



Sarah's Star

Trustee's Report and Financial Statements
For the period ended 31 January 2025

Foreword

It is with great pride as Chair of Sarah's Star to present our second year annual report on behalf of the Trustees. Reaching this milestone has been made possible through the dedication and hard work of some truly exceptional individuals, and we are deeply grateful to each and every one of you.

Sarah's Star offers a diverse range of holistic therapies, including meditation, massage, reiki, art, music, beauty therapy, sound baths, and yoga, as well as counselling and mentoring services for young people. Additionally, we host death cafés and discussions to encourage open conversations about palliative and end-of-life care. By collaborating with local hospitals, schools, and universities, we aim to reshape perceptions of these topics and help ease the fears often associated with incurable or palliative diagnoses.

A message from Sarah Harrison, founder of Sarah's Star.

This year's inspiration for Sarah's Star was to build on the welcoming community where people living with or affected by incurable illnesses can come together, support one another, and find comfort in knowing they are not alone. Whether it's a place to escape the pressures of daily life, a space to share experiences, or simply an opportunity to connect over a cup of tea, everyone is welcome.

Illness can often make people feel as though they have lost their sense of purpose, that they have nothing left to give. But at Sarah's Star, everyone has value. Even on the hardest days, when it feels like there's nothing to offer, simply sharing that feeling with someone else can be a gift—because it reminds us that we are not alone.

If you'd like to be part of our community, whether by joining us for a chat, helping us shape our ideas, or making a donation, we'd love to hear from you. Together, we can keep shining—through the dark times and beyond.



Liam Milligan

Chair



Sarah Harrison

Founder

Sarah's Star
Reference and administrative information
For the period ended 31 January 2025

Status

Sarah's Star registered as a Charitable Incorporated Organisation (CIO) on 13th January 2023.

Charity Number

1201570

Registered Office

ROOM 11
The Linskill Centre
Linskill Terrace
North Shiels
NE30 2AY

Trustees

| | | |
|-----------------|-----------|---|
| Liam Milligan | Chair | |
| Sharon Turnbull | Treasurer | |
| Brian Morrison | Trustee | |
| Joanne Dunn | Secretary | |
| Sarah Trevena | Trustee | |
| Nick Thackray | Trustee | (appointed 9 th December 2024) |

Founder

| | |
|----------------|---------------|
| Sarah Harrison | Founder & CEO |
|----------------|---------------|

Bankers

NatWest
250 Bishopsgate,
London
EC2M 4AA

Independent Examiner

Jason McIntosh
Chartered Accountant

Sarah's Star
CIO - FOUNDATION Registered 13 Jan 2023
Trustees Annual Report 2025
Year Ending 31st January 2025

Structure, governance and management.

Sarah's Star was registered as a Charitable Incorporated Organisation (CIO) on the 13th January 2023.

The charity has a Board of Trustees currently comprising five members with a range of skills including HR, Finance, ICT, Project & People Management and Charity Governance.

Nicky Thackray joined as trustee on the 9th of December 2024.

Lucia Craven-Athey joined us on April 24, 2024, bringing with her a wealth of experience in care and customer service.

The charity is governed by a Foundation Constitution.

The Trustees Annual Report sets out the charities primary purpose, activity and financial position following its second year of operation

The Trustees are satisfied that we have complied with our duty to have due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

Primary purpose

The relief of need of those with an incurable illness, palliative or terminal diagnosis through the delivery of holistic services, educational resources and support for people affected by such a diagnosis.

Our Vision

A place for everyone to express the emotions and experiences that come with palliative and incurable illness diagnosis.

Our Mission

To create a community for people, their families and health professionals in palliative care and living with incurable illnesses, a safe space to voice and act upon the feelings experienced at such an uncertain time.

Our Values

- Community: coming together through shared experiences
- Positivity: recognising the joy in living no matter how long you have left
- Courage: to express exactly how you are feeling
- Honesty: not being afraid to ask for what you want

We will provide specialist support, assistance, and information directly or indirectly to people affected by palliative or incurable illness diagnosis; to further and build awareness, education, and research about this type of diagnosis; to promote and influence effective care, involvement and support for people affected by such a diagnosis.

