



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
		Month	Year			Month	Year
	1	8	2021		31st	7	2022

Section A Reference and administration details

Charity name

Cancer Campaign in Suffolk

Other names charity is known by

CCiS

Registered charity number (if any)

1073241

Charity's principal address

56-58 St Margarets Street

Ipswich

Suffolk

Postcode 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	JW Ripman	Chair		
2	J Button			
3	Dr Liz Sherwin			
4	Chris Gray			
5	Helen Porter			
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

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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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

A Deed of Trust

How the charity is constituted
(eg. trust, association, company)

Unincorporated

Trustee selection methods
(eg. appointed by, elected by)

Appointed by Chair and one other Trustee

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

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 undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Cancer Campaign in Suffolk (CCiS)

The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Over view of our main activities Prevention (helping before) 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.

Therapies (during) in clinical and community settings The CCiS cancer specialist complementary therapy team provide free therapies and counselling to those with a cancer diagnosis. 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. Case studies...

Diagnosed at 54 in 2021

Loss of Husband August 2020 and Mum diagnosed with cancer June 2022

This patient presented extremely anxious, tearful and grieving. Her anxiety rendered her unable to cope and her first therapy was spent in tears then asleep. Gradually by her 3rd treatment the anxiety was much reduced.

The patient has always claimed after Thai foot massage that it removes physical pain, plus she enjoys the space to openly chat about everything, in a calming environment to relax and reduce anxiety.

Her phased return to work was a massive concern because she wanted to reduce her hours.

My patient has holidayed to Italy. She wore her husband's panama hat, this made her feel like "he was with me". Relationships with her 2 sons are better. Her letrozole continues to cause cramps and joint pain. She has lymphoedema radiotherapy issues, but is in touch with breast screening. She is looking forward to her next therapy which will be her last as she will be needed to help her mum who is to start her cancer treatment shortly, followed by complementary therapy which she knows will be good for her.

We have had several new cases of COVID recently which has brought back mask wearing and reduced visiting and clinical appointments so the fears of COVID have still not gone! Many are finding that the effects of COVID and the recent upsurge in cases frightening and have a long lasting negative effect on them. They are presenting with much more complex psychological problems that need longer counselling sessions in some cases up to 50% more than is usual. We are seeing more loneliness, patients experiencing less family time, increased fear of COVID hospitals and the effects it could have on an already compromised immune system. They are having a tough time and are so

appreciative of the time and help that CCiS provides... here are a few case studies...

M had been through treatment but said that it was difficult to get back to “normal life”. She didn’t recognise what normal meant anymore. She wanted a space that was confidential, and she could talk about her worries, fears as well as her hopes for the future. M thought that her feelings were often conflicted and the counsellor accepted this without any judgement. Counselling helped M to understand how her diagnosis had impacted on her and how her reactions of shock, low mood and anxiety were normal responses to her experience. Counselling helped M to consider what was important to her and how she might make changes when she was ready.

As D progressed in her counselling sessions she became more able to express to her family her fears and worries. She was also more open to asking others to support her in ways that were important to her. Sometimes this meant asking others for practical help and sometimes it meant asking for quiet companionship when she felt tired or anxious. D also responded well to self-care strategies that helped her to relax and manage intrusive thoughts. Counselling helped D to reflect on and prioritise her own needs. The realisation that she could allow others to care for her helped D to get through what she described as “those awful days after chemotherapy”. D felt that counselling enabled her to do things differently, to recognize the importance of self-care and to allow those close to her to express their love and care for her.

As you can see the results of this project on the wellbeing of those who have counselling and/or complementary therapies are amazing; people are less anxious, 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.

Exciting news...

We are expanding to meet vital needs of those with cancer and their families...

We understand the huge need to continue working in the community to meet the increasing demands of those with cancer and their families. We have successfully leased a property for 10 years in the heart of Ipswich giving a central location, easy access, with parking close by. The property is grade 2 listed and needs some work to ensure it meets the requirements of those we want to welcome to our new Community Cancer Hub. The refurbishment will take many months and we hope to open in the Autumn of 2022.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Volunteers will always be a vital part of charitable work

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Exciting news...

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We understand the huge need to continue working in the community to meet the increasing demands of those with cancer and their families. We have successfully leased a property for 10 years from Feb 2022 in the heart of Ipswich giving a central location, easy access, with parking close by. The property is grade 2 listed and needs some work to ensure it meets the requirements of those we want to welcome to our new Community Cancer Hub. The refurbishment will take many months and we hope to open in the Autumn of 2022.

A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for the user to input their achievements and performance details.

Section E Financial review

Brief statement of the charity's policy on reserves

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Details of any funds materially in deficit

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Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

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Section F Other optional information

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Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)

Jonathan Ripman
Jonathan Ripman (May 25, 2023 09:58 GMT+1)

Full name(s)

Jonathan Ripman

Position (eg Secretary, Chair, etc)

Chair

Date

25/05/2023



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name

Cancer Campaign in Suffolk

On accounts for the year
ended

31st July 2022

Charity no
(if any)

1073241

Set out on pages

10 and 11

(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 **31/07/2022**.

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:

25/05/2023

Name:

Anthony Brice

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

FCCA

Address:

10, The Thoroughfare,

Harleston

Norfolk, IP20 9AX

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 in Suffolk

No (if any)
1073241

CC16a

Receipts and payments accounts

For the period from	Period start date 01/08/2021	To	Period end date 31/07/2022
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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					
Grant income	1,424	50,427	-	51,851	124,905
Donations	48,582	5,499	-	54,081	3,604
Covenants and Gift Aid	-	-	-	-	-
Special events	19,554	-	-	19,554	73,155
Mechandise sales	-	2,702	-	2,702	186
HQ Counselling/Caring For Me	-	13,700	-	13,700	559
Deposit account interest	335	-	-	335	235
Other income	40	-	-	40	6,563
Sub total (Gross income for AR)	69,935	72,328	-	142,263	209,207
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	69,935	72,328	-	142,263	209,207
A3 Payments					
General wages and salaries	19,267	-	-	19,267	22,945
HQ Counselling/Caring For Me	-	-	-	-	4,670
Other costs of charitable activities	2,011	68,063	-	70,074	47,968
Office expenses	41,107	-	-	41,107	14,319
Sundry expenses	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	62,385	68,063	-	130,448	89,902
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	62,385	68,063	-	130,448	89,902
Net of receipts/(payments)	7,550	4,265	-	11,815	119,305
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	69,943	109,396	-	179,339	60,034
Cash funds this year end	77,493	113,661	-	191,154	179,339

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	-	26,023	-
	Business premium bank account	-	32,982	-
	Savings bank account	113,661	18,488	-
	Total cash funds		113,661	77,493
	(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> <small>Jonathan Ripman (May 25, 2023 09:58 GMT+1)</small>	Jonathan Ripman	25/05/2023	