

INTERESTELAR

(Registered charity no. 1183947)

TRUSTEES' ANNUAL REPORT
AND
RECEIPTS AND PAYMENTS ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2026

NfP Accountants Ltd

INTERESTELAR

TRUSTEES' ANNUAL REPORT
AND
RECEIPTS AND PAYMENTS ACCOUNTS

For the period ended 31 March 2026

CONTENTS

Legal and Administrative information	1
Trustees' Annual Report	2
Independent Examiner's Report	11
Receipts and Payments Accounts	12
Statement of Assets and Liabilities	13

TRUSTEES' ANNUAL REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2026

Trustees	Dr Cristina Lopez Peig Dr Olatz Begona Heredia Diez Jose Luis Montes Buera Dr Vidaltxo Martinez Elizari
Charity Reg. No.	1183947
Registered Office	17 Blackwell Close London N21 1UL
Independent Examiner	Charles Ssempijja, FCA 3rd Floor, 86-90 Paul Street London EC2A 4NE
Bankers	CAF Bank Ltd 25 Kingshill Avenue Kings Hill, West Malling Kent, ME19 4JQ

TRUSTEES' ANNUAL REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2026

The trustees present their annual report and financial statements of the charity for the period ended 31 March 2026. Reference and administrative information set out on page 1 forms part of this report. The financial statements have been prepared on a Receipts and Payments basis, and they comply with current statutory requirements and the charity's governing document. The Trustees' Annual Report has been prepared in compliance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Charitable objects

The objects of the CIO are to preserve and promote the health of people suffering from mental or physical illness of any description or in need of rehabilitation as a result of such illness, but also the health of their carers and general public in any part of the world, in particular but not exclusively, by providing education related to health promotion through the provision of lectures, books, leaflets and the publication of newsletters and by raising awareness and organising activities to support the community structures in any part of the world which have a proven beneficial effect in general health.

Statement of public benefit

The Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. The Trustees consider how planned activities will contribute to the aims and objectives that have been set.

ACHIEVEMENTS AND PERFORMANCE: REVIEW OF ACTIVITIES FOR THE YEAR

During the year, our volunteer health professionals delivered a range of educational and wellbeing initiatives designed to improve health awareness and support healthier lifestyle choices within the community.

Our **community education programme** included presentations on nutrition, meal planning, food budgeting and the potential health effects of consuming high levels of ultra-processed foods. Particular emphasis was placed on children and young people. Sessions delivered in local schools helped pupils understand the principles of a balanced diet, interpret food labels and make more informed food choices.

We also **collaborated with the local charity** Ourpurpose to explore the relationship between nutrition and mental wellbeing. These activities considered how ultra-processed and nutritious foods may affect emotions and overall mental health. The collaboration promoted healthy eating as one element of a wider approach to supporting mental wellbeing.

Our **communications work** expanded through the creation and dissemination of accessible wellbeing

and preventive-health content. This included the "Start Well, Live Well, Age Well" campaign, which used videos and social media to encourage positive lifestyle changes among the general public. A particular focus was placed on university students and other young people beginning to live independently, providing practical information to help them establish healthy and sustainable habits.

Internationally, we collaborated with Hand-by-Hand and BACC in support of a project in Ethiopia. The initiative was designed to promote greater patient independence and contribute to improvements in the quality of mental health care.

Together, these activities advanced the charity's objectives by using the knowledge and experience of volunteer health professionals to increase health literacy, encourage preventive action and support wellbeing both locally and internationally.

FINANCIAL REVIEW

The Charity had net payments for the year of £220 (2025 – net receipts of £33,392), details of which are shown in the Receipts and Payments Accounts below.

The total value of receipts during the year amounted to £3,404 (2025 - £43,442. The total value of payments amounted to £3,624 (2025 - £10,050).

Cash funds at the end of the financial year were £90,198 (2025 – £90,418), all of which were unrestricted funds.

Reserves policy

The trustees have set a reserves policy to hold £20,000 in reserves. This amount is calculated based on 6 months' expenditure, without receiving further income during those 6 months' budgeted expenditure. The amount in reserves is higher than the set level. The Trustees will review the reserves policy and funds application to projects in the coming year.

Designated funds

In addition, the Trustees have reviewed plans for future programming costs and considered the charity's funding requirements for 2027-2030. In three to five years' time, we aim to organise respite periods for individuals with long term conditions and their carers. Our vision involves renting an adapted space situated in a natural setting, providing a serene and accessible environment for our clients. This initiative is designed to offer much-needed breaks and support for both individuals with long term conditions or/and disabilities, and their caregivers.

Key details of our plan are as follows:

1. Timeline: Implementation planned for 2027-30
2. Accommodation: Disability-adapted space in a natural setting
3. Capacity: 10-12 people per session

4. Duration: Weekly respite periods
5. Estimated Cost: £10,000 per week

To ensure the successful launch and sustainability of this program, we are building a designated fund of up to £100,000, with £70,000 in the current year. This proactive approach will allow us to accumulate the necessary financial resources over the next five years.

Going concern

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Free reserves are held to ensure the continuity of care of our patients, mainly elderly population, cares and patients with long term conditions, and to help developing our five-year plan described below.

PLANS FOR FUTURE PERIODS

We worked on developing a new strategy during 24/25 financial year. Our organisation consulted with patients, health professionals and voluntary sector in Enfield. This strategy was approved and implemented during 25/26 financial year. We work ensuring we meet the needs of the diverse community we serve and increase awareness about our services.

