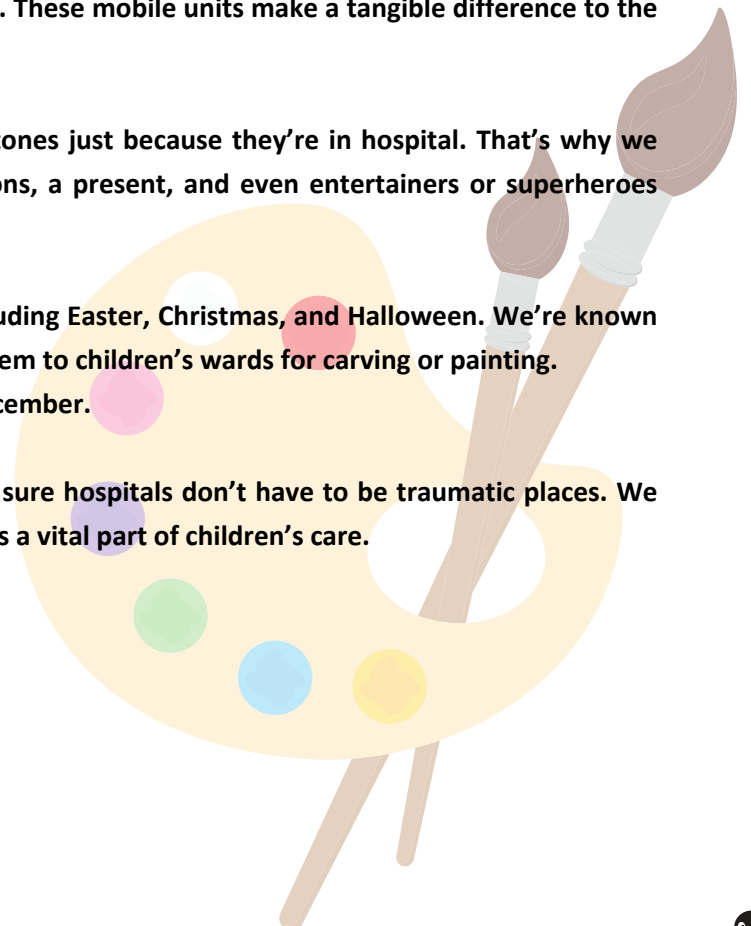
Sophie's Legacy continues to provide toys, games, and craft materials to all the hospitals we support all year round. Most play teams do not have a budget for these essential tools, and the ability to supply them consistently has had a real, positive effect.

We also purchased a portable play trolley for the Paediatric High Dependency Unit at Southampton, costing £4,800, a hugely appreciated resource. A similar sensory play trolley was provided to Bournemouth Children's A&E, costing over £5,000. These mobile units make a tangible difference to the experience of children in hospital.

We believe children shouldn't miss out on milestones just because they're in hospital. That's why we provide birthday parties, including a cake, balloons, a present, and even entertainers or superheroes like Spider-Man to brighten their day.

We also support events throughout the year, including Easter, Christmas, and Halloween. We're known for filling our van with pumpkins and delivering them to children's wards for carving or painting. Every child also receives an advent calendar in December.

At Sophie's Legacy, we are committed to making sure hospitals don't have to be traumatic places. We believe in the power of play, not as a luxury, but as a vital part of children's care.





It's almost impossible to put into words just how horrific it is to witness the effects of chemotherapy and radiotherapy on your own child. These treatments are developed for adults but are used on children, often with devastating consequences. That's why, in many cases, even when children survive cancer, they are left with lifelong complications from the treatment. This should never be considered a success or a cure.

Had Sophie survived, we knew the long-term side effects would have been extensive. She received radiotherapy across her entire abdomen, which caused serious and irreversible damage to previously healthy organs.

The reason there have been so few advancements in treatment for cancers like Sophie's comes down largely to one issue, funding, or the lack of it. There simply aren't enough researchers or scientists focused on childhood cancer. Most go into adult cancer research, where funding is more abundant. Childhood cancer research urgently needs to be prioritised, and more incentives are needed to develop new, safer treatments.

Unlike many adult cancers, childhood cancers are rarely linked to lifestyle or environmental factors, yet this area continues to receive the least amount of funding and research attention.

Just ten days after Sophie died, Charlotte met with her MP, Dame Caroline Dinenage, and pleaded with her to help us drive change. Since that moment, she has remained firmly committed to advancing Sophie's wishes.

In April 2022, thanks to Caroline's tireless efforts, Sophie's Legacy secured the first-ever debate on childhood cancer in the House of Commons, held on 26th April 2022. It received cross-party support, with 22 MPs sharing the stories of families whose children were in remission or had sadly passed away due to cancer.

After two years of relentless campaigning by Charlotte and Dame Caroline Dinenage, the UK Government announced the formation of the Children and Young People's Cancer Taskforce in April 2024. This taskforce brings together experts in paediatric oncology, including scientists, researchers, philanthropists, oncologists, parents, and childhood cancer survivors, all united by a single goal. To save lives and reduce the long-term impact of cancer on young people. The resulting Children and Young People's Cancer Plan will focus on improving research, early diagnosis, access to world-class treatment, survivorship quality, and patient experience.

However, in September 2024, the newly elected government made the decision to pause the taskforce. Charlotte immediately demanded a meeting with the Health Secretary to understand why. In November 2024, Caroline and Charlotte met with Wes Streeting and other health ministers and the Department of Health and Social Care team at Westminster. After a 45-minute conversation, Wes Streeting agreed to restart the taskforce.

The first meeting of the reformed taskforce was held in March 2025, with representation from across the field to improve outcomes for children and young people affected by cancer. Sub-groups were created to focus on the key pillars of the plan. Charlotte was not only appointed to the main taskforce, but also invited to chair the Patient Voice group, which ensures families and survivors are at the heart of every decision.

Since then, Charlotte has attended regular meetings, and the taskforce's recommendations will be formally included in the upcoming 10-Year Cancer Plan. It is our hope and our mission, that this finally moves the dial forward for childhood cancer in the UK.

