

THE CHESTNUT APPEAL FOR MEN'S HEALTH LTD

England & Wales · Charity number 1087175

Details

Other names	THE CHESTNUT APPEAL FOR PROSTATE CANCER, THE CHESTNUT APPEAL
Status	Registered
Legal form	Charitable company
Company number	04197003
Registered	2001-06-26
Register	View on the Charity Commission register

Contact

Address	The Chestnut Appeal - Level 6 Derriford Hospital Derriford Road Derriford Plymouth PL6 8DH
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Phone	01752430840
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Email	chestnut.appeal@nhs.net
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Website	www.chestnutappeal.org.uk
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Activities

Objects: TO RELIEVE SUFFERING AND DISTRESS AMONGST PERSONS SUFFERING FROM AND AFFECTED BY PROSTATE CANCER, TESTICULAR CANCER AND PENILE CANCER.

Activities: Medical charity - assisting with research and provision of facilities, equipment and advice

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** NOT DEFINED. IN PRACTICE, THE UNITED KINGDOM
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£546,807	£304,532	£929,528	4
2024-04-30	£245,109	£259,638	-	-
2023-04-30	£215,342	£182,655	-	-
2022-04-30	£296,402	£146,043	-	-
2021-04-30	£124,099	£161,094	-	-

Trustees

Name	Role	Appointed
Mark Mantle	Chair	2019-10-08
ANDREW JOHN DICKINSON		
Adrian R Holmes		2023-01-12
Helen Gemma Wright		2024-12-10
Paul Hunter-Campbell		2014-11-26
Rebecca Louise Mabelle		2025-10-07
Samuel Graber		2021-12-10
Tracey Whittingham		2024-12-10

THE CHESTNUT APPEAL FOR MEN'S HEALTH LTD

England & Wales - Charity number 1087175

Accounts

REGISTERED COMPANY NUMBER: 04197003 (England and Wales)
REGISTERED CHARITY NUMBER: 1087175

Report of the Trustees and
Unaudited Financial Statements
For The Year Ended 30 April 2025
for
The Chestnut Appeal for Men's Health Ltd

TC Bromhead Limited
Harscombe House
1 Darklake View
Plymouth
Devon
PL6 7TL

The Chestnut Appeal for Men's Health Ltd

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For The Year Ended 30 April 2025

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The Chestnut Appeal for Men's Health Ltd

Report of the Trustees **For The Year Ended 30 April 2025**

OBJECTIVES AND ACTIVITIES

Objectives and aims

The Chestnut Appeal for Men's Health Ltd is required by charity and company law to act within the objectives of its Memorandum of Association.

The Chestnut Appeal for Men's Health Ltd is a public benefit entity.

Its principal objects are to relieve suffering and distress amongst persons suffering from and affected by prostate cancer. This is achieved by working with men dealing with prostate cancer and their families in Devon and Cornwall and raising awareness of prostate cancer in the region.

The charity also raises awareness of Testicular Cancer and Penile Cancer.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing aims and objectives and in planning the future objectives.

The charity's current aims are:

1. To support prostate cancer nurses who are specialists in their field.
2. To increase awareness throughout Devon & Cornwall through events and talks, encouraging men to get their prostates checked.
3. To fund the latest equipment and technology, to be used for the treatment of Prostate Cancer.
4. To speak up about testicular and penile cancers, encouraging men to take action when they think something might be wrong.
5. To fund some PSA testing events until a screening programme becomes available.
6. To develop and help upgrade healthcare provision for men in the SW region.
7. To offer free holidays at the charity's static caravan, for men and their families facing prostate, testicular and penile cancers.

We want to ensure that every person suffering from or affected by Prostate Cancer, Testicular Cancer and Penile Cancer will get the help and support they need.

We raise funds that pay for the very latest equipment and specialist nurses to fight these cancers. We develop patient-led support groups and offer free holidays for those recently diagnosed with cancer. We can only do that with the amazing help we receive from the communities of Devon & Cornwall.

