

ANNUAL REPORT 2025-2026

Charity number 1168764

CONTENTS

ITEM	PAGES
Welcome from the Chair	3
Our Impact - in numbers	4
Our Impact - experienced	5
Thank you	8
Reference and administrative details of the Charity	9
Trustees' Annual Report	10
Independent Examiner's Report	13
Financial Statements	14

WELCOME FROM THE CHAIR



When, a year ago, I wrote my first Welcome as the Chairman of SARS, I was able to list two key achievements, the completion of more than 20,000 callouts in our history, and reaching our highest level of income recorded in any financial year.

Such highlights cannot be annual events, and the test of any organisation's success is how well it maintains its core strength and resilience when challenged through difficult times and circumstances. It is with great pride that I look back on what we achieved in 2025-26, in particular in the delivery of our core purpose, responding to emergencies and providing specialist medical care and comfort to over 500 patients in crisis. The willingness of our responders to give up their free time and care for those in distress is both humbling and magnificent. We are proud of them all, and offer sincere thanks for their work and service to our charity.

Alongside our clinical responders stands a phalanx of volunteers who support the charity's fundraising efforts and promote the work of SARS enthusiastically and tirelessly throughout the year, and I must record our gratitude for their work. Without it, SARS would be much less successful and lose its liveliness as well.

The Trustees' Annual Report and the Statement of Accounts disclose a satisfactory state of affairs with overall financial results in line with our expectations. All charities experienced cost increases and a tougher fundraising environment, and our results reflected this, compounded by difficulties in staffing changes and the inevitable consequence of new people finding their feet, leading to a slowing of impetus. Happily, the support of our regular donors continues to underpin our efforts and we thank you all for your generous contributions.

The strategy for SARS to which I referred last year has begun to influence the ways in which the different elements making up the organisation interact together and is showing early signs of positive results.

Finally, on behalf of the trustees, I must thank our office staff for their work throughout the year, but with particular thanks to Jo and Zoe who have borne the burdens of change with a smile and the determination to see SARS continue to serve the community as it has for 54 years.



OUR IMPACT



APRIL 25 - MARCH 26

539
Mobilisations

517
Patients treated

26%
First-on-scene

Incidents attended:

1 in 4	**Road traffic collisions**
1 in 5	**Cardiac arrests**
1 in 5	**Other medical emergency**
1 in 7	**Falls**
1 in 12	**Sports injury**
1 in 12	**Other accident or injury**
1 in 20	**Psychiatric emergency**

We attended **54 f**undraising events, and to further public education and improve general population skills we presented **32** talks and CPR sessions.

"For us, the phone call may interrupt an evening, a meal or a night's sleep but for the person we are responding to, those few minutes might mean everything."

The Patient's Tale

In the late hours of Saturday 14th June 2025, my partner Matt had a terrible accident that changed our lives in an instant.

Matt fell down the stairs in our house, hitting his head on the radiator at the bottom. Thankfully, I was there when it happened. When I realised that Matt was not responding to my questions and that his breathing was extremely laboured, I immediately called 999. The call handler told me to lay Matt flat and begin CPR. I tried, but I simply didn't have the strength to pull Matt around the corner of the stairs and into a suitable position. I ran next door and knocked on our neighbour's door, calling for help.

A neighbour came straight to my aid. Together, we managed to move Matt into a position where I could begin CPR. Thankfully, the first responders and medical team arrived only minutes later and took over Matt's care. Suddenly, our house was filled with ambulance crews and medical personnel. I stood there almost in a trance, watching everyone work around me and trying to take in what was happening.

The team managed to stabilise Matt sufficiently to transport him to Addenbrooke's Hospital. It was only then that the reality of the situation seemed to hit me. I suddenly found myself wondering how I was going to get to the hospital. I had been trying to phone family and friends, but nobody was answering. I was in no state to drive myself the more than 40 miles to Cambridge. That was when I met Steve from Suffolk Accident Rescue Service (SARS).

Steve is one of the trained volunteers who give their time to SARS, and that night he came to my aid too. He drove me to Addenbrooke's in an ambulance car, making sure I wasn't left alone at what was possibly the worst moment of my life. He calmly explained that I should keep trying to contact family or friends because Matt was critically ill and there could be some very difficult decisions to make. He also recognised that I needed someone to talk to. Eventually, I managed to contact my family, who agreed to meet me at the hospital. I then asked Steve if he could simply talk to me about other things for a while — anything to take my mind off the nightmare I was living through and help me stay focused……and that's exactly what he did.