We are incredibly proud of how one little girl's story has created a national movement.

Our children deserve so much more:

More research.

Faster diagnoses.

More funding.

And a chance at being cured—without a lifetime of suffering.





In the months leading up to Sophie's cancer diagnosis, we contacted our GP surgery numerous times and attended a doctor's examination. Sophie was showing several red flag symptoms of childhood cancer, persistent nausea, ongoing stomach pain, and unexplained bleeding. By the time she was diagnosed, she had a 12cm tumour in her abdomen that could be physically felt.

As parents, we weren't aware of the signs and symptoms of childhood cancer. Like many others, we believed it was rare and unlikely to affect our child. We now know that 1 in 320 children will be diagnosed with cancer before they turn 20. While each individual childhood cancer type is rare, there are over 88 different subtypes; collectively, childhood cancer is not rare.

Childhood cancer is the number one cause of death by disease in children under 15, yet alarmingly, there are no dedicated training courses on paediatric cancer for health professionals. GP's receive some training during their initial education, but once qualified, there are currently no official UK courses specifically focused on childhood cancer. Recent statistics show that, on average, a GP practice in the UK can expect to see a case of childhood or young person's cancer every 1.8 years. We all know that the earlier cancer is detected, the better the outcome. That's why we believe enhanced training on the signs and symptoms of childhood cancer, along with public awareness that childhood cancer is not rare, is vital to improving early detection.

We also want to see the launch of a national awareness campaign for parents to help them recognise the signs and symptoms of childhood cancer. For further information on early detection, we recommend visiting the [Grace Kelly Childhood Cancer Trust's signs and symptoms page](#).

Sophie's story is, sadly, not unique. We've heard countless stories from parents who, like us, made repeated visits to their GP or A&E, only to be reassured their child had a virus, constipation, or something minor. This has to change—especially when 53% of children with cancer are diagnosed via A&E, compared to just 22% of adults. (Source: Public Health England, National Cancer Registration and Analysis Service)

Through the work of the Children and Young People's Cancer Taskforce, one of the key workstreams is focused on early diagnosis. We are hopeful that the recommendations from this group will lead to meaningful improvements in how and when children are diagnosed.

September is Childhood Cancer Awareness Month, and it's an especially poignant time for us, as it was the month Sophie was both diagnosed and passed away. Each September, we focus on educating our community about all aspects of childhood cancer—from signs and symptoms to the chronic lack of funding. We encourage individuals, schools, and businesses to "Go Gold" to raise awareness, as gold is the colour symbolising childhood cancer.

# What have we achieved?



## SOPHIES SNACK BOXES

We provided snack boxes containing food, drinks and toiletries for parents across 12 hospitals amounting to 40 wards, including neonatal, intensive care, special care baby unit, children's wards and A&E. All at a cost of £77,285



## PARENT PACKS

We have provided in excess of 1900 parent packs containing the essentials that a parent might need including a phone charger, toiletries, a snack at a cost of £15,064

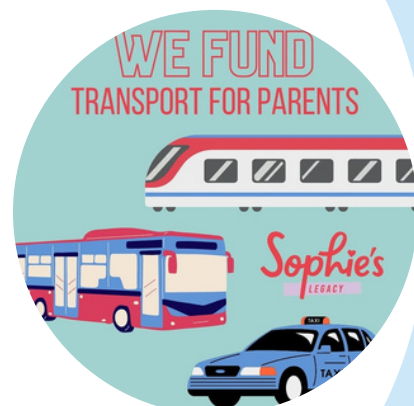


## REFERRALS



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 terminally ill and many other things. The total spent for referrals was £97,125



## SOPHIE'S SATURDAY NIGHT SUPPERS



We have provided in excess of 6400 pizzas to six hospitals – Portsmouth, Guildford, Chichester, Royal Marsden, Isle of Wight and Poole for families to share. This cost £51,462



## HOSPITAL WARD EXPENSES

We spent £15,321 on hospital ward expenses, such as freezers, microwaves, coffee machines etc



## COOK READY MEALS

We provided delicious and nutritious COOK ready meals for parents in hospital at a cost of £26,835



## PLAY IN HOSPITAL

We spent £5848 on play activities – on top of the extensive donations!





# Celebrations

We've spent over £11,000 supporting numerous special occasions including, 400 Mother's Day gift bags, 350 Father's Day gift bags, 2000 advent calendars, Christmas, Easter, Halloween, Birthdays, and bell ringing!



# In other news.....



We were so excited to introduce 'Promise the Penguin' as our mascot in May 2024.

After reviewing hundreds of suggestions, we chose the name Promise in honour of our promise to achieving Sophie's wishes.

Promise attends all of our events and loves to have a photo opportunity with our wonderful supporters. She has even taken part in some fun runs!

Promise was such a hit that you can now buy a cuddly, teddy Promise which are a huge success and children love them!



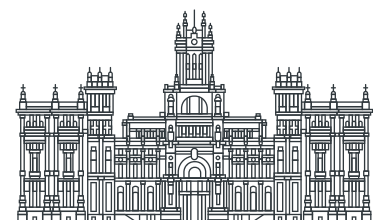
In June 2024 our wonderful volunteer, Trevor, won the 'Citizen of Honour' award by Fareham Borough Council!

Trevor was invited to be a guest at the Mayor Making ceremony where he was presented with his award.

Trevor has been so incredibly dedicated to Sophie's Legacy since he contacted us in June of 2022 to say he had a couple of hours spare on a Thursday morning to help out. That couple of hours has turned in to Trevor being in the office pretty much every day, and some weekends. He is so proud of the charity and such a brilliant ambassador for us, always carrying a leaflet in his wallet ready to tell everyone about what we do. We could not be without him and he is so deserving of this award and recognition.







On 21st May 2024 Charlotte received an invite to Buckingham Palace garden party to meet with the Royal family. This invite was to thank those who have worked for charities, forces, public service etc.

Charlotte attended the event with our Chair of Trustees Andy Vaughan, who has done so much for the charity before it even started. It was her way of thanking him for all he has done.

