

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 APRIL 2023  
FOR  
THE SARA LEE TRUST**

Manningtons Chartered Accountants  
39 High Street  
Battle  
East Sussex  
TN33 0EE

**THE SARA LEE TRUST**

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FOR THE YEAR ENDED 30 APRIL 2023**

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**THE SARA LEE TRUST**

**REFERENCE AND ADMINISTRATIVE DETAILS  
FOR THE YEAR ENDED 30 APRIL 2023**

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**TRUSTEES**

S Lee (deceased 8/7/2022)  
V Goddard  
A Cryar  
D Hargreaves  
M Lear  
M Morton  
C Chaloner  
N H Histed  
P Matthews  
A Rose  
K Hughes (resigned 18/5/2023)  
T Lee (appointed 13/7/2022)  
T May (appointed 19/05/2023)

**PRINCIPAL ADDRESS**

25 Upper Maze Hill  
St Leonards on Sea  
East Sussex  
TN38 0LB

**REGISTERED CHARITY  
NUMBER**

1055048

**INDEPENDENT EXAMINER**

Manningtons Chartered Accountants  
39 High Street  
Battle  
East Sussex  
TN33 0EE

## **THE SARA LEE TRUST**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 APRIL 2023**

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The trustees present their report with the financial statements of the charity for the year ended 30 April 2023. The trustees have adopted the provisions of 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 (FRS 102) (effective 1 January 2019).

The trustees present their report with the financial statements of the charity for the year ended 30 April 2022. The trustees have adopted the provisions of 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 (FRS 102) (effective 1 January 2019).

#### **A welcome from our President**

I joined The Sara Lee Trust as a Trustee almost twenty years ago. Since then, I have served as Vice-Chair and then for the last ten years as Chairperson. Throughout that time Sally Lee MBE, Sara's mother, Trust Co-founder, and former President provided me with a great source of inspiration to help the Trust to grow and support more local people with their essential support and care.

She provided the leadership and energy needed to enable the Trust to develop into an organisation that now supports almost 1,000 people a year with a wide range of therapies and group activities from facilities that are designed to provide the best patient experience possible.

I am extremely proud to have the opportunity as Trust President to continue both Sally Lee and Jeremy Lee's amazing legacy and continue to strive with our Board, Team and supporters to deliver Sara's vision of free and accessible therapy support and care for all those affected by life threatening illness living in Hastings and Rother.



Michael J Lear  
Trust President

#### **OBJECTIVES AND ACTIVITIES TRUST AIMS AND OBJECTIVES**

The Sara Lee Trust is an independent local charity which aims to improve the quality of life of people affected by cancer and other life-threatening illnesses in Hastings and Rother (East Sussex), through the provision of psychological and counselling support, complementary therapies and therapeutic group activities. The Trust was established in early 1996.

## **THE SARA LEE TRUST**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 APRIL 2023**

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#### **OBJECTIVES AND ACTIVITIES**

The Trust's strategic aims are:

To provide, as widely as possible, our individual and group Counselling and Therapy services to people affected by life threatening illnesses.

To develop our services as needed to ensure equitable access for all, in particular for the more vulnerable groups within our society.

To deliver our care and services in the most appropriate setting for the patient and at a time that best meets their needs.

To ensure that Trust services are supported by long - term sustainable income streams.

The Trust's strategic plan "Improving Care for Local People: 2023 – 2028" is available from our website: [www.saraleetrust.org](http://www.saraleetrust.org)

#### **OUR ACTIVITIES**

##### **About the Sara Lee Trust**

For 25 years we have worked to improve the quality of life for people affected by cancer and other life-threatening illnesses across Hastings and Rother, East Sussex. Our combined experience and expertise has enabled us to develop a range of psychological and counselling support, complementary and group therapies to benefit and support patients, their carers, family members and loved ones. We are the dedicated provider of psychological support and therapy care services for St Michael's Hospice, a 26-bed palliative care centre in St Leonards-on-Sea (for 25 years) and the Rye, Winchelsea and District Memorial Hospital (since 2007). The Trust is the only provider of these specialised services in the region.

##### **Our team**

The Trust Team of over 20 highly experienced practitioner's support almost 800 people per year with the free counselling, therapy care and group support they need to help them through what is often the most difficult time of their life. All Trust practitioner's have recognised training in the therapy they provide and have significant experience of working with our patient group.

Whilst ensuring that we comply with local and national guidelines, our flexible model of care is designed to empower the individual, to enable lasting improvement to their wellbeing. We promote the development of long-term connections and supportive networks through individual and / or group activity. Our team provides psychological support including specialist counselling, psychotherapy and Cognitive Behavioural Therapy (CBT), a range of complementary therapies and a growing number of group activities. Care is tailored to the needs of each individual.

All Trust services are provided completely free of charge.

##### **How we help**

People affected by life-threatening illness are often at an extremely vulnerable stage in their life, both mentally and physically. They will often feel isolated and marginalised by their illness. Our individual and group support helps people to live with, and increasingly through their illness. Improved confidence and mobility can help service users to be more independent of carers while at the same time enabling them to broaden social networks so that they feel better connected to their community. Because our services are also available to the families and loved ones of patients, they too benefit through the opportunity to process the impact of the diagnosis and potential bereavement.

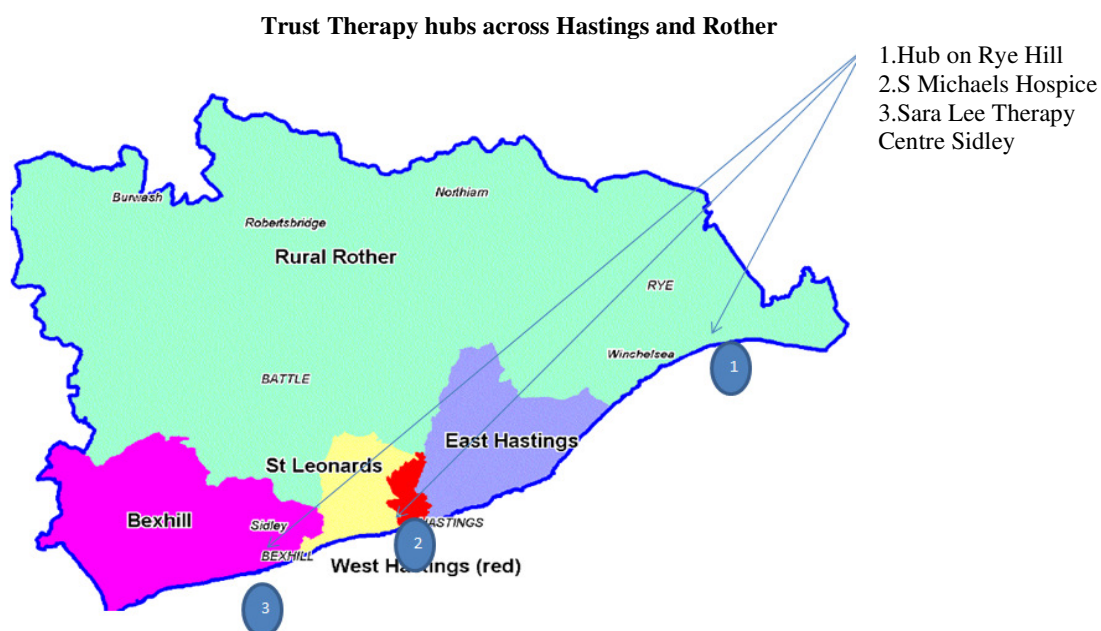
Our services offer some respite from the caring role and its physical and emotional impact. In this broader context, we improve health and well-being in our community by offering more opportunities for employment and volunteering, playing a key role in enhancing community spirit and reducing the burden of care in the wider community generally. When our resources are not available people sometimes struggle without essential care, resulting in deterioration in health and well-being and placing heightened pressure on mainstream health, social care and other services

## OBJECTIVES AND ACTIVITIES

### LOCAL CONTEXT

The Trust provides essential care and support for people living across Hastings and Rother who are affected by cancer and other life-threatening illnesses. Locally the level of need for this support and care is extreme.