We talked all the way to Addenbrooke's. It might sound like a small thing, but at that moment it meant everything to me. Steve gave me something else to concentrate on when my mind was filled with fear and uncertainty. When we arrived, Steve took me to the relatives' room and even got me some water. Not long afterwards, my mum and brother arrived.

Matt had suffered a fractured skull that required surgery, broken ribs and severe bruising to his back. Following the operation, he was placed into an induced coma. He remained in a coma for nearly four weeks. His recovery was made even more difficult by the development of sepsis. This was the point when I came closest to losing him. The doctors had to tell me that Matt was extremely ill and that the next 24 hours would determine whether he would survive.

Thankfully, Matt survived, he's a fighter.

Matt spent four months at Addenbrooke's Hospital before being transferred to West Suffolk Hospital. He was finally discharged in October 2025 and, after an incredibly long and difficult journey, was allowed to come home.

Today, Matt is recovering really well. He still has some mobility problems, but his doctors believe these should improve as his brain continues to rewire itself around the damage he suffered. Most importantly, Matt is looking forward to returning to work at some point.

Looking back on that terrible night, I cannot thank Steve and Suffolk Accident Rescue Service enough. SARS didn't just provide medical support. Steve provided reassurance, companionship and practical help at a time when I was frightened, overwhelmed and completely unsure of what to do next. I will never forget Steve talking to me during that journey to Cambridge, helping me stay focused when my whole world had suddenly turned upside down.

SARS is a wonderful charity, staffed by trained volunteers who give their time to help people at some of the most frightening moments of their lives — not only the patients, but their families too. From the bottom of my heart, **thank you, Steve, and thank you to everyone at Suffolk Accident Rescue Service.** Your support made a difference to me on a night I will never forget.

If you are able to, please consider donating to SARS. You never know when you, a loved one, a neighbour or a complete stranger might need them.

And finally, a thank you from Matt: -

Although I cannot remember the accident or those first weeks afterwards, I would like to say a huge, heartfelt thank you to Steve for being there when I was fighting for my life.

I am incredibly grateful to everyone who played a part in getting me through the most difficult time in my life. I know that I was given a chance to fight, recover and come home - and I am determined to make the most of that chance.

So, from both of us: thank you Steve, and thank you, SARS – we will never forget you.



The Responder's Tale

There isn't really a typical day in the life of a solo SARS responder – that's probably the point.

When I am available for SARS, I am usually just getting on with normal everyday life. I might be sitting at the kitchen table attempting to study, spending time with my family, walking the dog, watching television or, if it's the middle of the night, fast asleep! Then the phone goes… sometimes it's a phone call, sometimes a text message. Either way, within seconds, whatever I am doing suddenly becomes significantly less important. Laptop closed. Shoes on. PPE grabbed. Keys found — hopefully quickly — and out to the car.

A few moments earlier I might have been debating what to have for dinner or trying to understand clinical research. Now I'm programming a location into the satnav and heading to an emergency somewhere in Suffolk. That transition is perhaps one of the strangest parts of being a volunteer solo responder. There is no ambulance station to report to and no start-of-shift briefing. We respond from our homes and our everyday lives. One minute I am a boyfriend, dad, dog owner or slightly stressed university student; minutes later, I may be arriving at a cardiac arrest, serious road traffic collision or critically unwell patient. Sometimes I arrive before an ambulance crew and on other occasions, crews are already there and I become another pair of hands, bringing additional clinical experience, equipment and support.

Whatever the circumstances, the aim is the same: to work alongside our ambulance service colleagues and provide the best possible care to the patient in front of us. Those first few minutes can involve some of the most time-critical interventions in emergency medicine. The contrast with what I was doing only minutes before can be remarkable. Normal family life is temporarily replaced by resuscitation, trauma care, clinical decisions and teamwork. Then, eventually, the call finishes. Equipment is packed away, paperwork completed and I drive home. There is something slightly surreal about that journey. The blue lights are off; the roads are quiet again and ordinary life resumes.

