CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From **01/01/2025** **Period start date**
To **31/12/2025** **Period end date**

Charity name: The Sarah Hughes Trust

Charity registration number: 1196948

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	**(1)** The advancement of education and research in humanities and the History of Medicine to include the provision of an annual lecture called the Sarah Hughes Memorial Lecture at the Royal Society of Medicine; and **(2)** (2) the promotion and advancement of education and social diversity in journalism.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	We provide financial support for aspiring and talented journalists and hold an annual lecture in Sarah Hughes's name at the History of Medicine Society at the Royal Society of Medicine. This event includes the presentation of The Sarah Hughes Trust Prize, an award set up to recognise exceptional journalism that exposes false or misleading information, so-called fake news, in health or medicine. In addition, we provide funding to support the accommodation and needs costs of people from low-income backgrounds to undertake journalism internships in London.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	I can confirm that the Trustees of the Sarah Hughes Trust have all read the guidance provided by the Charity Commission.

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	2025 was a successful year for the Trust. In the summer we supported 3 aspiring journalists through the Guardian and Observer Newspaper Positive Action work placement scheme. Due to circumstances beyond our control, we were unable to run the Journalism Prize this year. We will endeavour to run it next year In December we held our annual lecture. This year, in memory of both her sister and her father, Emily Hills gave an extremely well received lecture on *The Power of 8: Understanding Our Senses for Safety, Regulation, and Learning"* alongside Lindsay Hardy.

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	In 2025 voluntary income totalled £2,228 and in addition there was £400 of income generated by online ticket sales at the Annual Lecture Total expenditure for the period was £10,722, with the biggest expense being the annual lecture at £7,414
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	

Additional information (optional)
You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The Trust principal source of funds are voluntary donations from members of the public.

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Trust deed
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	The Trust is a Charitable Incorporated Organisation (CIO)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are appointed for a term of five years by a properly convened meeting of the charity trustees. Trustees are chosen with regard to their skills, knowledge and experience in order to deliver effective administration of the Trust.

Reference and Administrative details

Charity name	The Sarah Hughes Trust
Other name the charity uses	
Registered charity number	**1196948**
Charity's principal address	11 Hatfield Road London E15 1RA

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	
3	John Hughes			
4	Adrian Berry	Chair		
5	Richard Neate	Secretary		
6	Emily Hills			
7	Alexa Baracaia			
8	Philippa Rae			

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	Richard Neate (signed electronically)	
Full name(s)	Richard Paul Neate	
Position (eg Secretary, Chair, etc)	Treasurer	
Date	26/10/2025	

Receipts and Payments Accounts for The Sarah Hughes Trust

For the period from	01/01/2025
to	31/12/2025

Section A : Receipts and payments

	Total Funds (*)	Last Year
A1 Receipts		
Donations	£2,228.08	£10.00
Event income	£400.00	£375.00
Sub total	£2,628.08	£385.00
A2 Asset sales		£0.00
Total Receipts	£2,628.08	£385.00
A3 Payments		
Events	£7,414.49	£4,585.78
Internship grants	£2,307.28	£1,605.00
Prize awards	£1,000.00	£1,000.00
Website	£0.00	£0.00
Sub total	£10,721.77	£7,190.78
A4 Asset purchases	£0.00	£0.00
Total Payments	£10,721.77	£7,190.78
Net receipts/(payments)	-£8,093.69	£6,805.78
A6 Cash funds last YE	£18,260.50	£25,066.28
Cash funds at YE	£10,166.81	£18,260.50

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

B1 Cash funds		
Cash on deposit	£10,166.81	£18,260.50
Total cash funds	£0.00	£18,260.50
B2 Other monetary assets	£0.00	£0.00

B3 Investment assets	£0.00	£0.00
B4 Assets for charity's own use	£0.00	£0.00
Total Assets	£10,166.81	£18,260.50
B5 Liabilities	£0.00	£0.00

Notes
(*) All funds are unrestricted funds