Trust Therapy hubs across Hastings and Rother



Hastings and Rother have some of the most deprived areas in the country where prevalence rates for cancer are far higher than the national average and many people continue to live with their illness unsupported, resulting in unnecessary suffering and isolation. East Sussex Joint Strategic Needs & Assets Assessment (JSNA) 2022 highlights not only that Hastings has higher than regional average levels of premature death, with the primary contributor being lung cancer but also that the rates have increased significantly since 2019.

Sussex Uncovered 3, a data-led report by Sussex Community Foundation sets out both the needs and strengths of our communities across Sussex. This report highlights the continuing inequality across Sussex and that people in the disadvantaged areas of Sussex are more likely to have shorter lives and poorer health. There is a 14.5 year age gap in male life expectancy and an 18.9 year age gap in female life expectancy between the most and least deprived areas in Sussex. Hastings & Rother contains 10 of the 15 most deprived wards in Sussex and Hastings is ranked the 13th in the country on the same indicator.

The pressure on our services remains very high and, with The Sussex Cancer Alliance predicting increasing local prevalence rates long into the future, this trend will only but continue.

Funding allowing, the Trust is committed to increasing its capacity to meet this extreme level of need.

## THE SARA LEE TRUST

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 APRIL 2023

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#### ACHIEVEMENT AND PERFORMANCE CHAIRMAN'S STATEMENT

I feel privileged to be the Chair of the Sara Lee Trust. I was appointed in January 2023 having served as a Trustee and been a member of the Service User Group. I experienced first-hand the difference the Trust makes to the lives of those affected by cancer and other life-threatening conditions.

It is the amazing work of the therapists, staff and volunteers and this inspires me to leading the Charity forward into the future. As we all work together building upon the determination, hard work and achievements of the Trust since it was established in 1996, in the memory of Sara Lee, we strive to ensure all those affected by cancer and life-threatening conditions in Hastings and Rother have free and easy access to our services and support. In the words of Sara Lee, we strive to support our service users, "To live life to the full, in spite of the cancer within".

Despite the considerable impacts of COVID-19 on our services and finances, I am pleased to say that almost all services have now been fully re-established, and we are now supporting almost the same number of people as before the pandemic.

The Trust team have been extremely busy over the last 18 months, not just rebuilding our operations after the ravages of the pandemic but also developing a purpose designed hallspace for group support activities as well as reconfiguring our therapy centre in Bexhill to increase our capacity for one-to-one therapies. With all the building works now complete we now have the right facilities to support more people for generations to come.

With your ongoing support I am confident that not only will we support more people looking forward but also become a stronger and more sustainable organisation.

I give my sincere thanks to you all for your individual and collective efforts.

Anita Rose  
Chair of Trustees



*Sara Lee Centre Hallspace opened April 2023*



## **THE SARA LEE TRUST**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 APRIL 2023**

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#### **ACHIEVEMENT AND PERFORMANCE CHIEF EXECUTIVE'S INTRODUCTION**

The core purpose of the Trust is to improve the lives of local people affected by life threatening illness.

Despite the considerable external and internal challenges faced over the last year including managing the ongoing impacts of the COVID pandemic, the cost-of-living crisis as well as the closure of our centre in Sidley, I am very pleased to say that the level of support we provide has continued to increase and is almost back to pre-pandemic levels. We expect this trend to continue as we build capacity and establish a wider range of group support activities delivered from our new hallspace in Sidley.

Through our monitoring and evaluation processes we know that our services make a real difference and feedback from our service users remains highly positive and compelling.

Highlights from our latest monitoring and evaluation reports include:

- Over 90% reported improved well-being and confidence
- Over half indicated reduced use of mental health services
- Almost 80% reported an improvement to physical health

After an extended period of exceptional change and upheaval it will come as no surprise that our near term priorities and focus are centred on our core services and ensuring that we continue to provide high quality services at the right time and place for the individual. That our services and patients are supported by accessible, timely and efficient administration processes.

In addition, we are incrementally re-establishing and enhancing the scope and range of our group support activities with several already up and running from our new hallspace including Wellbeing Through Nature Groups, beginner and intermediate level specialist Yoga classes, Brighter Outlook physical exercise programmes run in partnership with Albion in the Community and regular Look Good Feel Better workshops.

With the financial environment becoming increasingly challenging, raising funds to support our core services and activities is becoming increasingly difficult. We need to adapt our approach to fundraising to embrace and integrate new trends, technologies and opportunities alongside what our Fundraising team already do so successfully.

The Trust is extremely fortunate to be supported by so many people, groups and organisations who give so much in many different ways. It is through this tremendous support that we will, I am sure, continue to raise the necessary funds to not only continue to provide our services at current levels but also to fund additional capacity enabling us to support more people in need in the future.

Dan Redsull  
Chief Executive Officer



**FINANCIAL REVIEW  
THE SARA LEE TRUST PERFORMANCE REPORT  
SERVICES**

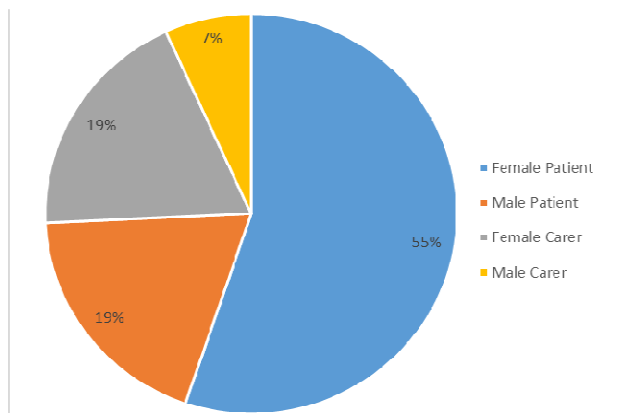
**Service provision and activities**

In the financial year 2022/23 the Trust provided 4,823 hours of therapy and activities, an increase of 22% on the previous year. Our services benefitted supported 653 service users, an increase of 18% from 2021/22.

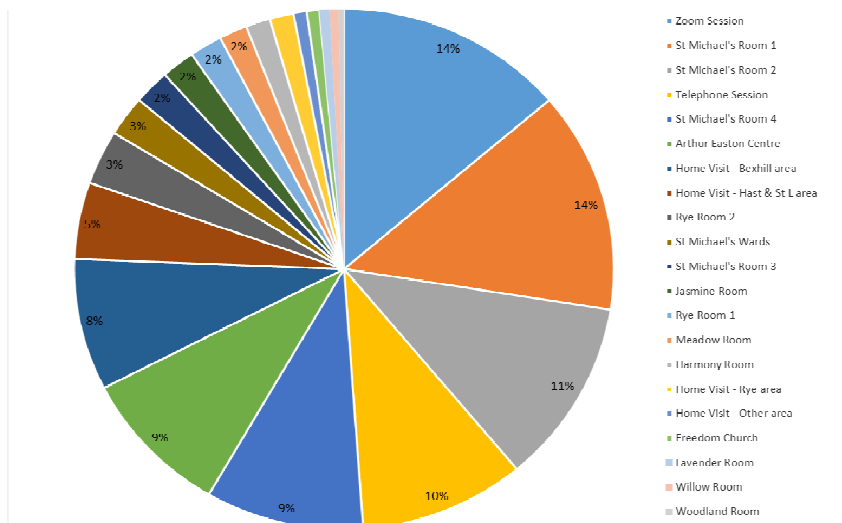
These increases reflect the removal of pandemic related restrictions in the early part of the financial year and are expected to continue as services and capacity are re-established.