Prostate cancer is without a doubt a disease epidemic of the modern age. Although first described in 1853, as a single case report, today, it is the most common male cancer in the western world today and a major cause of morbidity and mortality.

There is a strong public perception that urinary symptoms are one of the key indicators of prostate cancer. If rates of earlier diagnosis are to improve, people need to be aware that prostate cancer is a silent disease especially in the curable stages, and men should come forward for testing regardless of whether they have symptoms. Get your prostate checked from 45 if you are in a high-risk group, and from 50 if not. Awareness is key, early diagnosis saves lives!

Because of this, raising awareness of this most common cancer in men is at the heart of everything we do, and it is a natural progression to include Testicular Cancer and Penile Cancers under this umbrella. It is our mission to highlight this most common cancer in men & also knock down those stereotypical imageries of old men suffering from prostate cancer. Times are changing. Younger men are presenting with prostate cancer and more awareness in the community is needed. 1 in 8 men will get prostate cancer, 1 in 4 if it's in your family or you are of African Caribbean decent.

Penile Cancer is rare cancer but needs to be caught early to be treated successfully. It occurs on the skin of the penis or within the penis. There are around 630 cases in the UK each year and are mostly diagnosed in men over 60 however men in their 30s and 40s can also be affected and Testicular cancer is cancer that develops in the testicles, a part of the male reproductive system. Symptoms may include a lump in the testicle or swelling or pain in the scrotum. Treatment may result in infertility. Risk factors include an undescended testis, family history of the disease, and previous history of testicular cancer.

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees **For The Year Ended 30 April 2025**

OBJECTIVES AND ACTIVITIES

Achievements and performance

The charity aided with the opening of the new unit in Plymouth. The Chestnut Urological Investigations Unit is a purpose-built unit for anyone who needs to access urology services, in particular men with Prostate, Testicular or Penile Cancers. Early, quicker, faster diagnosis saves lives, and this now is the third specialist unit in the country offering this service, helping to future proof access to treatments for decades to come.

The charity celebrated its 25th anniversary in 2024, and employed its fourth member of staff to aid with succession planning as well as increase our involvement in the community and to help increase fundraising participation for the swims, although many sign up for our events, a smaller percentage fundraise for the charity, so this is something we are working on increasing.

The 2024 swimming season was less disrupted than previous years, with all the swims happening on their planned dates, apart from sadly the Looe Island swim, which was cancelled completely following a sewage breach.

Thank you to everyone who supported the Breakwater swim, with mentions going to Koala Karlous, who provided discounted drinks and food for swimmers. To Plymouth City Bus, who sponsored the event with a £500 donation, with this year being their last year of sponsorship. Thank you to Safewear Printers who helped us create a souvenir that people can buy. To the National Marine Park volunteers who donated their time to help the team. Thanks also to Plymouth Boat trips and the Mountbatten ferry, Plymouth City Council and last but not least The King's Harbour Master. In all 170 people took part in this challenge.

The Cawsand swim was held for the final time, with dwindling numbers, only 65 swimmers, the inability to attract a sponsor for the event, and the return on investment, we felt that energies were spent on the more successful swims, so we have rested this route for the time being.

The Drakes Island swim on the other hand attracted 300 swimmers, one of the largest for many years, registration in Steel Brew continues to prove to be a super venue. The swim sponsors Block took part in the event with a six strong swim team, and paid for the swimming hats, so many thanks to them for their time, effort and donation.

The St Michaels Mount Swim was sponsored by St Aubyn Estate have continued to support the swim both financially and in person, cheering on the swimmers from the beach. With 330 swimmers from across the UK signed up it was one of our most spectacular swims, taking on the beautiful backdrop of the Mount.

The 2024 Burgh Island swim attracted 310 swimmers on the day. Thanks to Marchand Petit for both sponsorship and providing a team of helpers and to Burgh Island hotel for providing the snacks. Hotel manager Vlad Krupa took part for the second time after having considered doing so for the 16 years he has worked at the Hotel.

All in all, some 1,175 swimmers registered across the five swims, which is incredible, however, a low take up of individual sponsorship was evident, as the cost-of-living crisis continues to affect the charity sector.