Key activities

| | | | |
|------------|-------------------|---|-----------------------------------|
| 17/01/2024 | Age Uk | Signposting meeting – Stacy from Age UK took leaflets and is happy to spread the word on SS | |
| 1/02/2024 | Rotary Club | Death Cafe – Sarah was invited to facilitate a death cafe for the members of a rotary club. Joanne helped facilitate the cafe | |
| 14/03/2024 | Large Corporation | Have agreed for Sarah's Star to be their nominated charity from March 2024 until the end of the year. | |
| 8/4/2024 | Buckingham Palace | Sarah and Chris have been invited to The Royal Garden Party as a result of the work Sarah Star is doing in the community | Networking and raising SS profile |
| 1/04/2024 | Avery angels | Co lab LWWC | |

| | | | |
|-------------|---|--|---|
| 18/04/2024 | Digital team from Access | Emma Slaters work colleagues/team all took a charity day together and came into SS and created digital content for socials etc. Interviews with service users, Sarah and trustees for future content. Funding packs, Maps of Linskill Centre | This will help evidence what SS does for funding applications. Promotion of SS and what services it offers. Volunteers are Interested and one may run a SS book Club. |
| 18/04/2024 | Brian has access to Sarah's Star Sharepoint | Business continuity, Brian has back-end access now rather than just Sarah. Brian has set Lucia up ready for her starting. | |
| 24/04/2024 | Lucia Craven Athey joins us | A new member of staff for SS to help with Admin and enable Sarah to network more and free up some of her time. | |
| 1/5/2024 | Dr Lamborne | Sarah had an appointment with Dr Lamborne and talked about the charity and the referrals from the palliative unit. Dr Lamborne has offered to refer patients to Sarah's Star | |
| 31/05/2024 | Reki Practitioner joins us | A new class to be offered by the charity - Reki Sessions | Network connections made this possible |
| 28/06/2024 | Clare £20,000! | £20,000 cheque presented to Sarah's Star from Lockton Group, Clare Head Volunteer | |
| 28/06/20204 | FACT charity | Lucia & Sarah attend FACT meeting for | This was Sarah's idea to host the meeting in |

| | | | |
|------------|--------------------------|--|--|
| | | mental health in cancer | person & to take turns hosting the meeting each year |
| 22/08/2024 | £1,800 cheque | The Beaverbrook the jewellers | £1,800 for charity! |
| 3/9/2024 | Sarah's Stories | Book club started | Great community - peer lead group |
| 10/9/2024 | Way of the roses | Bike ride for the charity & general fundraising | £933.15 |
| 15/09/2024 | National Lottery Grant | £17,774 | Massive for the charity |
| 27/09/2024 | Sarah's Star Party | Party was a big success and raised money | £2,000 for charity |
| 27/09/2024 | Marty's 100,000 steps | Big achievement - raised money | £2,010 |
| 9/10/2024 | Co-Op Grant | Co-op Grant accepted! Death Cafes | We will receive funds throughout 24/25 |
| 16/10/2024 | Podcast | Sarah speaks on How Change, Changes You Podcast | Great promo |
| Oct-24 | Ultra Marathon | Raised money for the charity | £1552 |
| 6/11/2024 | Community Grant | £500 | Book Club Grant |
| 1/11/2024 | Day of dead festival | Excellent day, showing what Sarah's offers! | Excellent connections made, death cafe, silent disco, |
| 4/11/2024 | Patient Experience Talk | Newcastle Uni | Radiology students to better understand patient needs, face to face interactions with patients |
| Nov-24 | 2 death cafes in Ireland | New market reached | Hoping to continue 2025 |
| 6/12/2024 | Community Grant | £3714 | Armchair Warriors & Pilates 1-1 |
| 10/12/2024 | Wreath Making | SAGE attended as part of their Xmas Party – they are hoping to fund raise for SS | |

What People Say

“Dear Sarah

I wanted to let you know what an impact Sarah's Star has made to my life over the last few months.

I had been caring for my husband for almost 10 years because he had a number of incurable illnesses, and his health reached the stage where he needed constant help. My own health suffered as a result, and I was diagnosed with dangerously high blood pressure which didn't stabilise with medication. Following Alan's death last October I suffered a lot of grief, and my health worsened. I had several admissions to hospital as a result. Although I have an extremely supportive family living locally, I was feeling lost, angry and extremely isolated. It didn't make sense to me that I could feel so lonely when I had support from my family.

I tried going to different activity classes, but the majority of groups are quite large and the focus was on the activity rather than the individual. I am very deaf and rely on hearing aids so in a large group situation I can't hear clearly what anyone says - this caused me to feel even more isolated and unhappy.

The turning point for me was when someone encouraged me to go along to one of the creative sessions you offer. This was so different, with a small group and an instructor who ensured each and every person was supported. The atmosphere was great - I could hear what people were saying and felt included, there was a lot of laughter and I really enjoyed myself. I gained the confidence to attend other sessions provided by your charity - including gentle exercise classes, and a death cafe.

A common theme I have witnessed at each and every session I have attended is that there has been so much laughter and joy. It has been inspirational to share activities with people who have incurable illnesses having fun and enjoying Quality of Life, rather than their lives being dominated by their illnesses. Alongside this has been the comforting human touches, hugs and words of support for people who need it (this was something I really needed). The small groups in all your activities also provide a safe environment where people feel able to express and share their feelings if they are going through a bad patch, as well as sharing the positives. You yourself are always very perceptive and quick to notice when someone is down and offer your friendly invitation "come and have a cuppa". Your lived experience means you understand first-hand what people are going through and this contributes to Sarah's Star being very different in offering support that is unique.