The Trust received 1,092 referrals over the year.

**Provision of therapies by service user**

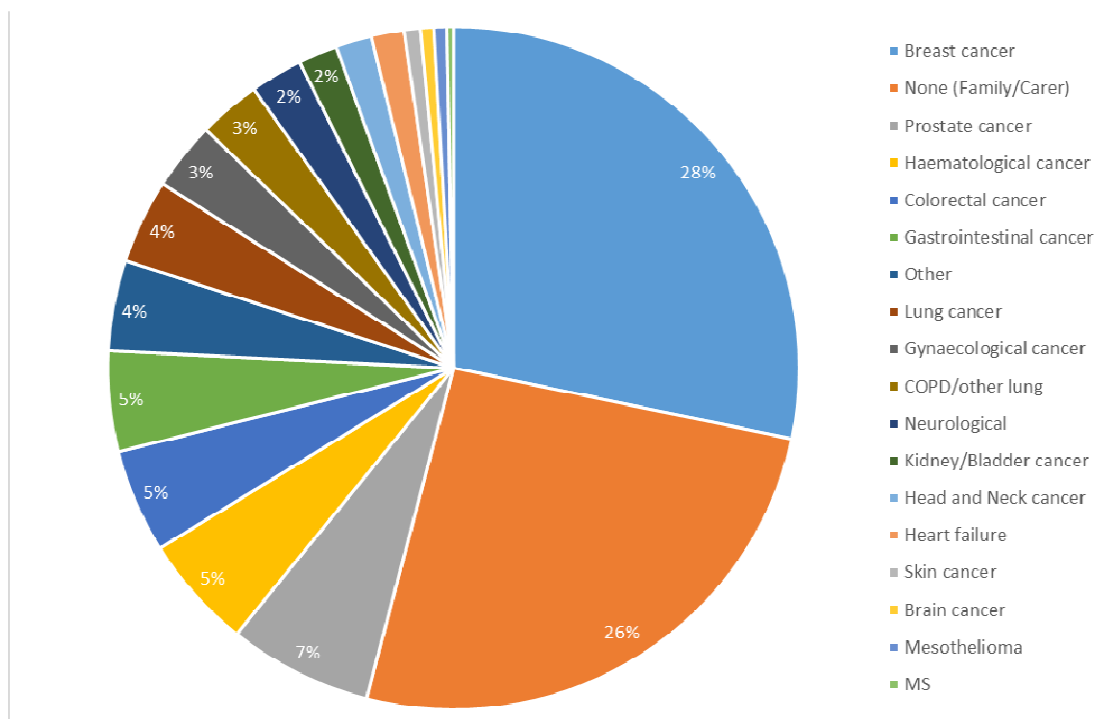


**Location of therapies and activities**



**FINANCIAL REVIEW (continued)**

**Provision of therapies and activities by diagnosis**



**In Year Developments**

**Highlights**

- Our Sara Lee Therapy Centre in Sidley was closed for major improvements and enhancements for a considerable part of the year. Re-opening in March 2023 the centre now has 2 complementary therapy suites as well as a dedicated counselling room.
- In addition, a large annex to our centre, built in year and opened in April 2023 provides a second dedicated counselling room as well as two new hall spaces for group based support and activities.
- Remote based services have now been integrated into our core service offering dramatically improving access for those unable to use our in person services.
- Both the number of service users supported and activity levels provided increased year on year.
- Established group activities including gentle yoga, healthy cooking and Look Good Feel Better sessions are as popular as ever.
- New group support activities were introduced in year including drop in Information & Awareness sessions run in partnership with Bexhill Primary Care Network, Brighter Outlook Exercise programmes and Wellbeing Through Nature groups.

**Action Plan and Annual Evaluation**

In the coming months we will be analysing the results of our annual service user survey, and undertaking an evaluation process leading to the 2022-2023 Trust Annual Evaluation Report and the 2023-24 Trust Action Plan.

## **USER FEEDBACK AND CASE STUDY**

Examples of service user feedback in 2022/23

- B's visits were the high point of my week. I knew I would feel less anxious afterwards and would sleep better. She was amazing at reflexology.
- Very friendly and professional treatment at home and always very punctual. Made me feel very relaxed.
- I felt this helped a lot and I am most grateful.
- Advice, help and general help to overcome problems has been amazing.
- I am so grateful for the help I have received and the care with which I have been treated.
- Able to talk about my cancer to someone who listens while having a soothing massage.
- I would be lost without the help and support of my yoga friends, which have been an extra throughout all the services.
- I was referred to the Sara Lee Trust for treatment to help reduce the severe chills that dictate how I live. B took this more seriously than anyone ever has. She made sure the treatment room was warm always and she covered up all the parts of me she wasn't massaging. The massage made me far less tense. I think they also helped with my blood circulation as I felt warm for some time after them.
- I would like to say a very big thank you for the support I received from The Sara Lee Trust.
- A caring, easy to talk to counsellor, increased my feeling of self-worth and usefulness.
- I received counselling whilst caring for my father and away from my family. It was a very lonely, stressful and sad time of my life. G was a wonderful listener and safe space to talk about conflicting sadness, guilt and grief that I was not comfortable talking about to family and friends. I looked forward to our hour together and was extremely grateful for his professional and knowledgeable guidance.
- I would like thank B so much for her time and support with massage therapy. It has helped so much.
- Counsellor helped me through a very difficult time in life. I was able to assess our future life and move forward. Much better than GP visits and prescription pills.
- Having dedicated time for complementary therapy supported my recovery and helped me feel more positive.
- The counselling service is excellent and the range of services you provide is fantastic. My counsellor was excellent so empathic and kind. He helped me think through a lot of complex emotional material relating to end-of-life practicalities as well as my helping me make sense of my life in terms of meaning and legacy. I am so grateful for this help and support at very difficult time.

### **Case studies and personal stories**

Case studies demonstrating how the Trust has made a difference to the life of an individual and their family through the service it provides. The first case study relates to our Shiatsu therapy and the second our Counselling service.

Names and identifying details have been changed to protect the privacy of the patient and their family.

## THE SARA LEE TRUST

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 APRIL 2023

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#### Case Studies and personal stories (continued)

Steven is a gentleman in his seventh decade. As part of his treatment plan with his Medical Team, he is receiving Hormone Therapy. He experiences hot flushes. Here is his account in his own words regarding the time he has shared with various members of the Team with The Sara Lee Trust.

"When I was diagnosed with advance cancer a year ago I was given the opportunity to have some therapy by the 'Sara Lee Trust', but not knowing what I was about to experience was something out of this world. I was offered 6 sessions of body therapy which was totally relaxing and cleared my mind of the complaint. At a later time I was introduced to another therapist for 6 sessions this time of 'Acupuncture', whereby very small needles were inserted into various places on the body and to my and everyone's amazement the 'Hot Flushes' I was plagued with ever since I started my monthly injections had decreased a lot, not completely but a lot.