Sometimes the family are still awake when I walk back through the door and pick up roughly where I left off. Sometimes it is 3am. Then the final challenge of the night begins: getting back into the house, taking off boots and PPE, and crawling back into bed without waking anyone…particularly the dog! There is humour in the strange normality of it, but behind it is something important, SARS responders are all volunteers. We are responding from our homes, our families and our everyday lives pause because someone, somewhere in Suffolk, is having perhaps the worst day of theirs. For us, the phone call may interrupt an evening, a meal or a night's sleep but for the person we are responding to, those few minutes might mean everything.

Keiran Bromley



Kindly sponsored by:

Thank You

As a charity that receives no central government funding, SARS relies entirely on the support of our community to continue our life-saving work. We would like to thank all our supporters whose generous contributions help us provide advanced pre-hospital care to those in desperate need across Suffolk and its border areas. Your support funds essential equipment and training for our clinicians, and by helping SARS you are enabling us to bring positive outcomes to so many people.



REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 MARCH 2026

CLINICAL TRUSTEES

Mr James Whatling – vice Chair
Dr Karol Silovsky
Mr Tim Daniels
Dr Patricia Mills

NON-CLINICAL TRUSTEES

Mr Harold Richardson, Chair
Ms Brenda McLoughlin, Secretary
Mr Michael Caddock, Treasurer
Mr Peter Lord
Mr Andrew Janes

CHARITY REGISTERED NO. 1168764

COMPANY REGISTERED NO. CE008550

REGISTERED OFFICE
Unit 1b
Woolpit Business Park
Windmill Avenue
Woolpit
IP30 9UP

INDEPENDENT EXAMINER
Whitings LLP
Greenwood House
Greenwood Court
Skyliner Way
Bury St Edmunds IP32 7GY
Suffolk

BANKERS

CAF Bank Ltd
Kings Hill
West Malling
ME19 4JQ

Lloyds Bank
Victoria Branch
PO Box 1000
BX1 1LT

TRUSTEES' ANNUAL REPORT

The Trustees present their annual report together with the financial statements of the charity for the year ended 31st March 2026. In 2025 the financial statements were compiled using the accrual method and in accordance with the Statement of Recommended Practice applicable to charities and the Financial Reporting Standard FRS 102 effective from 1st January 2019.

In these financial statements the Trustees have once more adopted the alternative method of reporting the Charity's financial activities through a Receipts and Payments Account supplemented by a Statement of Assets and Liabilities. The Charity has no permanent or endowment funding and is wholly dependent on day-to-day cash flow. The Trustees consider the charity's activity is better reflected using this format. As a consequence of the change, the comparative amounts stated for the 2024-25 financial year have been restated on the cash basis.

OBJECTIVES AND ACTIVITIES

a. Policies and objectives

The principal object of the Charity as defined by its constitution is to provide immediate medical treatment and care to persons in need by reason of accident or other emergency in the geographical county of Suffolk and adjoining areas.

The Charity has expanded the interpretation of its core objective to include the education of the public in Basic Life Support (BLS) skills including Cardio-Pulmonary Resuscitation (CPR) and the use of Automated External Defibrillators (AEDs).

b. Strategies for achieving objectives

The Charity's work was begun by the CIO's predecessor in 1972. Highly skilled SARS clinical volunteers provide prehospital care to patients suffering a serious or life-threatening medical emergency or trauma. The service is provided without charge and is available to anyone.

The Charity receives no funding from central government and relies on voluntary grants and donations to enable it to continue its vital work.

c. Activities undertaken to achieve objectives

A summary of the year's activities is given on page 4. The Trustees are committed to increasing SARS' clinical resources to enable an expansion of our response.

d. Main activities undertaken to further the Charity's purposes for the public benefit

The trustees confirm they have had regard to the Charity Commission's guidance on public benefit. The Charity provides public benefit by delivering its Principal Objects as outlined above. A more detailed description of how public benefit is delivered and recognised is contained in the Charity's Annual Impact Statement, immediately preceding this Annual Report.

ACHIEVEMENTS AND PERFORMANCE

The achievements and performance of the Charity are detailed in the papers in this Annual Report including the Chair's Welcome and the Impact Statement.

FINANCIAL REVIEW

a. Review

The annual budget for the 2025-26 financial year anticipated an outflow of cash of £19,000. The actual reduction was £20,217. The trustees consider that the overall result was in line with expectations and therefore satisfactory. However, this was achieved by cutting back on expenditure as a consequence of a slowing down of our income stream. SARS has experienced the pressures felt by charities generally, which was exacerbated by the resignations of both our Charity Manager and Fundraiser at different times during the year with significant effect on our income generation.