Taking advantage of your charity's services has been a turning point in my life - I have made new friends, no longer feel lonely and my blood pressure has now stabilised so I feel much healthier. My only regret is that your charity wasn't established when Alan was so ill - it would have made a huge difference and given him a quality of life in his final years - something sadly that he did not have. However, I'm focusing on the positives and know that Alan would be very happy that I know have a good quality of life thanks to your work. I'm sure it is also a great comfort for my family to know that I am now adapting to my new life without him and am happy once again, even though I will always miss him.

Many many thanks Sarah for all that you do. You are an inspiration! I hope that Sarah's Star is able to grow and offer help to many more people because there is a desperate need”

June

Volunteers

A Heartfelt Thank You to Our Incredible Volunteers

We are deeply indebted to our volunteers—without your dedication and generosity, we would not have achieved all that we have in our second year as a charity.

Whether you have walked, ran, hiked, or swam to raise funds, your efforts mean the world to us. To those who have given their time and expertise to deliver programmes in our hub, your commitment to Sarah's Star is truly invaluable.

From the bottom of our hearts, thank you for being part of this journey. Your kindness, passion, and support continue to make a difference every single day.

This year, we have placed a special focus on young volunteers, and we are beyond grateful for the energy, passion, and dedication they have brought to Sarah's Star.

Financial Review

The statement of Financial Activities for the period ending 31st January 2025 is set out on page 10, 11 and 12 of the Independent Examiners report. The Income for the year was £63,085 with Expenditure for the year totalling £40,631 resulting in a net surplus of £22,454.

The Trustees of the charity recognise the importance of developing reserves and a reserves policy. However, given the charity is in its infancy operating on solely voluntary donations the initial focus will be to maintain and sustain the community



hub enabling it to deliver programmes supporting its primary purpose. Given time the Trustees aim to build reserves equivalent to 6 months running costs.

The Trustees are encouraged by the current financial performance over the last year and have no concerns for the immediate future or viability of the charity as a going concern.

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

| | | |
|-------------------------------------|---|--|
| Signature(s) |  |  |
| Full name(s) | Liam Milligan | Joanne Dunn |
| Position (eg Secretary, Chair, etc) | Chair | Secretary |
| Date | 18 th June 2025 | |

Independent Examiners Report

To the Trustees of Sarah's Star

Report to the trustees on accounts for the period ended 31st January 2025

I report to the trustees on my examination of the accounts of Sarah Star ("the Trust") for the period ended 31 January 2025.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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



Chartered Accountant

2 Stonewell Lane, L'Derry, BT47 6HU

Sarah's Star
Receipts and Payments
For the period ended 31 January 2025

| | Unrestricted Funds | Restricted Funds | For the period ended 31 January 2025 | For the period ended 31 January 2024 |
|--|-----------------------|---------------------|---|---|
| | £ | £ | £ | £ |
| Receipts | | | | |
| Donations | 21,097 | 41,988 | 63,085 | 49,989 |
| Total Receipts | 21,097 | 41,988 | 63,085 | 49,989 |
| Payments | | | | |
| Charitable activities | 5,534 | 3,679 | 9,213 | 6,178 |
| Rent / hire | 13,584 | — | 13,584 | 11,937 |
| Wages and salaries | 8,157 | 1,028 | 9,185 | — |
| Insurance | 941 | — | 941 | 853 |
| Telephone & internet | 294 | — | 294 | 78 |
| Administrative expense | 5,218 | 543 | 5,761 | 1,034 |
| Advertising | 892 | — | 892 | — |
| Travel & accommodation | 761 | — | 761 | — |
| Repairs, renovation and maintenance | — | — | — | 5,692 |
| Purchase of low value assets | — | — | — | 482 |
| Total Payments | 35,381 | 5,250 | 40,631 | 26,254 |
| Net Receipts for the period | (14,284) | 36,738 | 22,454 | 23,735 |
| Bank and Cash balances at the start of the period | 23,735 | — | 23,735 | — |
| Bank and Cash balances at the end of the period | 9,451 | 36,738 | 46,189 | 23,735 |

Sarah's Star
Statement of Assets and Liabilities
As at 31 January 2025

| | 31 January 2025 £ | 31 January 2024 £ |
|--------------------------------|-------------------------|-------------------------|
| Current Assets | | |
| Bank and Cash Balances | 46,189 | 23,735 |
| | | |
| Fixed Assets | | |
| Fixtures, fittings & equipment | 552 | 552 |

Approved by the trustees on 18th May 2025 and signed on their behalf by:



Liam Milligan

Chair