The centre at Sidley had to be closed for major improvements and all services were put out onto the road, but 'The Trust' was unable to obtain a license from the local council to carry on therapy in people's houses and alike. We were told that we could go to St Michael's Hospice where space was given to the trust to carry on therapies of other kinds. We were again invited to see another Therapist who could perform therapy in the form of 'Shiatsu'.

This was a soothing and very relaxing form of therapy whereby it was to train your mind to try and control these Hot Flushes. Again, things began to work in reducing the severe hot flushes from the first session not completely but gradually. Having now had 4 sessions and they seem to get better all the time. Before I started my sessions the Hot Flushes were quite severe but now only 4 sessions into this therapy they have decrease immensely.

I have to say that the 'Sara Lee Trust' have given me faith in the therapies I have had and I cannot thank them enough and all the staff are so kind in their care for what they have done for me, I am and will always be eternally grateful, as without all their help I would still be suffering these severe flushes. As once I could count anything up to 20 a day, but now I don't bother to count as there as so few.

Thank you to the Sara Lee Trust."

Marian was referred by medical profession for Sara Lee Trust counselling support. She had in total 24 telephone sessions started in May 2022 till February 2023. In her assessment session the counsellor addressed boundaries, confidentiality, data protection as well as her goals for what she wanted to achieve. Marian's' initial goals was to work on having a happy life so that she could say at the end of her life that she hadn't wasted it due to her health anxieties. She already had health anxieties and cancer exacerbated these anxieties. In several of our sessions we used mindfulness techniques with my client as she regularly had what she called "meltdowns" over these anxieties.

In our penultimate sessions together I reminded her of her original goal for therapy which was to have a happy life and not feel that she had wasted it. I asked her to imagine what living her life meant to her. Marian said that travel, friends and having fun meant that she had lived a good life. Also having a relationship of equals would be something she would want for the future. She was able to look ahead to when her surgery was finished and then book a group holiday to Rome.

My client was anxious about our sessions ending so my supervisor suggested that we look our journey together so far in our penultimate session, and for her to draw this journey whilst on the phone with me. She really enjoyed this activity and described our journey together as a roller coaster which had highs and lows.

At the beginning of our journey my client was sitting with fear of dying and was processing recent family bereavements due to cancer. She went through a period of "static and calm" and was at a high point on the roller coaster. She then had a car accident which sent her crashing downwards and had a "Why is this happening to me?" period. We explored all the tools and techniques we had used throughout our sessions so that she felt that she had a "toolkit" to help her when our sessions ended.

## **THE SARA LEE TRUST**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 APRIL 2023**

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She felt positive at the end of our sessions as she could see how far she had come on her personal journey. My client was able to see the benefits of having time to reflect on all the insights that she had gained from our work together. She wanted "to be her own therapist."

#### **MONITORING AND EVALUATION**

The aim of the Trust is to improve the quality of life of people affected by cancer and other life threatening illnesses. Effective and robust evaluation ensures that our work is evidence based and quality assured. Our service evaluation underpins all funding applications and has enabled us to successfully secure funding for some key services.

All trust services are subject to evaluation at service user level using standardised templates. Outcome reporting is underpinned by our use of EMIS Web, a nationally recognised patient information system.

Key statistics for 2022/23 (year ending 30 April 2023) include:

##### Improved mental wellbeing

95% of service users reported improved confidence and wellbeing  
89% reported reduced anxiety and depression  
Over half (58%) reported reduced use of mental health services

##### Improved physical health

73% of service users reported an improvement to physical health  
57% reported a reduction in symptoms / side effects  
A third reported a reduced of GP services

##### Increased independence and reduced isolation

60% of service users reported feeling less isolated  
51% reported being more able to look after themselves  
Almost a third reported participating in new social networks and / or making new friends

We will continue to research and develop our reporting systems to ensure that our evidence based information meets best practice and national guidelines

## THE SARA LEE TRUST

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 APRIL 2023

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#### FINANCIAL REVIEW FUNDRAISING

The Trust is almost totally reliant on fundraising, donations and retail activities to fund its services. We are extremely grateful to all those who have supported the Trust over the last year in particular, those who have:

- made a donation / grant
- supported, held or participated in a fundraising event
- become one of our invaluable commercial / community partners



Fundraising for the Trust is delivered by a small team of 4 (2.5 whole time equivalent), supported by our part-time Volunteer Coordinator and many wonderful volunteers. We would like to thank all our volunteers for their fantastic support.

Funds were raised throughout the year using a variety of means including:

- An events programme of both Trust and independent activities, which this year were delivered both online and in person. These included: Hastings Beatles Day; Golf Day; Music Events; Fairs and stalls; Open Days; Quizzes; Christmas activities; and individual fundraising activities.
- Challenge Events included the Hastings Half Marathon and the London marathon and represents an area of rebounding income.
- Applications for support to charitable trusts, local businesses and community groups continued to support The Trust throughout the year.
- Appeals to the local community and general public to support our work by fundraising, donating to our charity shops and remembering us in their will.



#### Key highlights:

- Hastings Beatles Day raised approximately £17,700 as well as increasing awareness of The Sara Lee Trust.
- Local bands such as The Diamond Bros and The Rockitmen have supported us at their own events as well as at Trust-run events.
- Glam Rock Night raised £4,000
- Increased local awareness of The Trust through large events and increased publicity and marketing.
- Continued support from partner charitable trusts & foundations
- Introduction of contactless giving at the Therapy Centre.
- Further development of public communications channels including enhanced social media activity - particularly with video content.
- Development of a joint challenge event - Camino de Santiago 2024, in partnership with St Michael's Hospice



## THE SARA LEE TRUST

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 APRIL 2023

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#### FINANCIAL REVIEW FUNDRAISING (continued)

- Capital fundraising for the new Hallspace
- Resuming planning for some activities that had been cancelled due to the pandemic; including music events, Christmas events and challenge events.
- Development of new and continued community and local business relationships.

#### Impact of Coronavirus

Individual, corporate and group giving has all seen a further impact from the cost of living crisis following the end of the coronavirus pandemic, as many donors see a reduction in income themselves.

Collecting box and cash donations have not recovered since the end of the pandemic.

Income from Trusts and Foundations has seen another drop, due to the increased demand for support from these organisations, and therefore increased competition.

Income from events has, however, risen significantly in the last year. Larger and more diverse events attract different audiences. A new addition - Golf Day - has seen significant and increasing interest from local businesses, which has also led to new and potentially supportive relationships.

Challenge events have seen growth this year as more mass participation activities return in full following the pandemic.

Our digital offer continues to grow, including increased social media output, further development of video content; along with a larger variety of online fundraising platforms.

During these continued exceptionally difficult circumstances, the Fundraising Team has been able to maintain a flexible approach which has ensured income for The Trust through as many streams as possible.

Our sincere thanks go to all the charitable trusts, companies, organisations and individuals who have supported our fundraising efforts throughout the year.

## THE SARA LEE TRUST

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 APRIL 2023

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#### FINANCIAL REVIEW CHARITY RETAIL

Funding generated by our charity retail operations is a core income stream for the Trust and is critical to our ability to maintain existing levels of therapy support and care. Increasing capacity into the future is reliant on further growth across all our fundraising activities including charity retail.