Obtaining sponsorship for the events that are comparatively new has remained an issue and it's hoped once sponsorship has been secured then the sponsors will remain in place for a few years. Sponsorship helps with covering the costs of medals and swim caps really means that we can make the most from donations made by our fabulous fundraisers.

We partnered with MyPSATests for a PSA test event at Plymouth Argyle Football Club, in memory of our founder and colleague, Dr. Salvo Natale as well as Prostate Cancer Awareness month, we saw 291 men attend at a cost of £7,566.00. 21 men were flagged to see a health care professional as soon as possible. 8 men presented as Amber and 13 were Red.

The main age group of men tested, were the harder to reach men, those, who, often symptomless, yet if diagnosed with prostate cancer, posed the most risk, these men are those aged from 40 to 59. We hope to continue this partnership with Plymouth Argyle FC.

To continue to keep our profile as high as possible we used advertising channels across the region, such as Billboards, displays at the A30 services, signs on buses in Truro and a Magazine. Social media posts on Facebook and Instagram, as well as a fully sign written van we use at as many locations as possible.

This Plymouth Prostate Cancer Support Group has changed to the Plymouth Support Group, offering access to all men and their families, affected by or dealing with prostate, testicular or penile cancers. The group tend to meet monthly at The Derriford Health and Leisure Centre and enjoy outings to places such as The Box in Plymouth, Plymouth Argyle and Cornish Tea. We also invite guests along to talk to the group, including other charities like MacMillan, CAB, Who Needs Instructions, as well as clinical nurses and consultants. We have also recently included a new location, date and time for an additional support group, which now meets at the new Foulston Park in Devonport, to help reach men who are on the other side of the city of Plymouth.

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees For The Year Ended 30 April 2025

OBJECTIVES AND ACTIVITIES

All members of staff went on a training conference to London. The event was called Elevate and held many sessions and workshops on how to elevate the fundraising in the charity and what themes and issues might be coming down the line for charities. It was a great experience to network with other members of the sector and to learn some new skills and learn about new products that might help the charity in the years ahead.

The charity was also pleased to receive £2,500 from the Duchy Health Charity which was used for the travel costs for 4 people to visit the Isles of Scilly in October 2024, whilst there the charity engages with the population of over 2000 people, raising awareness and making links on the island, something we have not done before as a charity. We also met with clinicians, talked about the need for support on the island, held an awareness session on Island Radio, and a drop in clinic with clinical nurse specialists and a NHS Urology Consultant for islanders who needed some help, we had a full day and saw over 20 people and handed out over 250 information leaflets.

As you may be aware, prostate cancer treatment can lead to continence issues in over 60% of men after 6 months post surgery following a radical prostatectomy. This can have a large psychological impact on a patient's ability to move on from their cancer diagnosis and treatment. Within the southwest peninsula there is very little support for these men. Any support that is available is not specific to their needs and dramatically over subscribed. We are now able to fund, a nurse specialist at the Plymouth site who is running continence clinics dedicated to helping these men, and it costs around £18,000 a year, we have agreed to fund this position for up to 5 years reviewed annually. These clinic hours funded by our supporters, have reduced the waiting time for patients from around 30 weeks to just four weeks. The support this clinic offers is crucial in helping patients to maximise their quality of life after cancer treatment.

We are also, in a manner, funding a radiologist in Truro, who is now able to dedicate one day a week purely to prostate cancer patients who need radiotherapy, reducing waiting times for these patients.

During 2021 we were left a legacy from the estate of the Late Keven Paul Beer, this legacy of £124,000 enabled the charity to purchase a holiday home at Tregoad Holiday park nr Looe in October 2022. We now offer free holidays for cancer patients, somewhere to recuperate. This project is called, "Have a Break on Us" and is proving to be very popular. The Plymouth Bike Nights Community donated a huge £5,600 towards the running costs, and we were pleased to welcome them at Tregoad for a look around, so they could see exactly what their fundraising helps to support. We allocate £10,000 per year for costs, and we expect to upgrade the holiday home in 3 to 4 years' time.

