



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 2020 - 2021 Period start date August 2020 Period end, date 31 July 2021

Charity name: Cancer Campaign in Suffolk

Charity registration number: 1073241

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	CCiS is an independent charity that has no affiliation to any national charity or organization. Our objectives are to educate the community on cancer & body awareness, to improve the wellbeing for those with a cancer diagnosis through educational and wellbeing workshops, counselling and complementary therapies. To reduce the fear of cancer its diagnosis and treatment which enables us to help before, during and after cancer.
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	<p>Over view of our main activities</p> <p>Prevention (helping before)</p> <p>One in 2 of us will have a cancer diagnosis in our lifetime therefore; we will all know someone or will be that person with a cancer diagnosis. These are scary statistic! CCiS understands the importance of getting the message of self-management, awareness and prevention into our community. We all need to understand what the risks are, what changes to look out for and to know what our bodies look like today, so if tomorrow there are some changes we can recognise them and act by visiting our GP's. National research by CRUK shows that an early diagnosis leads to more successful and less invasive treatment, meaning what is learnt at one of our workshops really can save lives.</p> <p>Therapies (during) in clinical and community settings</p>

		<p>The CCiS cancer specialist complementary therapy team provide free therapies and counselling to those with a cancer diagnosis.</p> <p>The project provides a variety of therapies that all result in an increase in the wellbeing of each patient. We use the most appropriate therapy for each individual, factoring in which cancer, what the psychological effects are, what surgery they have had, the type of treatment and its effects. This is a project about people and their wellbeing and giving them confidence to help with the management of their own treatment. Those with a cancer diagnosis can present with some very complex psychological problems, which may take both complementary therapy and counselling to get them in a position to move on. The results of this project are amazing; people sleep better, look more positively on their future and feel more in control of their situation. This has a huge impact on the way they manage not only their treatment but their personal lives as well.</p> <p>We have also recognised that once a patient is discharged from the need for clinical help, they can no longer access these services within the hospital. Therefore, we have recently collaborated with a local support group and health care centre to provide CCiS Community Complementary therapy and Counselling Caring for Me. This now makes available complementary therapies and counselling for anyone with a cancer diagnosis in the community. Giving people the choice to use the project at a time that is right for the individual.</p> <p>Health & Wellbeing (during & after)</p> <p>CCiS 'It's all about you beauty wig and wellbeing workshops'. (IAAY)</p> <p>IAAY workshops gives help, support and advice on beauty, skin care and all hair loss.</p> <p>The psychological and physical effects of cancer treatment is enormous with loss of self-esteem, confidence and body</p>
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		image issues. These workshops help women to regain and manage some of these issues and giving them a feeling of wellbeing. They experience not only the psychological effects but the physical ones too; hair loss including eyebrows and eyelashes and all bodily hair as well as dry cracking sore skin. We ensure that all products used are the best available that are paraben, petrochemical and talc free. All provided in a safe friendly environment outside of the hospitals and we encourage a casual peer support group that's fun, enlightening and informative.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	Invaluable
Other		

Achievements and Performance

	SORP reference	
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<p>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.</p>	<p>Para 1.20</p>	<p>To help before during and after cancer</p> <p>The Educational workshops continue to help people become more body and cancer aware covering advice on; the risks factors, diet, lifestyle choices, and how to self-examine. National research shows that an earlier diagnosis can save lives with less invasive surgery and a more positive outcome. Prevention and awareness are extremely important and will save lives with earlier diagnoses giving us more cancer survivors.</p> <p>COVID The announcement that changed our world forever made by Boris Johnson's on 23rd March 2020 That is why people will only be allowed to leave their home for the following very limited purposes:</p> <ul style="list-style-type: none"> • shopping for basic necessities, as infrequently as possible • one form of exercise a day - for example a run, walk, or cycle - alone or with members of your household; • any medical need, to provide care or to help a vulnerable person; and • travelling to and from work, but only where this is absolutely necessary and cannot be done from home <p>To ensure compliance with the Government's instruction to stay at home, we will immediately:</p> <ul style="list-style-type: none"> • close all shops selling non-essential goods, including clothing and electronic stores and other premises including libraries, playgrounds and outdoor gyms, and places of worship; • we will stop all gatherings of more than two people in public – excluding people you live with; • and we'll stop all social events, including weddings, baptisms and other ceremonies, but excluding funerals. <p>The workshops had to stop when all community and schools went into lockdown. We did not have the equipment or expertise to take these projects into the virtual world at the first lockdown. However, we rose to the challenge and created fundraising opportunities through this devastating</p>
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		<p>time. One of which was a fantastic fundraising raffle that raised the profile worldwide and provided much-needed funds to get CCI through the Covid challenges and gave us the required equipment for both home and virtual working.</p> <p>The counselling and complementary therapy continues to be of huge benefit for those diagnosed with cancer. We provide 4/6 x 75 minute sessions per patient free of charge and the referral process is through all hospital health professionals or self-referral. To date this project has provided over 31,050 therapeutic hours to improve the mental health and wellbeing of those with a cancer diagnosis.</p> <p>COVID</p> <p>The onset of lockdown has had devastating effects on lots of people especially those with a cancer diagnosis not only have they had to self-isolate but also they have had appointment changes and cancellations in surgery and treatments plan disrupted and in some cases stopped. The resulting effect is a very worried, frightened community and never more has our counselling project been more vital to help patients through this very worrying time. Counselling sessions are more than the usual 4-6 free sessions as the needs are becoming more complex due to the huge uncertainty of life in lockdown and its effects both mentally and physically for those with a cancer diagnosis and their families.</p> <p>Our IAA beauty and wellbeing project has helped lots of women gain in confidence and self-esteem. Helping them to manage hair loss and skin problems due to the cruel treatments, they have had to endure. We help them to understand how to take care of their skin nails, and how to draw eyebrows that frame the face. Giving them a sense of wellbeing and an ability to face the world again during and after treatment. To date we have had just over 300 guests to this project. The lockdown stopped all workshops until further notice.</p>
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		<p>We ended our financial year still in a pandemic that has had a devastating effect on all our lives especially those with cancer. We hope for better times.</p> <p>We look forward to the next financial year with a secure funding base to face the challenges of 2021-22.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	N/A
Performance of fundraising activities against objectives set	Para 1.41	Greatly improved
Investment performance against objectives	Para 1.41	None
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves are to ensure the charity can function for at least 6 months this has been recently increased because of Covid and the uncertainty of be able to fundraise in the usual way.
Amount of reserves held	Para 1.22	£80,000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