Charity retail is entirely reliant on the provision of items to sell and we would like to give thanks to everyone supporting our retail activities including those who have:

- Donated goods
- Supported us through house clearances
- Recommended others to donate / use our clearance services
- Provided shop fittings and equipment

The Trust Retail Team operate 5 charity shops across Hastings & Rother and have an online presence on a number of platforms including ebay. Overall income is enhanced by our Van and Donation Centre Team through specialist sales, direct / online sales and a house clearance service.

Key highlights:

- Exceeded targets in several key areas including retail online, specialist sales and sales generated by our Donation Centre
- Developed our shop in Western Road into a charity "Superstore" launched in January 2023
- Carried out record levels of Caring Clearance services
- Expanded the capacity and skill mix of our Van and Donation Centre team
- Invested in additional capacity to support the growth of online sales

Our annual donation to the Trust was just over £110k which although in part is supported by one off grant income, reflects the hard work and considerable efforts of the whole retail team in particular our amazing volunteer supporters to whom we give our immense thanks.

Given the uncertain and unstable economic environment the Retail Team will, in the short to medium term be focused on increasing donations, improving sales and enhancing the customer experience across our existing shops, sales platforms and operations. Alongside this we will continue to invest in our people and supporters.

Retail has its own dedicated website, facebook page and ebay shop.

[saraleetrustretail.org](http://saraleetrustretail.org)

Facebook

<https://www.ebay.co.uk/usr/saraleetrustretail>





**FINANCIAL REVIEW  
FINANCE**

The charity sector faces a very uncertain future with funding support and voluntary giving becoming increasingly restricted and competitive and costs escalating across the board.

In March 2023 our Board of Trustees approved a revised four-year budget plan which recognised the changed financial climate and the considerable pressures that we are now faced with. Whilst targeting recovery and momentum building within our key fundraising areas and maintaining overall service capacity, the budget plans take account of increased risk to future funding levels and increased operating costs.

Forecast targets are extremely challenging with fundraising and retail activities charged with meeting an annual income shortfall of approximately £150,000. The application of contingency reserves to support the Trust maintain its services and activities through the pandemic has left residual reserves at a level where any further reduction would risk the charity's ability to carry on its activities in the future in the event of financial difficulties.

At year-end the charity had raised £654,216 against capital and revenue expenditure of £653,801 achieving a small one-off surplus of £415. This headline position was reached through a combination of one-off income streams (e.g. government covid grants / insurance settlements) and staff vacancies. Looking forward, if we are not successful in securing additional funding support whilst we rebuild our fundraising activities our underlying costs will continue to exceed expected income levels and small deficits are forecast for the next three years to pre-pandemic levels necessitating interim cost cutting measures which would be detrimental to both existing services and plans for increasing fundraising activity.

Along with a proportion of our contingency reserves, this year's small surplus has been used to fund to our hallspace capital development and the reconfiguration of our existing centre to provide an additional dedicated space for hands on therapies.

**FINANCIAL REVIEW  
RESERVES**

The level and application of reserves are subject to a full reserve at least on an annual basis. It is the current policy of the Trust that under normal circumstances, unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to approximately 9 months of recurrent operational expenditure (i.e. c£281,000). The Trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the Trust's activities while consideration is given to ways in which additional funds may be raised. Under normal circumstances a further reserve would be maintained to ensure that sufficient resources are available to properly maintain Trust fixed assets in the event of a significant drop in funding.

The Board of Trustees has however recognised that we are in exceptional times and that considerable resource has and continues to be needed to mitigate against the impacts of the pandemic and global cost of living crisis - in particular to ensure that the essential support and care we provide for so many across the region remains, as far as is possible, unaffected whilst we rebuild our support activities over the coming years.

In addition the Board of Trustees was committed to the development of a purpose designed therapy hall space to enable a step change in the scope and scale of group activities available for local people.

Therefore, of the cash and bank reserves at year end (£162,428), £25,000 is committed towards mitigating the impacts of the coronavirus pandemic and cost of living crisis, £25,000 to capital developments including the completion of our purpose designed hallspace in Sidley, and the remaining £112,428 (equivalent to approximately 3 months recurrent expenditure) has been ring-fenced for operational provisions as referred to above.

The Board has a long-term objective of rebuilding contingency reserves to a level equivalent to 9 months annual expenditure.

As at the 30th April 2023, the Trust held no other uncommitted reserves or balances.

**SERVICE USER & PUBLIC PARTICIPATION AND INVOLVEMENT (PPI)**

The Trust is committed to involving users in the development of its policies and services. It has a core belief that user involvement and engagement is essential to providing services that best meet user needs. Users of Trust services play an active and leading role in the planning of service improvements and assisting in wider developments within the organisation.

Our independent Service User Group continues to contribute their thoughts and ideas across many important areas. In the last year this has included:

- Supporting the development of our hallspace project and reconfiguration of existing premises
- Reviewing and signing off our annual evaluation report and 2022/23 Trust action plan.
- Helping to design the 2022/23 Annual Services Survey
- Supporting the development of extended support groups and activities
- Working with the team on a variety of fundraising events and activities

As well as our Service User Group (SUG), existing and former service users are actively engaged in a number of other important Trust forums, committees and initiatives including our Board of Trustees, The National Lottery Community Fund Project Board and Volunteer Committee.

## THE SARA LEE TRUST

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 APRIL 2023

---

#### FINANCIAL REVIEW

##### A note from the Interim SUG Chair – Susan Richardson

I have been a member of the Service User Group for approximately 9 years and am now providing transitional support as the Interim Chair.

My journey began with the Sara Lee Trust as a carer for my father who was terminally ill. I was referred by a specialist nurse as I have several chronic illnesses which can be exacerbated by stress.

Sara Lee supported me through providing complementary therapies and counselling. I shall be forever grateful for the help I received.

Having been involved with the SUG through a period of considerable change I have experienced first-hand just how involved the SUG is in the operational and strategic development of the Trust. Not only are we directly involved in the monitoring and assessment of day to day services, we have contributed considerably to major projects including the development of the Sara Lee Centre and Hallspace in Sidley.

The SUG have now reached a stage where we are becoming more active and as a result would dearly like new additional members to join us. Being a member of the SUG is an enjoyable and rewarding experience and I would encourage any former or present service users to consider helping us to help those who may need Trust services in the future. It's a wonderful way of giving back and saying thank you!

Susan



#### VOLUNTEER SUPPORT

The Trust was founded by volunteers in 1996 and they have been the foundation stone of the organisation ever since. They are involved in a wide range of activities across the charity; from therapy care to charity retail.

For some volunteering is a one-off activity, others choose to make a long-term commitment. We are grateful to each and every person who gives their time to make a difference for those affected life-threatening illness.

We have almost 200 active volunteers from across Hastings and Rother bringing a wide range of backgrounds, occupations, knowledge, life experiences and skills.

##### Training and support

We are proud of the high standard of training and support we provide to our volunteers. This includes regular online meetings for information sharing and training and more social events. All volunteers are in regular contact with our staff team and those supporting our services are offered one-to-one supervision sessions to manage their own wellbeing.

##### Impact

Volunteer support is critical to work of the Trust. Without the tremendous efforts that are provided each and every working day across the Trust we simply would not be able to provide the level of care that we do.

##### Involvement and Engagement

We actively encourage regular feedback from volunteers as well as involvement in our decision making processes. We have an established Volunteer Committee and Annual Volunteer survey in addition to regular volunteer team meetings.