The Charity Commission has seen a record number of new applications for charity registrations, and demand continues to rise. There is, however, talk within the sector of a legacy boom, which the charity researched, enabling us to be in the best position to benefit from any potential boom in charitable giving. This has resulted in us joining the Free Wills Network and adding a Legacy Page on our website to encourage people to leave a gift in their will to the charity.

Following on from a legacy the charity has been gifted from Mrs Stocker, we are creating a new project in her name. The Stocker Report. It's aim is:
You're Given the All Clear What Now!!

We are looking at Survivorship, Living with and beyond cancer with our Survivorship Pack that can be given to patients. When given the 'All Clear' or are told they are in remission, this pack will help reinforce the positive news, answer queries, and help give them courage to start living again, and making the best choices for their bodies and mind.

People need to be living their lives beyond their cancer diagnosis, and they need help to minimize the damage caused by cancer treatment, be that physical or mental. Not everyone has an engaged partner who can help motivate, not everyone can change habits of a lifetime without help or encouragement.

Having had cancer is still seen as taboo, people feel it could come back at any minute. People don't like to talk about it. (yes this is still a thing).

As we are aware, particularly in Cornwall, there are active projects, looking at getting communities living fit and active lives, so we will be able to sign post to local groups and clubs, as well as this the project gives the opportunities to spot any red flags, any missing provision that might hinder living well after cancer, such as not able to cook, no technology, lack of transport, depression, family issues. Our Cornwall Development Officer is researching social prescribing to see if that would be a good fit for the charity and this project.

We are also exploring the possibility of attaching a shop to our website, so we can sell t-shirts and other merchandise from our events far easier, faster.

The political and social landscape is always changing, regardless of this, we will continue to ask the public for donations.

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees **For The Year Ended 30 April 2025**

OBJECTIVES AND ACTIVITIES

What we think is great about The Chestnut Appeal for Men's Health, is that you can see what your fundraising efforts can do, and what a difference they make in the community, we are continually grateful for all the help we receive.

Without help we wouldn't be able to provide state of the art equipment, support nurses, run support groups, provide a holiday home, or raise awareness of this most common cancer in men. We work to ensure donations keep coming in by encouraging groups to hold events as well as holding them ourselves, with five swimming events already planned for 2025, including an upgraded route for the Plymouth Breakwater Swim, and new sponsors Cor-Heat and Kingsmoor Construction.

The activities of the charity are bound by its constitution adopted 9 April 2001 and amended 6 December 2017.

The charity, The Chestnut Appeal for Men's Health, is also known as The Chestnut Appeal.

FINANCIAL REVIEW

Financial position

The financial year 30 April 2025 has resulted in net income of £242,275 (2024: net expenditure of £14,529).

In total we received £546,807 (2024: £245,109). This amount comes from donations from the public, from clubs and groups as well as from gift aid. We were also lucky enough to have a legacy left to the charity, which almost doubled our income within the year.

We spent a total of £304,532 (2024: £259,638).

The balance in the bank at the end of the financial year was £757,831 (2024: £556,619)

Investment policy and objectives

The management committee of The Chestnut Appeal for Men's Health have considered the most appropriate policy for investing funds and have found that investing funds in a guaranteed fixed deposit account meets their requirements. A certain amount of funding needs to be available daily and the committee consider the return that they receive on their investments to be low risk. Funds are invested in low-risk accounts.

Reserves policy

It is the policy of the charity to try and maintain a level of free reserves. Those, are unrestricted funds which are not invested in fixed assets, or designated for a specific purpose or otherwise committed. Which meet the cost of the association's governance and the level of its preservation policy within its available budget. It is currently set at £215,000. The company has identified that this amount will keep the charity in operation for 18 months. It is the trustees' opinion that this level of reserves would be adequate to maintain uninterrupted services in the event of a major loss of funding or unforeseen expenditure. Free reserves at 30 April 2025 are £809,532 (2024: £546,529).