We main goal is to keep developing a five-year plan to establish a new model of respite for patients with long term conditions and their carers. Our strategy is focused on 4 priority areas over the next few years: increasing participation and influence; developing services, income generation and sustainability; partnership and collaboration.

We plan to implement the strategy outlined above in the forthcoming years, subject to satisfactory funding arrangements. Although our funds are slowly but gradually increasing, helping to achieve our future main goal -the implementation of a new model of respite center- an increase in our unrestricted funds to a stronger position would help develop this five-year plan.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution and governing document

Interestelar is a registered charity, number 1183947, constituted as a Charitable Incorporated Organisation (CIO) and was registered with the Charity Commission on 18 June 2019. The charity is governed by its Constitution of the CIO dated 07.01.2019.

The charity is committed to creating an innovation space where different social groups interact, to improve the quality of life in the community; a place where professionals share the challenges of carers and patients' daily life.

Method of appointment or election of Board of Trustees

Trustees are elected and co-opted under the terms of the charity's Constitution of the CIO document. Regular reviews are held to identify gaps within the knowledge and expertise of the Board of Trustees and appointments are made where required to strengthen the Board.

When it is necessary to appoint new Trustees, due to either a Trustee stepping down or a gap of expertise in the board is identified, recruitment will initially begin through the networks of the board and management team. Applicants will be reviewed by Trustees and the successful applicant will be invited to attend a Trustee meeting. Following this, on the provision that the board are satisfied and the applicant still wishes to join the Trustee board, they will be appointed.
No other person or external organisation is entitled to appoint any Trustees of the charity. The Trustees who served during the period and after the year end are shown on page 1.

Policies adopted for the induction and training of Trustees

The charity provides new trustees with an induction pack and mentoring from the Chair. The charity has limited resources for formal training of the trustee body. However, on-going training opportunities are announced to Trustees when these become available pro bono.

Related party relationships

The charity has no related party connections with other organisations. The Trustees consider that members of the board, the director, and their close connections to be the only related parties of the charity.

Trustees are required to disclose all relevant interests and register them with the Director and to withdraw from decisions where a conflict of interest arises.

The trustees did not receive any remuneration during the year (2025 – 2026). No trustees were reimbursed for out-of-pocket expenses incurred on behalf of the charity (2025 – 2026).

Remuneration policy for key management personnel

The Trustees consider the Board of Trustees and the director as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity on a day-to-day basis. All Trustees give of their time freely.

Risk management

The Trustees fully accept their responsibilities for ensuring that the major risks to which the Charity is exposed are identified, and that there are systems and procedures in place to mitigate those risks. At every meeting the Trustees receive comprehensive update reports on the charity's work programme, finances, staffing and partnerships. These are all considered in terms of risk and actions to manage and mitigate risk are agreed.

APPROVAL OF THE REPORT

This report was approved by the Board of Trustees on 28.09.2026 and signed on its behalf by:



.....
Dr Cristina Lopez Peig
Trustee

TRUSTEES' ANNUAL REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2026

CHARITY COMMISSION
FOR ENGLAND AND WALES

Section A Independent Examiner's Report

Report to the trustees/ members of	Charity Name Interestelar		
On accounts for the period ended	31 March 2026	**Charity no (if any)**	1183947
Set out on pages	appended (remember to include the page numbers of additional sheets)		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period ended **31 March 2026**.

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").

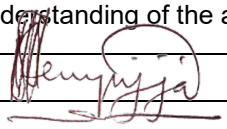
I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material matters have come to my attention (~~other than that disclosed below *~~) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:		**Date:**	29 September 2026
Name:	Charles Ssempijja		
Relevant professional qualification(s) or body (if any):	FCA (ICAEW)		
Address:	NfP Accountants Ltd, 3rd Floor, 86-90 Paul Street, London, EC2A 4NE		

CHARITY COMMISSION FOR ENGLAND AND WALES

Interestelar	1183947

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	01-Apr-25		31-Mar-26

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	-	-	-	-	-
Contracts	-	-	-	-	40,000
Donations	1,966	-	-	1,966	2,500
Bank interest	1,438	-	-	1,438	942
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
***Sub total** (Gross income for AR)*	3,404	-	-	3,404	43,442
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	3,404	-	-	3,404	43,442
A3 Payments					
Bank charges	60	-	-	60	60
Equipment	-	-	-	-	400
Payments to partner organisations	2,000	-	-	2,000	7,849
MVM ((My Virtual Mission) app subscription	216	-	-	216	344
Website	358	-	-	358	419
School presentation project	30	-	-	30	-
Subscriptions	-	-	-	-	19
Accountant fees	960	-	-	960	960
	-	-	-	-	-
Sub total	3,624	-	-	3,624	10,050
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	3,624	-	-	3,624	10,050
Net of receipts/(payments)	(220)	0	0	(220)	33,392
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	90,418	-	-	90,418	57,025
Cash funds this year end	90,198	-	-	90,198	90,418

CHARITY COMMISSION FOR ENGLAND AND WALES

Interestelar | 1183947

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	01-Apr-25		31-Mar-26

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Current account	2,933	-	-
	Savings account	87,265	-	-
		-	-	-
	Total cash funds	90,198	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Independent examination	960	-	
			-	

These Receipts and Payments accounts were approved by the trustees on 28 September 2026, and signed on their behalf by:-



.....

Dr Cristina Lopez Peig
Trustee