## **THE SARA LEE TRUST**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 APRIL 2023**

---

#### **FINANCIAL REVIEW**

Here is some of feedback from our last survey highlighting why people volunteer for the Trust:

"I just like helping when I can"

"Am helping others making a difference, supporting a worthwhile charity"

"To give back something"

"To help promote the trust"

"Helping a charity I believe in"

"Friendship, enjoyment, contributing to our local society"

"Making money for a good cause"

"Meeting new people & Learning new skills"

"WR shop we r all like family."

#### **EVALUATION AND PRIORITIES**

The aim of our annual evaluation is to step back, reflect on the year, and learn from our experiences and the information obtained, to make our services and support activities more effective and efficient in the longer term. An annual evaluation report is published which:

- " summarises the evaluation process
- " highlights key findings
- " and communicates the resulting action plan

The action plan serves as a road map in the ongoing monitoring process for the year ahead, and a benchmark against which to evaluate our progress at the end of the year.

All stakeholders including staff, service users (including family members and carers), volunteers, local partners and the wider local community are actively involved in the monitoring and evaluation processes through a variety of forums, regular events and feedback mechanisms which include:

Service User Group  
Annual Service User Survey  
Focus group reviews  
Annual Evaluation workshops  
Feedback forms and case studies

The Evaluation Report and related action plan is published at the end of each calendar year.

#### **TRUSTEES**

The Trust currently has a total of 11 Trustees. All Trustees are mindful of their responsibilities regarding the appointment and training of new Trustees. Presently, the need for new Trustees is discussed amongst existing Trustees with, when a need is agreed, potential candidates being identified through existing networks or by external advertisement.

**THE SARA LEE TRUST**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 APRIL 2023**

---

**FINANCIAL REVIEW**

Shortlisted candidates are interviewed and the successful candidates undergo a comprehensive induction where they meet key members of the Trust and are introduced to all aspects of the Trust's work. Each new Trustee is provided with a summary of the responsibilities of a new Trustee.

**RISK MANAGEMENT**

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

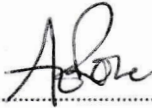
**Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

**Risk Management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Approved by order of the board of trustees on 04.01.2024 and signed on its behalf by:



.....  
Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
THE SARA LEE TRUST**

---

**Independent examiner's report to the trustees of The Sara Lee Trust**

I report to the charity trustees on my examination of the accounts of The Sara Lee Trust (the Trust) for the year ended 30 April 2023.

**Responsibilities and basis of report**

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

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

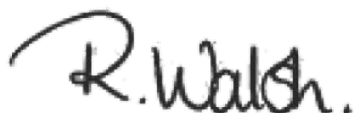
**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the ACCA, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.



R Walsh FCCA

Manningtons Chartered Accountants  
39 High Street  
Battle  
East Sussex  
TN33 0EE

Date: 04.01.2024

**THE SARA LEE TRUST**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 APRIL 2023**

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	170,782	348,529	519,311	230,117
Other trading activities	3	51,199	16,333	67,532	85,102
Investment income	4	58,513	-	58,513	62,945
Other income		8,860	-	8,860	17,718
<b>Total</b>		<u>289,354</u>	<u>364,862</u>	<u>654,216</u>	<u>395,882</u>
<b>EXPENDITURE ON</b>					
Raising funds		77,656	-	77,656	63,365
<b>Charitable activities</b>	5				
General		211,283	88,191	299,474	313,611
<b>Total</b>		<u>288,939</u>	<u>88,191</u>	<u>377,130</u>	<u>376,976</u>
<b>NET INCOME</b>		415	276,671	277,086	18,906
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		1,413,855	68,281	1,482,136	1,463,230
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>1,414,270</u>	<u>344,952</u>	<u>1,759,222</u>	<u>1,482,136</u>

The notes form part of these financial statements

**THE SARA LEE TRUST**

**STATEMENT OF FINANCIAL POSITION  
30 APRIL 2023**

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		<b>2023</b>	<b>2022</b>
	<b>Notes</b>	<b>£</b>	<b>£</b>
<b>FIXED ASSETS</b>			
Tangible assets	10	<b>19,323</b>	6,945
Investment property	11	<b><u>1,514,007</u></b>	<u>1,151,481</u>
		<b>1,533,330</b>	1,158,426
<b>CURRENT ASSETS</b>			
Debtors	12	<b>140,667</b>	136,981
Cash at bank and in hand		<b><u>162,428</u></b>	<u>265,368</u>
		<b>303,095</b>	402,349
<b>CREDITORS</b>			
Amounts falling due within one year	13	<b>(77,203)</b>	(78,639)
		<b><u>225,892</u></b>	<u>323,710</u>
<b>NET CURRENT ASSETS</b>			
		<b>1,759,222</b>	1,482,136
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			
		<b><u>1,759,222</u></b>	<u>1,482,136</u>
<b>NET ASSETS</b>			
		<b><u><u>1,759,222</u></u></b>	<u><u>1,482,136</u></u>

The notes form part of these financial statements




THE SARA LEE TRUST

STATEMENT OF FINANCIAL POSITION - continued  
30 APRIL 2023

FUNDS	Notes	2023	2022
	15	£	£
<b>Unrestricted funds:</b>			
General fund		253,541	199,126
Contingency Fund - Operational Activities		140,000	169,000
Contingency Fund - Asset Maintenance		-	25,000
Designated Fund - Fixed Assets		950,729	950,729
Revaluation Reserve		<u>70,000</u>	<u>70,000</u>
		<u>1,414,270</u>	<u>1,413,855</u>
<b>Restricted funds:</b>			
Shop Donations		1,000	1,000
Sussex Community Foundation		3,132	3,132
Bexhill therapy centre		58,716	58,716
Hastings Lions		1,100	1,100
Sussex Masonic Charities		10,000	-
Big Lottery Fund Grant		592	-
Independent Age		-	4,333
I Know How		5,003	-
Miscellaneous applications		5,000	-
JACT		250	-
The National Lottery Community Fund - RC London and South East Region		225,159	-
The League of Friends of Bexhill Hospital		<u>35,000</u>	<u>-</u>
		<u>344,952</u>	<u>68,281</u>
<b>TOTAL FUNDS</b>		<u>1,759,222</u>	<u>1,482,136</u>

The financial statements were approved by the Board of Trustees and authorised for issue on ~~30 April 2023~~ and were signed on its behalf by:

  
.....  
Trustee

The notes form part of these financial statements

**1. ACCOUNTING POLICIES**

**BASIS OF PREPARING THE FINANCIAL STATEMENTS**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention, as modified by the revaluation of certain assets.

**INCOME**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**EXPENDITURE**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**TANGIBLE FIXED ASSETS**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 10% on cost
Fixtures and fittings	- 25% on cost

**INVESTMENT PROPERTY**

Investment property is shown at most recent valuation. Any aggregate surplus or deficit arising from changes in fair value is recognised in the Statement of Financial Activities.

**TAXATION**

The charity is exempt from tax on its charitable activities.