The charity works in partnership with Plymouth Hospitals NHS Trust to help provide a Centre of Excellence for the region, namely for Men's Cancers, and has ringfenced £100,000 towards this project, with £45,000 left to spend. We have also committed to funding a Radiographer in Truro, 3 handheld prostate sizers for Cornwall, at a cost of £6,000 each, 2 new probes at £15,000 each for Derriford and Truro, a Continence Nurse, a new Ai Project at Derriford for 3 years at £31,444 a year, plus start-up costs, a Continence service at Derriford Hospital at just over £4,000 a quarter, and the Holiday Home at £10,000 a year. Whilst the unexpected nature of NHS projects makes the timescales fluid, this should be completed in the next 3 years.

The charity has identified other projects to focus on around the mental health of cancer patients as well as money will need to be made available to upgrade the holiday home in the coming years, at a cost of around £100,000 over the next 2 years. The anticipated spend in the Centre of Excellence will also increase for the 2 years after it is established, in order to provide welfare and support facilities for patients with men's cancers.

There is also a diagnostic centre being constructed in Bodmin and one in Penzance, where we will be setting aside a sizable amount to support those projects too.

The Board of Trustees has agreed that having a 'zero level' reserves policy creates a heightened financial risk from the possibility of unforeseen expenditure, sudden closure, trustee liability, a shortfall in income or an inability to control costs. Therefore, having an agreed amount of free reserves is the policy adopted by the Board to protect and sustain the charity and the work it does to raise awareness and support men's cancers.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Chestnut Appeal for Men's Health Limited is a charity registered with the Charity Commission in England and Wales, number 1087175. The company is limited by guarantee and has no share capital, its registered number is 4197003.

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees **For The Year Ended 30 April 2025**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

The trustees shall carry out the election of the officers at the Annual General Meeting. Nominations are to be made in writing. Each nomination must be proposed and seconded by trustees of the company and accompanied by the written consent of the nominee. New trustees are inducted into the workings of the charity during meetings held throughout the year. Trustees are recruited to provide specific skills and experience required. They are provided with regular internal and external information relevant to the charity's governance.

The membership of the Board of trustees initially lasts 3 (three) years or 36 months for every new applicant. Following the initial 3-year contract, the trustees may opt to further remain on the Board as trustees of the charity. The Chestnut Appeal welcomes all contribution of members with experience on the Board and in this case, they will be allowed to remain on a rolling 1 (one) year basis. Their membership will be renewed annually (every 12 months). If the trustee wishes to cease his/her duties, the contract may be cancelled (by the Trustee themselves, within a month's notice).

It is required to have a minimum of 4 and a maximum of 12 members, all over the age of 18 and not forbidden by law from acting in these positions. The Board of trustees consists of the officers, those being the Chairman, the Treasurer, the Secretary and the Policy Officer, as well as ordinary trustees.

Organisational structure

Overall responsibility for the management of the company is vested in the trustees. The company holds at least four committee meetings during the year. These meetings are organised by the trustees to continue with the work necessary to maintain the objects of the charity. Lesley-Ann Simpson manages the charity on a day-to-day basis.

The organisation also takes part in strategy days and away days for training and group development as and when needed.

Risk management

The trustees are responsible for the management of the risks faced by the company. The trustees continue to examine the major internal and external risks that the charity faces. Systems are in existence to monitor and control these risks to mitigate any impact that they may have on the charity in the future.

The key controls used by the charity include:

- Formal agendas for all committee and board meetings.

- A dedicated Policy Officer.

- Comprehensive strategic planning, budgeting and management accounting.

- Established organisational structure and lines of reporting.

- Clear authorisation and approval levels.

- Risk Register.

