



Trustees' Annual Report for the period

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

Section A Reference and administration details

Charity name Cancer Support Suffolk

Other names charity is known by CSS

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	S M Runnacles		Appointed 1/06/2023	
6	Rosie Richardson		Appointed 1/11/2023	
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

CSS 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 Support Suffolk (CSS)

On 15th November 2023, the Trustees decided to change the name of the Charity from Cancer Campaign in Suffolk, to Cancer Support Suffolk. The Trustees feel that the new name more accurately reflects the range of activities carried out by the Charity.

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

Overview of our main activities Prevention (helping before) One in two 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! CSS 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 CSS 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.

Our new website <https://www.cancersupportsuffolk.co.uk/> contains incredibly moving stories from people we have helped in the past, as well as a full description of the wide range of support we offer to the General Public.

Exciting news...

In the autumn of 2022, we were able to open our new hub in the centre of Ipswich. The hub is both a centre for our fund raising and educational staff as well as providing a first-rate environment for our therapy treatments. It also serves as a centre for our friends just to drop in. Our long serving Chief Executive, Karen Hare retired in December 2023, and we thank her for her wonderful service and dedication during her time with the Charity. The Trustees wish Karen all the best for her retirement.

Mark Murphy has taken over as Chief Executive and is making an enormous difference, in launching a new fund-raising initiative and extending the range of therapies offered by the Charity.

During the year, were fortunate enough to secure funding to have the services of a Cancer educator for 12 months.

Our Educator started with us in September 2023 and has already made a huge difference in the area.

We are also pleased to announce that we have secured additional funding for our Educator for a further two years.

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

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Section E

Financial review

Brief statement of the charity’s policy on reserves

Details of any funds materially in deficit

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.

Section F

Other optional information

Section G

Declaration

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

Signed on behalf of the charity’s trustees

Signature(s)



Full name(s) Stephen Murray Runnacles

Position Trustee

Date 30/05/2024



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Cancer Support Suffolk

On accounts for the year
ended

31st July 2023

Charity no
(if any)

1073241

Set out on pages

9 and 10

(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 **31/07/2023**.

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").

Independent
examiner's statement

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.

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:

06/06/2024

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 Support Suffolk

No (if any)
1073241

CC16a

Receipts and payments accounts

For the period from	Period start date 01/08/2022	To	Period end date 31/07/2023
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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	-	84,631	-	84,631	51,851
Donations	9,771	10,803	-	20,573	54,081
Covenants and Gift Aid	-	-	-	-	-
Special events	5,277	-	-	5,277	19,554
Mechandise sales	-	733	-	733	2,702
HQ Counselling/Caring For Me	-	29,683	-	29,683	13,700
Deposit account interest	1,130	-	-	1,130	335
Other income	71	-	-	71	40
Sub total (Gross income for AR)	16,249	125,850	-	142,099	142,263
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	16,249	125,850	-	142,099	142,263
A3 Payments					
General wages and salaries	35,469	-	-	35,469	19,267
HQ Counselling/Caring For Me	-	9,478	-	9,478	-
Other costs of charitable activities	4,951	81,536	-	86,487	70,074
Office expenses	33,670	-	-	33,670	41,107
Sundry expenses	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	74,090	91,014	-	165,104	130,448
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	74,090	91,014	-	165,104	130,448
Net of receipts/(payments)	- 57,841	34,835	-	- 23,005	11,815
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	77,493	113,661	-	191,154	179,339
Cash funds this year end	19,652	148,496	-	168,149	191,154

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	19,652	4,767	-
	Business premium bank account	-	50,502	-
	Savings bank account	-	93,227	-
	Total cash funds	19,652	148,496	-
	(agree balances with receipts and payments account(s))	OK	OK	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	
	<u>Stephen Runnacles</u> <small>Stephen Runnacles (Jun 6, 2024 10:57 GMT+1)</small>	Stephen Runnacles	06/06/2024	











CCiS final annual report and financial statements 2023

Final Audit Report

2024-06-06

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By:	Anthony Brice (anthonyjbrice@gmail.com)
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