**FUND ACCOUNTING**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between six and nine month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

**THE SARA LEE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 APRIL 2023**

**2. DONATIONS AND LEGACIES**

	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
Donations	28,499	-	28,499	30,710
Gift aid	4,348	-	4,348	2,738
Legacies	23,285	-	23,285	4,029
Grants	-	348,529	348,529	109,211
Shop income	<u>114,650</u>	-	<u>114,650</u>	<u>83,429</u>
	<u>170,782</u>	<u>348,529</u>	<u>519,311</u>	<u>230,117</u>

Grants received, included in the above, are as follows:

	2023 £	2022 £
Hastings and Rother CCG	26,724	-
Big Lottery Fund	51,646	41,148
Other Grants	<u>270,159</u>	<u>68,063</u>
	<u>348,529</u>	<u>109,211</u>

**3. OTHER TRADING ACTIVITIES**

	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
Fundraising events	43,199	-	43,199	25,252
Charitable trust income	<u>8,000</u>	<u>16,333</u>	<u>24,333</u>	<u>59,850</u>
	<u>51,199</u>	<u>16,333</u>	<u>67,532</u>	<u>85,102</u>

**4. INVESTMENT INCOME**

	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
Rents received	56,848	-	56,848	62,844
Interest receivable	<u>1,665</u>	-	<u>1,665</u>	<u>101</u>
	<u>58,513</u>	-	<u>58,513</u>	<u>62,945</u>

**THE SARA LEE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 APRIL 2023**

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**5. CHARITABLE ACTIVITIES COSTS**

	<b>Direct Costs £</b>	<b>Support costs (see note 6) £</b>	<b>Totals £</b>
General	<u>293,689</u>	<u>5,785</u>	<u>299,474</u>

**6. SUPPORT COSTS**

	<b>Information technology £</b>	<b>Governance costs £</b>	<b>Totals £</b>
General	<u>4,117</u>	<u>1,668</u>	<u>5,785</u>

Governance costs includes £1,350 (2022: £1,550) for the Independent examiners fee.

**7. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 30 April 2023 nor for the year ended 30 April 2022.

The trustee D Hargreaves is a partner in Acuity Professional Partnership LLP who provide accountancy services to The Sara Lee Trust at a significantly discounted cost. A provision of £1,776 has been included within the accounts.

**TRUSTEES' EXPENSES**

There were no trustees' expenses paid for the year ended 30 April 2023 nor for the year ended 30 April 2022.

**KEY MANAGEMENT PERSONNEL REMUNERATION AND EXPENSES**

No employees received total employee benefits (excluding pension contributions) of more than £60,000.

	<b>2023</b>	<b>2022</b>
Salaries	252,622	231,203
Key Management Personnel	34,753	41,029
Employer Pension	5,481	4,689
Social security and other tax	<u>12,448</u>	<u>13,424</u>
	<u><b>290,345</b></u>	<u><b>282,111</b></u>

**THE SARA LEE TRUST****NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 APRIL 2023****8. STAFF COSTS**

The average monthly number of employees during the year was as follows:

	<b>2023</b>	<b>2022</b>
Support staff	2	2
Fundraising staff	5	5
Therapy staff	<u>16</u>	<u>14</u>
	<u><u>23</u></u>	<u><u>21</u></u>

No employees received emoluments in excess of £60,000.

**9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Total funds £</b>
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	115,799	114,318	230,117
Other trading activities	77,852	7,250	85,102
Investment income	62,730	215	62,945
Other income	<u>17,718</u>	<u>-</u>	<u>17,718</u>
<b>Total</b>	<u>274,099</u>	<u>121,783</u>	<u>395,882</u>
<b>EXPENDITURE ON</b>			
Raising funds	63,365	-	63,365
<b>Charitable activities</b>			
General	<u>159,735</u>	<u>153,876</u>	<u>313,611</u>
<b>Total</b>	<u>223,100</u>	<u>153,876</u>	<u>376,976</u>
<b>NET INCOME/(EXPENDITURE)</b>	50,999	(32,093)	18,906
<b>Transfers between funds</b>	<u>(31,207)</u>	<u>31,207</u>	<u>-</u>
<b>Net movement in funds</b>	19,792	(886)	18,906
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	<u>1,394,064</u>	<u>69,166</u>	<u>1,463,230</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u><u>1,413,856</u></u>	<u><u>68,280</u></u>	<u><u>1,482,136</u></u>

**THE SARA LEE TRUST****NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 APRIL 2023****10. TANGIBLE FIXED ASSETS**

	<b>Plant and machinery £</b>	<b>Fixtures and fittings £</b>	<b>Totals £</b>
<b>Cost</b>			
At 1 May 2022	35,090	8,641	43,731
Additions	<u>7,210</u>	<u>8,599</u>	<u>15,809</u>
At 30 April 2023	<u>42,300</u>	<u>17,240</u>	<u>59,540</u>
<b>Depreciation</b>			
At 1 May 2022	28,145	8,641	36,786
Charge for year	<u>1,221</u>	<u>2,210</u>	<u>3,431</u>
At 30 April 2023	<u>29,366</u>	<u>10,851</u>	<u>40,217</u>
<b>Net book value</b>			
At 30 April 2023	<u>12,934</u>	<u>6,389</u>	<u>19,323</u>
At 30 April 2022	<u>6,945</u>	<u>-</u>	<u>6,945</u>

**11. INVESTMENT PROPERTY**

	<b>£</b>
<b>Fair value</b>	
At 1 May 2022	1,151,481
Additions	<u>362,526</u>
At 30 April 2023	<u>1,514,007</u>
<b>Net book value</b>	
At 30 April 2023	<u>1,514,007</u>
At 30 April 2022	<u>1,151,481</u>

The value of the property was considered by the Trustees at year end and found to be reasonable.

A revaluation of the investment property at Silverhill was assessed by the trustees during the year 2017.

The National Lottery Fund hold a charge of £248,518 over The Sara Lee Therapy Centre at Ninfield Road.

**THE SARA LEE TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 APRIL 2023**

**12. DEBTORS**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Amounts falling due within one year:		
Trade debtors	1,148	252
Prepayments and accrued income	<u>1,537</u>	<u>1,354</u>
	<u><b>2,685</b></u>	<u><b>1,606</b></u>
Amounts falling due after more than one year:		
Other debtors	<u>137,982</u>	<u>135,375</u>
Aggregate amounts	<u><b>140,667</b></u>	<u><b>136,981</b></u>

**13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Trade creditors	12,438	5,205
Taxation and social security	5,752	5,479
Other creditors	<u>59,013</u>	<u>67,955</u>
	<u><b>77,203</b></u>	<u><b>78,639</b></u>

**14. ANALYSIS OF NET ASSETS BETWEEN FUNDS**

	<b>Unrestricted</b>	<b>Restricted</b>	<b>2023</b>	<b>2022</b>
	<b>funds</b>	<b>funds</b>	<b>Total</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>funds</b>	<b>funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Fixed assets	16,633	2,690	19,323	6,945
Investments	1,184,132	329,875	1,514,007	1,151,481
Current assets	259,806	43,289	303,095	402,349
Current liabilities	<u>(46,301)</u>	<u>(30,902)</u>	<u>(77,203)</u>	<u>(78,639)</u>
	<u><b>1,414,270</b></u>	<u><b>344,952</b></u>	<u><b>1,759,222</b></u>	<u><b>1,482,136</b></u>