The review of our reserves requirement, conducted in accordance with the policy outlined at "b" below, has resulted in a reduction by £30,000 to a total of £40,000.

In the opinion of the trustees, and based on our cash flow forecasts, the charity has adequate resources to continue its operations for the foreseeable future.

b. Reserves policy

The trustees have determined that the Charity should maintain reserves which, based on a prudent analysis of risk, will be sufficient to enable it to continue to deliver public benefit in circumstances which would otherwise inhibit or negate its ability to operate effectively. The reserves stand as an addition to our working capital facilities.

In determining the amount required, the trustees have regard to the adequacy of the Charity's business continuity plan and assess the risk of unplanned events which could impact its capacity to maintain services.

Their review utilises an ongoing assessment of financial forecasts and includes consideration of possible strategic adjustments to reflect changes in clinical practice in the delivery of our service, capital expenditure, and other factors such as uncertainties arising from potential regulatory and fiscal changes. The reserves balance is formally reviewed twice a year and adjusted if appropriate.

STRUCTURE, GOVERNANCE AND MANAGEMENT

a. Constitution

Suffolk Accident Rescue Service ("SARS") was formed as a Registered Charity on 1st May 1972 and is now a Charitable Incorporated Organisation registered under the Charities Act 2011 and governed by an updated constitution dated 19th December 2022 with the Charity registration number 1168764 and Company registration number CE008550.

b. Organisation and structure

The Trustees are the Charity Trustees as defined by Section 177 of The Charities Act 2011.

The Trustees are obliged to ensure that proper arrangements exist to ensure compliance with medical regulation and best practice, and the constitution of the Charity requires a minimum of three Trustees to be registered clinicians.

The Board of Trustees meets a minimum of four times a year to receive financial reports from the Treasurer, review clinical operations and financial statements, and to monitor the day-to-day activity of the Charity. In addition to monitoring these key elements, the Trustees also review progress towards a number of defined strategic objectives and plans, and to consider risk.

Medical regulation and risk are overseen by the Clinical Management Committee, whose primary objective is to develop and maintain Clinical Governance procedures to ensure safe and effective care for patients attended by SARS clinicians. The Committee must include a minimum of five SARS clinicians including at least one Doctor and one Paramedic. This has been reinforced by the appointment of a Clinical Governance lead consultant reporting directly to the Trustee Board.

c. Methods of appointment or election of Trustees

The oversight of the Charity is the responsibility of the Trustees who are appointed in accordance with the Charity's Constitution.

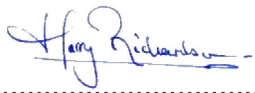
STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law.

The law applicable to Charities in England and Wales requires the Trustees to prepare financial statements for each financial year.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the Constitution. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the board of Trustees on 21st October 2026 and signed on their behalf by:



.....
Harold Richardson – Chair of Trustees



.....
Brenda McLoughlin – Secretary

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SUFFOLK ACCIDENT RESCUE SERVICE ('THE CHARITY')

I report to the Charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2026.

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 charity's accounts carried out under section 145 of the 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 giving me cause to believe that in any material respect:

1. Accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
2. The accounts do not accord with those records.

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.



Jaimie King ACA DChA

Whitings LLP
Greenwood House
Skyliner Way
Bury St Edmunds
Suffolk
IP32 7GY

Date: 21 October 2026

SUFFOLK ACCIDENT RESCUE SERVICE
RECEIPTS AND PAYMENTS ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2026

	Note	Unrestricted £	Restricted £	2026 Total £	Restated 2025 Total £
RECEIPTS					
Donations	1	119,379	78,756	198,135	274,017
Other activities	2	17,341	-	17,341	29,112
Investments		2,805	-	2,805	3,088
Revenue Receipts		139,525	78,756	218,281	306,217
Other Income		1,035	-	1,035	-
Total Receipts		**£ 140,560**	**£ 78,756**	**£219,316**	**£306,217**
PAYMENTS					
Raising funds		28,343	-	28,343	35,183
Charitable activities	3	121,127	15,807	136,934	151,456
Revenue payments		149,470	15,807	165,277	186,639
Purchase of assets	4	14,530	59,726	74,256	48,998
Total payments		**£ 164,000**	**£ 75,533**	**£239,533**	**£235,637**
Net revenue receipts in the year		(8,910)	62,949	54,039	119,578
Net capital payments in the year		(14,530)	(59,726)	(74,256)	(48,998)
Total net receipts/(payments)		(23,440)	3,223	(20,217)	70,580
Cash funds 1st April 2025		201,093	10,313	211,406	140,826
Cash funds 31st March 2026		**£ 177,653**	**£ 13,536**	**£191,189**	**£211,406**

In the year ended 31st March 2025 the accounts were prepared on the accruals basis. The 2025 comparative figures reported above have been restated on the cash basis to disclose a proper comparison between the two years.