Despite the typically British rainy weather, Charlotte and Andy had a wonderful day, meeting so many amazing people, including finally meeting the parents who run the Ben Saunders Foundation.

In true Charlotte style the day was not without drama, with her favourite heels breaking on the way to the tube station, the sole flew off leaving Charlotte without a shoe! Charlotte was in fits of laughter saying she 'left her sole in London'

Charlotte ended up buying a pair of flip flips in Waterloo which were a size too small - it's not all glitz and glamour meeting royalty!



Sophie's Legacy is delighted to introduce 'More Please', a book that will transform hospital food for children



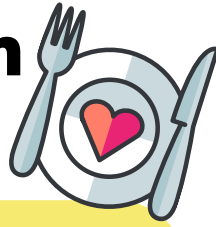
The book entitled, 'More Please', is the first cookbook for NHS chefs, focusing on children's food. Sophie's Legacy charity were invited to choose two recipes to feature our logo. Of course we chose a pancake dish and a Mexican dish, both of Sophie's favourites. Whilst the book focusses on providing healthy, nutritious meals aimed at children, it also emphasises the need to feed parents. 'More Please', is a valuable tool for NHS chefs and will be distributed to all hospitals with on-site chefs.

Sophie's Legacy continues to work towards ensuring that no child has to endure the same struggles with hospital food that Sophie did, making significant strides in improving the dining experience for young patients in hospitals across the country.





# Sophie's Legacy and NHS England launch initiative to feed parents in hospital



Following months of collaborative effort, Sophie's Legacy and NHS England are thrilled to announce the launch of a pilot project on 26 July 2024. This initiative aims to address the critical issue of providing meals to parents staying in hospitals with their children. Following an initial pilot at nine hospitals in 2023, 15 more hospitals have now joined a programme funded by Sophie's Legacy, to provide food for parents.

In 2023, Sophie's Legacy initiated an eight to twelve-week pilot program funded through the Children's Hospital Alliance. The program, implemented in hospitals including Great Ormond Street, Leeds, Manchester, Newcastle, Sheffield, and Southampton, highlighted the necessity of providing meals for parents and demonstrated the positive impact on the entire family, ultimately enhancing the hospital experience. Following the pilot program, several hospitals opted to continue feeding parents and even initiated additional initiatives to promote this practice. One such initiative is the Ready Meals Project in Sheffield, a collaborative effort between Sheffield Children's Hospital and Food Works Sheffield, which involves stocking freezers in each ward with locally sourced, sustainably produced ready meals, making a meaningful impact on families.

In March 2024, NHS England invited expressions of interest from hospitals across England, including in Devon, Bolton, London, and Liverpool. Of twenty-six applications, fifteen hospital trusts were chosen to receive £5,000 each from the £75,000 funding provided by Sophie's Legacy. The project will run for up to twelve weeks, during which each hospital will offer at least two meals per day, to the parent/carer. Hospitals involved are free to consider the most appropriate method of implementation for them, which could include choosing meals from the hospital menu, offering ready-made meals, or providing vouchers for the hospital restaurant. They are required to demonstrate how they will continue to feed parents beyond the pilot project, and evaluation of the impact of the projects will potentially enable them to provide an evidence-based argument for future funding.

NHS England deputy chief nurse Duncan Burton said: *'We're delighted to have worked with Sophie's Legacy to support these trusts to provide food for parents. We know it can be an incredibly stressful time for parents and children and this is one way which can improve the experience of parents who are staying with their child in hospital. We are keen to take the learning from the trusts who have joined this programme and share this with others across the country.'*







Years old

On 12 August 2024, Sophie would have turned 13 years old.

To celebrate, we delivered 300 pizzas to 11 hospitals.

Sophie loved her food, so this seemed a fitting way to remember her



On the 16<sup>th</sup> October 2024, Charlotte was invited to be a judge at the NHS chef of the year finals in York.

Hospital food gets a lot of criticism but what events like these do is highlight the skills and expertise of chefs within the NHS. Those hospitals who have on site chefs are catering for hundreds sometimes thousands of patients.

Charlotte loved being Simon Cowell for the day, and got to sample some amazing food.

It was also great to catch up with the team from NHS England and food supply chain. They had some great discussions especially on the next children's cookbook for NHS with more recipes.



# LABOUR GOVERNMENT 'PAUSE' CHILDREN AND YOUNG PEOPLE CANCER TASKFORCE DURING CHILDHOOD CANCER AWARENESS MONTH



in July 2024, the Labour government came to power and in September 2024, Childhood Cancer Awareness Month in the UK, announced that they would be 'pausing' the work of the Children and Young People's Cancer Taskforce—a devastating decision.

Given that approximately ten children and young people are diagnosed with cancer every day in the UK, with one in 450 children receiving a cancer diagnosis by the age of fifteen, and with over eighty-eight subtypes of childhood cancer making it collectively common, this work is more important than ever. It is critical that this initiative is reprioritised. For the sake of our children, we cannot afford to let this effort fail.

Sophie's Legacy remains steadfast in its commitment to advancing paediatric cancer research and treatment. The charity will continue campaigning to ensure the taskforce can resume its vital work.

Hundred's of our supporters wrote letters to their MP's and Wes Streeting agreed to meet Charlotte and Caroline Dineage.

Charlotte appeared on the BBC news asking, **'What is it going to take for the government to make children's cancer a priority?'**

**BREAKING  
NEWS**

## DAILY NEWS

Word • Business • Finance • Lifestyle • Travel • Sport • Weather

In February 2025, after tireless campaigning, it was announced the groundbreaking taskforce would return with Caroline Dinenage as chair!