THE SARA LEE TRUST

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 APRIL 2023

15. MOVEMENT IN FUNDS

	At 1.5.22 £	Net movement in funds £	Transfers between funds £	At 30.4.23 £
<b>Unrestricted funds</b>				
General fund	199,126	415	54,000	253,541
Contingency Fund - Operational Activities	169,000	-	(29,000)	140,000
Contingency Fund - Asset Maintenance	25,000	-	(25,000)	-
Designated Fund - Fixed Assets	950,729	-	-	950,729
Revaluation Reserve	<u>70,000</u>	<u>-</u>	<u>-</u>	<u>70,000</u>
	<b>1,413,855</b>	<b>415</b>	<b>-</b>	<b>1,414,270</b>
<b>Restricted funds</b>				
Shop Donations	1,000	-	-	1,000
Sussex Community Foundation	3,132	-	-	3,132
Bexhill therapy centre	58,716	-	-	58,716
Hastings Lions	1,100	-	-	1,100
Sussex Masonic Charities	-	10,000	-	10,000
Big Lottery Fund Grant	-	592	-	592
Independent Age	4,333	(4,333)	-	-
I Know How	-	5,003	-	5,003
Miscellaneous applications	-	5,000	-	5,000
JACT	-	250	-	250
The National Lottery Community Fund - RC London and South East Region	-	225,159	-	225,159
The League of Friends of Bexhill Hospital	<u>-</u>	<u>35,000</u>	<u>-</u>	<u>35,000</u>
	<u>68,281</u>	<u>276,671</u>	<u>-</u>	<u>344,952</u>
<b>TOTAL FUNDS</b>	<u><u>1,482,136</u></u>	<u><u>277,086</u></u>	<u><u>-</u></u>	<u><u>1,759,222</u></u>



THE SARA LEE TRUST

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 APRIL 2023

15. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	289,354	(288,939)	415
<b>Restricted funds</b>			
Ernest Kleinwort	4,083	(4,083)	-
Sussex Community Foundation	3,333	(3,333)	-
The Albert Hunt Trust	1,667	(1,667)	-
The Pink Ribbon Foundation	2,000	(2,000)	-
Sussex Masonic Charities	10,000	-	10,000
Big Lottery Fund Grant	23,961	(23,369)	592
Independent Age	-	(4,333)	(4,333)
East Sussex CCG	26,723	(26,723)	-
I Know How	27,686	(22,683)	5,003
Miscellaneous applications	5,000	-	5,000
JACT	250	-	250
The National Lottery Community Fund - RC London and South East Region	225,159	-	225,159
The League of Friends of Bexhill Hospital	<u>35,000</u>	<u>-</u>	<u>35,000</u>
	<u>364,862</u>	<u>(88,191)</u>	<u>276,671</u>
<b>TOTAL FUNDS</b>	<u>654,216</u>	<u>(377,130)</u>	<u>277,086</u>

THE SARA LEE TRUST

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 APRIL 2023

15. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.5.21 £	Net movement in funds £	Transfers between funds £	At 30.4.22 £
<b>Unrestricted funds</b>				
General fund	178,163	52,170	(31,207)	199,126
Contingency Fund - Operational Activities	169,000	-	-	169,000
Contingency Fund - Asset Maintenance	25,000	-	-	25,000
Designated Fund - Fixed Assets	951,901	(1,172)	-	950,729
Revaluation Reserve	<u>70,000</u>	<u>-</u>	<u>-</u>	<u>70,000</u>
	1,394,064	50,998	(31,207)	1,413,855
<b>Restricted funds</b>				
Shop Donations	1,000	-	-	1,000
Sussex Community Foundation	-	3,132	-	3,132
Bexhill therapy centre	58,716	-	-	58,716
Hastings Lions	1,100	-	-	1,100
Big Lottery Fund Grant	8,350	(13,319)	4,969	-
Independent Age	-	4,333	-	4,333
I Know How	<u>-</u>	<u>(26,238)</u>	<u>26,238</u>	<u>-</u>
	<u>69,166</u>	<u>(32,092)</u>	<u>31,207</u>	<u>68,281</u>
<b>TOTAL FUNDS</b>	<u><u>1,463,230</u></u>	<u><u>18,906</u></u>	<u><u>-</u></u>	<u><u>1,482,136</u></u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	274,099	(221,929)	52,170
Designated Fund - Fixed Assets	<u>-</u>	<u>(1,172)</u>	<u>(1,172)</u>
	274,099	(223,101)	50,998
<b>Restricted funds</b>			
Sussex Community Foundation	3,132	-	3,132
Big Lottery Fund Grant	41,147	(54,466)	(13,319)
Independent Age	4,333	-	4,333
East Sussex CCG	26,276	(26,276)	-
I Know How	41,787	(68,025)	(26,238)
Rye, Winchelsea and District Memorial Hospital	<u>5,108</u>	<u>(5,108)</u>	<u>-</u>
	<u>121,783</u>	<u>(153,875)</u>	<u>(32,092)</u>
<b>TOTAL FUNDS</b>	<u><u>395,882</u></u>	<u><u>(376,976)</u></u>	<u><u>18,906</u></u>

**16. RELATED PARTY DISCLOSURES**

A donation of £114,650 was made from Sara Lee Trading Ltd during the year.

**THE SARA LEE TRUST****DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 APRIL 2023**

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	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	<b>28,499</b>	30,710
Gift aid	<b>4,348</b>	2,738
Legacies	<b>23,285</b>	4,029
Grants	<b>348,529</b>	109,211
Shop income	<b><u>114,650</u></b>	<u>83,429</u>
	<b>519,311</b>	230,117
<b>Other trading activities</b>		
Fundraising events	<b>43,199</b>	25,252
Charitable trust income	<b><u>24,333</u></b>	<u>59,850</u>
	<b>67,532</b>	85,102
<b>Investment income</b>		
Rents received	<b>56,848</b>	62,844
Interest receivable	<b><u>1,665</u></b>	<u>101</u>
	<b>58,513</b>	62,945
<b>Other income</b>		
Insurance claim	<b><u>8,860</u></b>	<u>17,718</u>
<b>Total incoming resources</b>	<b>654,216</b>	395,882
<b>EXPENDITURE</b>		
<b>Other trading activities</b>		
Fundraising events	<b>10,719</b>	6,153
Wages	<b><u>66,937</u></b>	<u>57,212</u>
	<b>77,656</b>	63,365
<b>Charitable activities</b>		
Wages	<b>69,072</b>	100,757
Insurance	<b>4,139</b>	3,856
Postage and stationery	<b>1,796</b>	764
Advertising	<b>1,249</b>	412
Therapist fees	<b>173,664</b>	138,493
Aromatherapy & housekeeping	<b>25,763</b>	12,220
Carried forward	<b>275,683</b>	256,502

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**THE SARA LEE TRUST**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 APRIL 2023**

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	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Charitable activities</b>		
Brought forward	<b>275,683</b>	256,502
Staff training	<b>6,162</b>	8,182
Travelling expenses	<b>2,671</b>	1,277
Sundry service costs	<b>1,006</b>	4,887
Premises costs	<b>4,576</b>	28,686
Plant and machinery depreciation	<b>1,220</b>	1,172
Fixtures and fittings depreciation	<b>2,210</b>	-
Bank charges	<b>161</b>	216
	<b><u>293,689</u></b>	<u>300,922</u>
<b>Support costs</b>		
<b>Information technology</b>		
Computer running costs	<b>4,117</b>	8,899
<b>Governance costs</b>		
Accountancy	<b>852</b>	1,930
Independent examiners fee	<b>816</b>	1,860
	<b><u>1,668</u></b>	<u>3,790</u>
Total resources expended	<b><u>377,130</u></b>	<u>376,976</u>
<b>Net income</b>	<b><u>277,086</u></b>	<u>18,906</u>

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