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	Grants and trusts
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	Decline in grant and trust funding or more charities going for funding from the same sources because their usual funding has diminished.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	unincorporated
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	Chair of Trustees and CEO appoint trustees

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	Work in collaboration with ESNEFT hospitals
Other		

Reference and Administrative details

Charity name	Cancer Campaign in Suffolk
Other name the charity uses	CCiS
Registered charity number	1073241
Charity's principal address	56-58 St Margarets Street Ipswich Suffolk IP4 2 BD

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Jonathan Ripman	Chairman		
2	Helen Porter			
3	Dr Timothy Cutler			
4	John Button			
5	Christopher Gray			
6	Dr Elizabeth Sherwin			
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	<u>Jonathan Ripman</u> <small>Jonathan Ripman (Apr 30, 2022 07:49 GMT+1)</small>	
Full name(s)	Jonathan Ripman	
Position (eg Secretary, Chair, etc)	Chair of Trustees	
Date	30/04/2022	



CCiS Organisational Chart

2020/21



Chair of Trustees

Jonathan Ripman

Trustees

John Button	Chris Grey	Helen Porter	Tim Cutler	Liz Sherwin
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Staff

Chief Exec

Karen Hare

Fundraiser

Admin

Educator

Alice Stebbings

Judith Weale

Sarah Louise Manton

John Le Vay Cancer Support and Information Centre

Leads for Counselling & Complementary Therapy

Sharron Wardman-Brown Lesley Atkinson-Baldwyn

Complementary Therapists

Mary Cronin Patricia Smith Sue Cronly-Dillon Joy lightfoot

Counsellors

Sally Thomson & Chris Myhill



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Cancer Campaign Suffolk

On accounts for the year
ended

31st July 2021

Charity no
(if any)

1073241

Set out on pages

15 and 16

(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 year ended **31/07/2020**.

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.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

30/04/2022

Name:

Anthony Brice

Relevant professional
qualification(s) or body
(if any):

FCCA

Address:

The Old Forge, The Street,

Pulham St Mary, Diss

Norfolk, IP21 4RD

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

None



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Cancer Campaign Suffolk

No (if any)
1073241

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/08/2020

To

Period end date
31/07/2021

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grant income	7,000	117,905	-	124,905	41,798
Donations	3,581	23	-	3,604	6,758
Covenants and Gift Aid	-	-	-	-	1,434
Special events	73,155	-	-	73,155	5,301
Mechandise sales	-	186	-	186	1,114
Caring For Me	-	559	-	559	9,750
Deposit account interest	235	-	-	235	638
Other income	-	6,563	-	6,563	14,150
Sub total (Gross income for AR)	83,971	125,236	-	209,207	80,943
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	83,971	125,236	-	209,207	80,943
A3 Payments					
General wages and salaries	16,382	6,563	-	22,945	21,775
Caring For Me	-	4,670	-	4,670	6,310
Other costs of charitable activities	-	47,968	-	47,968	69,659
Office expenses	14,319	-	-	14,319	12,194
Sundry expenses	-	-	-	-	916
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	30,701	59,201	-	89,902	110,854
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	30,701	59,201	-	89,902	110,854
Net of receipts/(payments)	53,270	66,035	-	119,305	- 29,911
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	16,673	43,361	-	60,034	89,945
Cash funds this year end	69,943	109,396	-	179,339	60,034

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 bank account	-	47,473	-
	Business premium bank account	-	50	-
	Savings bank account	109,396	22,420	-
	Total cash funds	109,396	69,943	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	<i>Jonathan Ripman</i> Jonathan Ripman (Apr 30, 2022 07:49 GMT+1)	Jonathan Ripman	30/04/2022	









CCis Trustees Annual Report and Financial Statements YE 31.07.21

Final Audit Report

2022-04-30

Created:	2022-04-29
By:	Anthony Brice (anthonyjbrice@gmail.com)
Status:	Signed
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