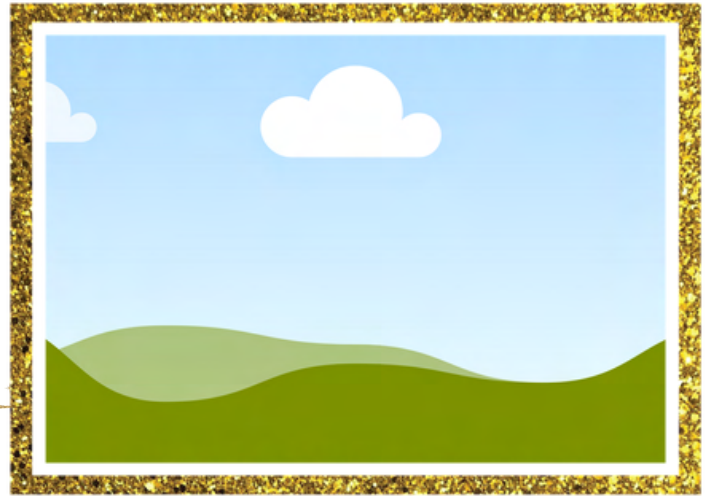






In September 2024 we were thrilled to announce that Charlotte had been nominated for a Pride of Britain award and was shortlisted for the final four in the Meridian region and won the shortlisting to be put forward for the main award!!

Charlotte and Lucy got to attend the awards in October and although we didn't win, Charlotte and Lucy celebrated like they did!

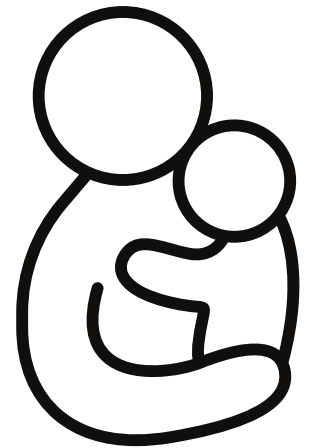


**Medirest** **contract**  
**caterer to** **al food for**



In November 2024, Medirest, the healthcare business of food and support services provider, Compass Group UK & Ireland, will offer free meals to the parents and carers of unwell children in hospitals across 20 NHS Trusts, meeting one of Sophie's wishes.

As the first hospital caterer to make the commitment, the Medirest team will implement the change this year, working to ensure that parents and carers can access free food on the ward 24 hours a day, seven days a week. Food will include meals from the Steamplicity menus, across breakfast, lunch and dinner. The new provision will be funded by Medirest and follows a trial in partner hospital, Royal Surrey County Hospital.





## Meet our Family Support Worker



We were so proud to introduce our Sophie's Legacy QA Family Support Worker Gemma, who started in September 2024. Gemma is on the children's ward Monday – Friday and offers parents emotional and practical support.

The wonderful QA hospital nurses call on her when they know a parent or carer needs support.

The support varies hugely but can be anything from making a referral for ongoing support to our referral team, getting clothing/toiletries/parent packs from our storage in the hospital, showing where the parents room is and what is in there, sitting with the child so their parent can use the bathroom or make a call, taking parents for a Costa if they are overwhelmed and lending a listening ear or shoulder to cry on.

Having a presence on the children's ward whose sole focus is to support parents is something we have wanted to do since we set up the charity. The difference the support they can offer to families going through the toughest times is absolutely invaluable and we receive amazing feedback on almost a daily basis from parents saying how invaluable Gemma is.

## Charlotte on the road... 9 hospitals... 5 days!

In September 2024 Charlotte visited 9 hospitals in 5 days, including Royal Manchester Children's Hospital, Alder Hey Hospital, Liverpool Womens Hospital, Leighton Hospital, Airedale Hospital, Wolverhampton Hospital, Lancaster Hospital, Bolton Hospital and Warrington Hospital

These were hospitals we are funding as part of the pilot project.

In order to receive the funding the hospitals committed to carrying on feeding parents when the funding ends which is incredible.



# Sophie's Legacy Ambassadors

We were super excited in November to announce our first three Sophie's Legacy Ambassadors, who will represent Sophie's Legacy, advocate for Sophie's wishes, and spread awareness of the work we do.

## Phil Shelley

National lead for food at NHS England,  
Senior Operational & Policy Manager,  
Chair of the NHS Food Review 2020,



## Caroline Benjamin

Director - Food Allergy Aware



## Nathan Askew

Chief Nursing, AHP and Experience  
Officer at Alder Hey, Chair of  
Association of Chief Children's  
Nurses (ACCN)



# Sophie's Legacy Ambassadors

Then in January we were over the moon to announce two more ambassadors...



**Kate Pye**

Deputy Chief Nurse, Great Ormond  
Street Hospital



**Caitlin Parsons**

Young Persons Ambassador



And in February we announced our celebrity ambassador...



**Danielle Armstrong**

Former Towie star and mum of two



# We ♥ our Volunteers

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



**8**

**Staff members**



**8 Trustees**



# Fundraising Highlights...



## Yellow Shirts; Golden Hearts



April 2024 stands as a momentous month in the Sophie's Legacy calendar, with over fifty dedicated runners proudly sporting our vibrant yellow shirts and taking to the streets to represent Sophie's Legacy in both the APB Southampton and London Marathons. Their collective efforts generated over an astounding £17,000 raised in support of our cherished charity.

\*£17,000

## Seven for Sophie cycle challenge raises over

£12,000!



\*£12,000

On Thursday, 20 June 2024, Sophie's Legacy hosted our Seven for Sophie twenty-four hour cycling challenge to raise money to feed parents.

As dawn broke on what would be an extremely hot day, the cyclists assembled at the Royal Surrey Hospital in Guildford, ready to start their 300 km journey. The route, which was completed in under twenty-four hours, took participants past seven of the hospitals currently supported by Sophie's Legacy, including Basingstoke, Salisbury, Winchester, Chichester, Portsmouth, and finally, Southampton Hospital, where they arrived at 11 PM.

This incredible feat of endurance demanded immense physical effort from each of our cyclists, with many reporting they burned over 10,000 calories throughout the day.



# Fundraising Highlights...



**MANCHESTER UTD LEGENDS**

**VS**

**POMPEY LEGENDS**



On 20th July 2024, Sophie's third Charity Football match took place, drawing a crowd of approximately 2000 attendees: an exceptional turnout.

So many supporters turned up and even though the weather turned after the second half it was still a great game. The final score was 9-5 to Manchester United. The main match sponsors were Vibe Business Interiors who we are really grateful to for their support.