The notes on pages 16 and 17 form part of these accounts

SUFFOLK ACCIDENT RESCUE SERVICE
STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2026

	Note	Unrestricted £	Restricted £	2026 Total £	2025 Total £
CASH FUNDS					
Cash at bank and in hand		£ 177,653	£ 13,536	£191,189	£ 211,406
FIXED ASSETS retained for charity's use	5	£32,957	£135,453	£168,410	£143,137
Debtors		£ 2,273	-	£ 2,273	£ 2,205
LIABILITIES					
Creditors due within one year		£10,328	-	£10,328	£10,233
Photocopier lease: due no later that one year		960	-	960	1,920
due between 1 and 5 years		-	-	-	-

The financial statements were approved by the Board of Trustees on 21st October 2026 and signed on their behalf by:

Harold Richardson - Chair of Trustees

Michael R Caddock
Michael R Caddock (Oct 26, 2026 15:51:47 GMT)
Michael R Caddock - Treasurer

The notes on pages 16 and 17 form part of these accounts

SUFFOLK ACCIDENT RESCUE SERVICE
Notes to Accounts

1 Grants and Donations

	Unrestricted £	Restricted £	2026 Total £	2025 Total £
Donations	44,262	78,756	123,018	107,272
Local Authority	18,837	-	18,837	23,966
Public and Third Party Fundraising	56,280	-	56,280	83,550
Legacies	-	-	-	59,229
	£119,379	£78,756	£198,135	£274,017

2 Other Activities

	Unrestricted £	Restricted £	2026 Total £	2025 Total £
SARS Fundraising Events	17,341	-	17,341	29,112
	£17,341	-	£17,341	£29,112

3 Analysis of expenditure - Charitable Activities

	Unrestricted £	Restricted £	2026 Total £	2025 Total £
Rescue Services	101,501	15,807	117,308	134,129
Support Costs	19,626	-	19,626	17,327
Charitable activities	£121,127	£15,807	£136,934	£151,456

4 Purchase of assets

	2026 £	2025 £
Principal expenditure was incurred on:		
Medical equipment	41,752	48,998
Rapid Response vehicle costs	29,025	-
Other items	3,479	-
	£74,256	£48,998

SUFFOLK ACCIDENT RESCUE SERVICE
Notes to Accounts (continued)

5 Fixed assets

	Medical Equipment	Computer Equipment	Vehicles	Total
At 31 March 2025	£ 126,602	£ 2,123	£ 14,412	£ 143,137
At 31 March 2026	**£ 137,203**	**£ 3,732**	**£ 27,475**	**£ 168,410**

Fixed Assets are stated at the Trustees' estimate of net realisable value.

6 Fund balances and Reserves

Included in unrestricted funds is a designated fund representing the balance of Reserves of £40,000 (2025 -£70,000)

7 Analysis of staff costs and key personnel

Four staff (full time equivalent - 2.7) were employed by the charity.

No employees received more than £60,000 during the year (2025: none).

8 Related Parties

There were no related party transactions during the year (2025: none).

9 Trustee expenses

No trustee received payment for expenses incurred as a trustee (2025: none) . Trustees who are also clinical responders are entitled to reimbursement of expenses incurred in connection with their clincial activity in accordance with the scale applied by the charity.

10 Guarantees and liabilities

No guarantees have been given by the charity, and there are no liabilites secured on assets of the charity.



Clinical training session



Emergency services working together



Adrenalin rush

How you can support SARS

Book a CPR Session

https://wkf.ms/3rJZzR7

Book a Talk

https://wkf.ms/3OYJfoR

Volunteer for SARS

sars999.org.uk/volunteer-for-sars/

Donate to SARS

sars999.org.uk/donate-to-sars/

Join the SARS Lottery

sars999.org.uk/lottery/

Fundraise for SARS

sars999.org.uk/fundraise/

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