Man of the Match went to Lee Trundle who played so well. The sponsors for this were Carte Blanche and they brought the famous Me to You Bear for everyone to meet.

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 £35,742.22, this substantial amount significantly enhances Sophie's Legacy's capacity to support more families in hospitals, underscoring the impact of such collective efforts.



## Sophie's Legacy arrives at Victorious!!

We were so excited to be given the opportunity to pitch our Sophie's Legacy gazebo at Victorious in August and feature on the big screens!

We had scorching sunshine and torrential rain but that did not deter us from having huge amounts of fun and raising lots of money and awareness.



# Young Superstars!



Charlie is 8 years old and has spent some time in hospital. He knows how important it is for families to have support during their stay and has become a huge champion of Sophie's Legacy.

Charlie wanted to raise money for Sophie's Legacy and set himself the incredible task of climbing not one, but **THREE** mountains. Snowden and Ben Nevis have been completed And Charlie climbed Scafell Pike on the 7th of September.

A young boy taking on such a mammoth challenge is awe-inspiring in itself but the strength and determination Charlie has shown over the last few months is beyond inspiring...

Charlie's dad sadly passed away in February and even through his grief, Charlie has not given up on his goal and has continued to push himself to complete his challenge. The courage and resilience he has shown has blown us away.

Charlie is our hero and raised £2,922!!

Jacob spends a lot of time in hospital and we have got to know him and his lovely family really well over the last couple of years.

Jacob wanted to raise money for Sophie's Legacy, so he set up a Lemonade stand in his hospital room and raised an incredible £40!

We heard the Lemonade was delicious and so popular with all of his customers We can't wait to try the next batch!

What an amazingly kind young man, wanting to raise money for charity whilst being in hospital.

Thank you Jacob for being such a superstar!





# Sophie's 10k



Despite heavy rain and winds, Sophie's 10k went ahead as people could collect their medal and do their 10k in their own time. What amazed us was the amount who went out in the awful conditions on the seafront because they were determined to complete it. This level of determination and resilience resembled qualities that Sophie showed in her cancer journey.

This was Sophie's final 10k. it felt poignant as this was her final medal that she designed. She drew these when she was bed bound in her final couple of weeks wanting people to move whilst they still could. She wanted us to remind people to keep moving before they lose the ability to.



## THE BURPEE MARATHON

When Luke contacted us to let us know the United Nations Support Team (UNST) would be attempting to complete 1000 burpees in a single morning, we knew we had to step up to the challenge!

Luke and his amazing team are currently in Somalia and will be competing the challenge in 30 degree heat.

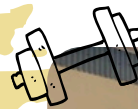
We joined the team virtually and attempted some burpees without a great deal of success. But Luke and his team absolutely smashed it and raised a whopping £1377.48



4 HOURS...

1000 BURPEES

LOCATION: SOMALIA



£1377.48





# 24HR DRIVING CHALLENGE

19TH OCTOBER 2024

TEAM

1. **StatusSlo** 1998 SKODA FELICIA 1.6
2. **CLASSICS WORLD TV** 1992 MERCEDES-BENZ 200E
3. **MID-RICE CRISIS** 1995 SUBARU IMPREZA TURBO 2000
4. **3AMP EGOS** - 2024 BYD SEAL
5. **JURASSIC PORK** - 2006 CITROEN C5

## UP 'n DOWN

24HR LIVESTREAM WITH A DRIVEN TWIST

In November 2024 the wonderful Up 'n' Down returned for the third year of their livestreaming challenge! They raised an incredible £24,010! Which brings Up 'n' Downs fundraising total over the last three years to £47,137!

**\*£24,010**

# A Night With The Stars

March 2025 brought our second charity ball and what a night it was!

The stars certainly came out in full force and our guests were treated to appearances from 'Gordon Ramsay', Jack Sparrow and 'Robbie Williams'.

**\*£47,856.65**

Our amazing ball production crew worked so hard to give our guests and unforgettable night and an amazing night was had by all.

The total amount raised was £47,856.65





# The Impact

## Orla'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 are 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.





# Sophie's

LEGACY

Hey! I work at St Richard's A&E.

In August 22 we had our little girl Orla, she had a brain injury during a planned c-section and was put onto life support and transferred to QA in Portsmouth, when we got to our parent room we recieved a box from Sophie's Legacy, it made us smile and cry, it is such a lovely thing to do, in people's worst moments of their lives. We didn't know the outcome at that stage, we didn't even know if Orla would survive.

I can't begin to imagine what you have been through, but you really are angels for doing this in Sophie's name and making such a difference.

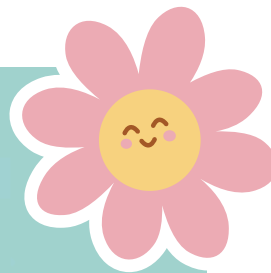
I am reminded every Friday when you guys come into A&E to deliver the pizzas to the children's department of that box you donated to help us in a time of need .

We are very grateful and I'd love to help in anyway I can for such a brilliant charity .



Creating Change ♥





Creating  
Change



## Feedback



My son was delivered by caesarean section in August 2023. He spent 3 weeks in NICU with severe respiratory distress before being readmitted to the Great North Children's Hospital. Due to his airway condition he was tube fed for his first few weeks of life. Once he was able to feed orally we were advised to pursue formula feeding to maximise weight gain, giving him the best chance at getting stronger.

When Archie was readmitted at just 3 weeks old, this was to a children's respiratory ward. I stayed with him day and night in our own room. I was only 3 weeks post - caesarean section, had low iron and was still in my post-surgery compression tights. Manoeuvring the huge metal cots was no easy task!

You're of course advised after a c-section to rest, eat well and look after your body for 6 weeks minimum and I was so shocked and upset to be informed that because I wasn't breastfeeding, I wouldn't be given any food myself during our stay. I couldn't (and still can't) believe that only mothers who breastfed are given meals in hospital. It also felt like a kick in the teeth because I had wanted to breastfeed, but for Archie's health, I couldn't.

## The Impact Archie's Story

See the good  
in everyday



Thankfully my partner would come in during the day and bring me something to eat, but I often thought of those who didn't have this or who are financially struggling. And, of course, for those doing this long term. There was no way I could have left a 3 week old unattended and so there would have been no option for me to eat or drink, had I not had that support network.

I came across the wonderful charity Sophie's Legacy recently when doing my own research into how to push for change. One of the aims of the charity is to feed parents whilst their child is staying in hospital. I couldn't support and back this any more - it is vital for the health and wellbeing of both children and parents and it is absolutely time for change.



Becky x



CREATING CHANGE





# The Impact

## Elijah's Story



Good afternoon.

I would like to send you this message of thanks for your charity, as it has helped me so incredibly this last week.

I was admitted to QA 1 weeks ago myself and in critical care. Day 3 into my admission, my 3 year old son was admitted to QA children's ward and I was unable to see him for a while.

I have now been able to see my son, however I had no clothes/toothbrush/sanitary pads.. I had nothing. I kept crying, didn't know what to do. I had been in the same clothes for 5 days.

luckily, because of your charity.. I was provided with some super cool pjs, a parent box with all the needs, managed to wash and still look after my son.

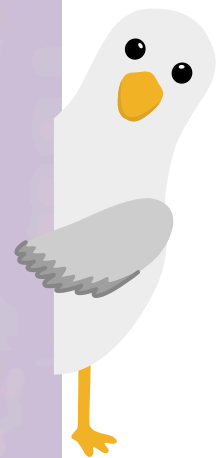
I had already been following sophies legacy way before this, however never expected to be a receiver of the great work you do.

You have no idea how much this has helped me! I just wanted to let you know.

We were discharged yesterday and back home home recovering now! We enjoyed a pizza on Saturday courtesy of yourselves again. I did thank the wonderful ladies that delivered it.

You truly have made the world of difference to me. I am a single mum and was really struggling to cope with the situation. The parent box really felt like a hug at a down time, when it was much needed.

Thank you from Holly & Elijah x







## Lily's Story

Hello. My name is Amy. I have a 5 year old daughter called Lily. I want to share with you our story and hope we can help to raise some money in the future.

On 30th June this year my little Lily woke with a fever, fine non blanching rash and vomiting. I called 111 and an ambulance was sent.

We all thought Lily had Gastro or it was her appendix as she was complaining of a tummy ache as well. But the Paramedics called the hospital as Lily's heart rate was high.

We ended up at our local hospital in A and E then admitted to the Children's ward. Over the course of the next 12 hours Lily deteriorated quickly, I was told she had sepsis, (her infection level rose to 400 in 24 hours) and needed to be sedated and intubated and transported to Southampton Paediatric Intensive Care.

Lily spent 9 days in ICU and the rest of July in hospital. I can't believe and I'm so grateful to say Lily has mostly recovered and although she is on medication as she's still not 100% she's back home and at school.

Something I didn't ever consider before is what happens in these situations. Suddenly your life is upside down. You don't know what to do. Especially when it comes to self care. We were given a room at Ronald McDonald House and couldn't believe what was available. We found ourselves overwhelmed with support. I can't imagine how parents and carers coped before.



It's going to be  
OK



We suddenly started to see Sophie's Legacy everywhere. Vouchers on Fridays for M+S. Food/snack supplies in waiting rooms and Ronald McDonald House kitchen, Pizza Friday (Lily's favourite when she was allowed to eat. And the toiletries! Everytime we were given or offered something we cried.

I am so sorry Sophie passed away. What a legacy you created in her memory. Everytime I see Sophie in hospital parents rooms or tesco collections I get teary. We cannot thank you enough for doing this. Its taken me a while to do this but we want to say thank you. Thank you from the bottom of our hearts for setting this up. You have no idea how much it helped us. We want to help. We want to spread the word. No one knows how much this means until your worst nightmare comes true.

My dad, Lily's grandad (Eardly) Lily and myself want to raise money for Sophie's Legacy, Ronald McDonald House and the hospital. We want to show you how much we appreciate everything. Not only that but I would like to know if I can help in any way. I am a single mum. Caring for Lily and currently not working due to my own health. I want to help. I'm happy to share our story. We are forever grateful.

We would love to share our story and maybe even be a part of Pizza Friday to show our support for the hospital where it all started. St Richards in Chichester.

Thank you again.

With much love from Amy, Eardly and Lily.



# The Impact Lily's Story

**Sophie's**  
LEGACY



CREATING CHANGE ♥



LOOK FOR  
RAINBOWS!



# Report and Financial Statements

01 April 2024 - 31 March 2025

Registered Charity Number: 1198979

# Sophie's Legacy

## Report of the Trustees for the year ended 31 March 2025

The Board of Trustees presents its report and financial statements, examined by an independent examiner, for the year ended 31 March 2025.

### 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

Sandra Grant

Andrew Saunders

Edward Butler

Fred Birkett

Sara Bryant - resigned on 24<sup>th</sup> March 2025

### 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

The Co-operative Bank - 61 Above Bar St, Southampton SO14 7DZ

# 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 third Annual Report which will review our aims, objectives and activities throughout our third year. This review looks at what we achieved between 01 April 2024 and 31 March 2025, 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 third 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. Sadly in September 2024 this work was paused by the new government. After meeting with Charlotte Fairall and Dame Caroline Dinenage in November, Wes Streeting, Health Secretary agreed to re-start the work. The first meeting was in March 2025 and the work will feed into the National 10 year cancer plan being published later this year.
- 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 2024, the NHS Food Supply Chain and Foodbuy UK published the first NHS cookbook focused entirely on children's food. Titled "More Please," the cookbook includes two of Sophie's favourite dishes—a pancake recipe and a Mexican dish—both featuring Sophie's Legacy branding. The book also emphasises the importance of feeding parents alongside their children. It has been distributed to every hospital in the UK with on-site chefs and is now a key tool in helping NHS chefs cater to children's nutritional needs. Its success has led to the production of a second cookbook, "Even More Please," currently in development. Charlotte has worked closely with Nick Vadis and the NHS Supply Chain team on both books.

- 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 were actively involved in a twelve-week trial program in 2023 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 partnered with the NHS to support hospitals across the UK in piloting programs that provide meals for parents staying with their hospitalised children. We awarded £75,000 towards the pilot project, allocating £5,000 per hospital, of which £70,000 has been paid out in this financial year. The programs aims were to establish the infrastructure, demonstrate the need and impact, and build a case for ongoing funding across the NHS. The outcome of the pilot project was extremely positive with the trusts continuing to feed parents beyond the end of the trial. Sophie's Legacy continues to campaign for national 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. Sophie's Legacy has been advocating with NHS England and DHSC for the document to be published. The document will be published by NHS England in the summer of 2025 and sent out to all hospitals in the country.

In February 2023, we funded an art practitioner, Hayley, to work one day a week in Portsmouth Hospital, providing therapeutic art sessions – something Sophie would have adored. By 2024, Hayley began supporting children referred by Portsmouth community nurses, working with long-term patients at home, in school, or in hospital. Demand has been so high that Hayley now works two days a week for Sophie's Legacy and has a waiting list. These therapeutic art sessions are having a truly positive impact on children's mental health.

#### **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 £150,856

### **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 £623,578

## Principal Funding Sources

The funding sources for Sophie's Legacy are from fundraising events, and individual and corporate donations. Of these funds £51,296 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 accounts with NatWest Bank and Coop 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 eight 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) **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.

- ii) **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.
  
- iii) **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.
  
- iv) **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 2024 – 31 March 2025 Sophie's Legacy employed eight paid members of staff. The eight members of staff make up five 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. £3,218.72 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 2024 - 31 March 2025**

(including Income & Expenditure Account)

Sophie's Legacy							
Statement of Financial Activities for the year ended 31st March 2025							
Charity Number 1198979							
				Unrestricted	Restricted	Total	Total
				Funds	Funds	2025	2024
		Notes		£	£	£	£
<b>Income and Expenditure</b>							
Incoming resources		3					
Voluntary income				403,688	30,796	434,484	356,414
Events				141,356	9,500	150,856	111,880
Merchandise sales				12,501	0	12,501	17,113
Grants				12,350	11,000	23,350	20,950
Investment Income				2,388	0	2,388	1,544
Total Incoming Resources				572,282	51,296	623,578	507,901
<b>Resources Expended</b>							
Costs of generating funds							
Fundraising costs		4		103,747	0	103,747	61,884
Charitable expenditure							
Charitable activities		4		388,340	44,048	432,388	227,861
Administrative costs		5		94,643	0	94,643	41,474
Total Resources Expended				586,730	44,048	630,778	331,218
<b>Net expenditure/(income) for the year</b>				- 14,448	7,248	- 7,200	176,683
Funds as at 1st April 2024				313,552	8,732	322,400	145,717
Balances as at 31st March 2025				299,104	15,980	315,200	322,400
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 Cashflow Statement for the year ended March 2025

	2025	2024
	£	£
NET CASH FLOW PROVIDED BY OPERATING ACTIVITIES	-12242	169,992
CASH FLOWS FROM INVESTING ACTIVITIES		
Interest received	2,388	1,544
CASH FLOWS FROM INVESTING ACTIVITIES		
Fixed asset additions	- 3,091	-19604
NET CASH FLOW	<u>- 12,945</u>	<u>151,932</u>
Change in cash and cash equivalents in the year	-12945	170,538
Cash and cash equivalent at start of the year	318,200	143,162
Cash and cash equivalents at the end of the year	<u>305,255</u>	<u>313,700</u>
NOTES TO THE CASHFLOW STATEMENT FOR THE YEAR ENDED 31 MARCH 2025		
1. NET CASH FLOW PROVIDED BY OPERATING ACTIVITIES	£	£
	2025	2024
Net movement in funds for the year	- 8,502	176,683
Interest received	- 2,388	- 1,544
Depreciation	7,708	3,518
Increase/decrease in debtors	4,063	- 13,938
Increase/Decrease in creditors	- 7,404	- 8,339
Increase/decrease in stock	- 7,125	- 5,446
Purchase of tangible assets	703	19,604
Net cash flow from operating activities	<u>- 12,945</u>	<u>170,538</u>
2. ANALYSIS OF CASH AND CASH EQUIVALENTS	2025	2024
	£	£
Cash at bank and in hand	305,255	318,200
	<u>305,255</u>	<u>318,200</u>
3. ANALYSIS OF CHANGES IN NET DEBT	At	At
	1-Apr-24	Cashflows 31-Mar-25
Cash at bank and in hand	318,200	- 12,945 305,255



## Sophie's Legacy Balance Sheet at 31 March 2025

Sophie's Legacy						
Balance Sheet for the year ended 31st March 2025						
Charity Number 1198979						
					2025	2024
					£	£
			Notes		£	£
<b>Fixed Assets</b>						
Tangible fixed assets			7		14,215	18,832
<b>Current Assets</b>						
Stock					17,797	10,672
Debtors			8		15,013	19,076
Cash and Bank					305,255	318,200
					338,066	347,948
<b>Creditors</b>						
Amounts falling due within one year			9		37,081	44,380
<b>NET CURRENT ASSETS</b>					300,985	303,568
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					<b>315,200</b>	<b>322,400</b>
<b>FUNDS</b>						
Unrestricted Funds					210,220	244,393
Designated Funds			11		89,000	69,275
Restricted Funds			10		15,980	8,732
					<b>315,200</b>	<b>322,400</b>

For the year ending 31st March 2025 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 9<sup>th</sup> July 2025 and signed on behalf of the Trustees by:



Mr Andrew Vaughan (Chairman of Trustees)

# Sophie's Legacy

## Annual Report and Financial Statement for the Year Ended 31st March 2025

Notes to the Financial Statements for the Year Ended 31st March 2025

### 1. Accounting Policies

#### a) Basis of Accounting

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The Charity meets the definition of the public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless stated in the relevant accounting policy note.

#### b) Going concern

The accounts have been prepared on the going concern basis. There are no material uncertainties about the charity's ability to continue.

#### c) Fund accounting

Funds held by the charity are either:

- Unrestricted funds: these are funds that can be used in accordance with the charitable objects at the discretion of the Trustees.
- Designated funds: These are funds which have been designated by the Trustees to meet the Reserves Policy.
- Restricted funds: These are funds that can only be used for particular purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

#### d) Incoming Resources

All income is included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income: Voluntary, event income and merchandise sales are received these are included in full in the Statement of Financial Activities when receivable.

Grants, when entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Investment income is included when receivable.

Resources are deferred when, at the end of the accounting period, they have been received but the charity has yet to become unconditionally entitled to them.

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.

#### e) Resources Expended

Expenditure is recognised on an accrual basis as a liability is incurred. It includes any VAT paid.

Costs are apportioned in line with the income received from that source during the period.

Charitable activities expenditure comprises of those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

#### **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%

Motor Vehicle - 33%

#### **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.

#### **j) Pension costs**

Contributions in respect of the company's defined contribution scheme are charged to the Statement of Financial Activities for the year in which they are payable to the scheme.

## **2. LEGAL STATUS**

The charity was registered on 16 May 2022 with the Charity Commission in England and Wales. The charity is a public benefit entity.

The registered office of the charity is Segensworth Office Park, 4 Little Park Farm Road, Fareham, PO15 5TD

## **3. Income Resources**

	2025	2024
	£	£
Donations	402,095	332,277
Gift Aid recoverable	41,891	24,677
Merchandise sales	12,501	17,113
Grants	23,350	20,950
Events	141,356	111,341
Investment Income	2,386	1,544
	<b>623,578</b>	<b>507,901</b>

#### 4. Analysis of Resources Expended

		Direct Costs	Support Costs	Total 2025	Total 2024
		£	£	£	£
Fundraising		79,476	24,197	103,674	61,884
Snack boxes		42,250	35,035	77,285	45,134
Pizza Nights		50,623	839	51,462	34,279
Parent packs		13,294	1,770	15,064	5,174
Patient referrals		62,740	34,386	97,125	59,534
Support Work		413	21,747	22,159	-
Advocacy		85	30,370	30,455	17,015
Parent Hospital meals		26,824	11	26,835	6,927
Hospital Meal Initiative		70,000	499	70,499	-
Costa vouchers		2,460	-	2,460	18,209
Art Therapy		4,962	-	4,962	7,701
Play Therapy		5,848	-	5,848	6,920
Hospital Clothing		1,908	-	1,908	-
Hospital Ward expenses		15,205	116	15,321	15,862
Special Occasions in Hospital		10,940	65	11,005	11,107
		307,550	124,838	432,388	227,861

Note: The above includes staffing and other costs attributable to the charitable activities

#### 5. Administrative Costs

				Total 2025	Total 2024
				£	£
Premises costs				16,201	4,321
Staff and volunteer costs				28,577	23,796
Office costs				18,895	2,179
Professional fees				29,262	7,660
Depreciation				1,708	3,518
				94,643	41,474

Included above are amounts for the cost of an Independent Examination £1,800

#### 6. Staff Costs

				Total 2025	Total 2024
				£	£
Salaries and wages				134,568	77,466
Social security costs				4,609	
Pension costs				1,566	866
Total staff costs				140,744	78,332

The average equivalent of full time employed during this period was 5 (2023: 4)

No employee received emoluments of £60,000 or more during this period or the prior year.

Two members of key management received a total of £74,342 (2022: £47,060) in wages for the year



## 7. Tangible Fixed Assets

			Office Equipment	Furniture & Fixtures	Vehicle
<b>Cost</b>			£	£	£
At the beginning of the period			2,538	1,993	18,000
Additions			3,091	-	-
Disposals			-	-	-
At the end of the period			5,630	1,993	18,000
<b>Depreciation</b>					
At the beginning of the period			721	503	2,475
Charge for the period			1236	473	5,999
Eliminated on disposals			-	-	-
			1,957	976	8,474
<b>Net Book Value</b>					
At the beginning of the period			1817	1,490	15525
At the end of the period			3,673	1,017	9,526

## 8. Debtors

			2025	2024
			£	£
Other Debtors			12,140	7,578
Prepayments and accrued income			2,873	6,498
			15,013	14,076

## 9. Creditors : Amount falling due

<b>within one year</b>				
			2025	2024
			£	£
Creditors			22,662	5,712
Deferred Income			9,285	35,510
Accruals			5,133	3,158
			37,081	44,380

## 10. Restricted Funds

	Funds	Income	Expenditure	Funds
	brought forward			c/forward
	£	£	£	£
Pizza Nights	1340	24,312	23,172	2,480
Special Occasions		5,184	5,184	-
Van		9,500	-	9,500
Parent Packs	2392	3,000	5,392	-
Snack boxes	5000	5,125	6,125	4,000
Hospital Meals		4,000	4,000	-
Referrals		175	175	-
<b>Total Restricted Fund</b>	<b>8732</b>	<b>51,296</b>	<b>44,048</b>	<b>15,980</b>

## 11. Designated Funds

	Total 2025 £	Total 2024 £
<b>Total designated Funds</b>	<b>89,000</b>	<b>69,275</b>

These funds are held to meet our Reserves Policy and are held at the Co-op Bank

## 12. Donated Goods and Services

Donated goods, facilities and services received include free office space valued at £18,000; free IT services valued at £5,869; free Independent Examination of the Charity's accounts valued at £1,800; free payroll services valued at £624; free book-keeping services valued at £11,440. These have been recognised as an expense with the expenditure heading in the SoFA.
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## 13. Related Party Transactions

The Trustees received no remuneration during this or the prior period.
During the year no trustees were reimbursed expenses incurred on behalf of the charity (2022: none)

## 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 2025, which are set out on pages 50-57.

### 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, Chapel Lane, Totton, Southampton SO40 9LA

**Date:** 25th June 2025



[Sophieslegacy.co.uk](https://Sophieslegacy.co.uk)



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