The trustees recognise that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04197003 (England and Wales)

Registered Charity number

1087175

Registered office

Department of Urological Research

Derriford Hospital

Level 7

Plymouth

Devon

PL6 8DH

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees
For The Year Ended 30 April 2025

Trustees

A Dickinson
P Hunter- Campbell
A Porter (resigned 29.9.25)
M Mantle
S Graber
A Holmes
T Whittingham (appointed 10.12.24)
H G Wright (appointed 10.12.24)
Ms R Mabelle (appointed 7.10.25)

Company Secretary

S Graber

Independent Examiner

TC Bromhead Limited
Harscombe House
1 Darklake View
Plymouth
Devon
PL6 7TL

Approved by order of the board of trustees on 23/10/26 and signed on its behalf by:



.....
S Graber - Trustee

**Independent Examiner's Report to the Trustees of
The Chestnut Appeal for Men's Health Ltd**

I report to the trustees on my examination of the financial statements The Chestnut Appeal for Men's Health Ltd for the year ended 30th April 2025.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- " accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- " the financial statements do not accord with those records; or
- " the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- " the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to
- " charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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



Neil Stevens ACA FCCA

TC Bromhead Limited
Harscombe House
1 Darklake View
Plymouth
Devon
PL6 7TL

Date: 20-11-25

The Chestnut Appeal for Men's Health Ltd

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
For The Year Ended 30 April 2025

	Notes	Unrestricted fund £	Restricted funds £	30.4.25 Total funds £	30.4.24 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	447,195	-	447,195	171,511
Charitable activities	5				
Men's cancer support and awareness		78,951	-	78,951	69,514
Other trading activities	3	3,920	-	3,920	213
Investment income	4	16,741	-	16,741	3,871
Total		<u>546,807</u>	<u>-</u>	<u>546,807</u>	<u>245,109</u>
 EXPENDITURE ON					
Raising funds	6	1,467	-	1,467	10
Charitable activities	7				
Men's cancer support and awareness		<u>301,673</u>	<u>1,392</u>	<u>303,065</u>	<u>259,628</u>
Total		<u>303,140</u>	<u>1,392</u>	<u>304,532</u>	<u>259,638</u>
 NET INCOME/(EXPENDITURE)		243,667	(1,392)	242,275	(14,529)
 RECONCILIATION OF FUNDS					
Total funds brought forward		<u>682,028</u>	<u>5,225</u>	<u>687,253</u>	<u>701,782</u>
 TOTAL FUNDS CARRIED FORWARD		<u>925,695</u>	<u>3,833</u>	<u>929,528</u>	<u>687,253</u>

The notes form part of these financial statements

The Chestnut Appeal for Men's Health Ltd

Balance Sheet
30 April 2025

	Notes	Unrestricted fund £	Restricted funds £	30.4.25 Total funds £	30.4.24 Total funds £
FIXED ASSETS					
Tangible assets	13	116,163	3,833	119,996	135,499
CURRENT ASSETS					
Stocks	14	-	-	-	120
Debtors	15	57,605	-	57,605	334
Cash at bank		757,831	-	757,831	556,619
		815,436	-	815,436	557,073
CREDITORS					
Amounts falling due within one year	16	(5,904)	-	(5,904)	(5,319)
NET CURRENT ASSETS		809,532	-	809,532	551,754
TOTAL ASSETS LESS CURRENT LIABILITIES		925,695	3,833	929,528	687,253
NET ASSETS		925,695	3,833	929,528	687,253
FUNDS	17				
Unrestricted funds				925,695	682,028
Restricted funds				3,833	5,225
TOTAL FUNDS				929,528	687,253

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 April 2025.

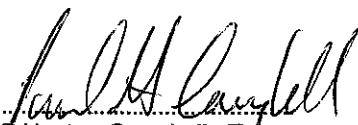
The members have not required the company to obtain an audit of its financial statements for the year ended 30 April 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:


P Hunter-Campbell - Trustee

The notes form part of these financial statements

The Chestnut Appeal for Men's Health Ltd

Cash Flow Statement
For The Year Ended 30 April 2025

	Notes	30.4.25 £	30.4.24 £
Cash flows from operating activities			
Cash generated from operations	1	<u>185,551</u>	<u>1,062</u>
Net cash provided by operating activities		<u>185,551</u>	<u>1,062</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(1,078)	(55,791)
Interest received		<u>16,741</u>	<u>3,871</u>
Net cash provided by/(used in) investing activities		<u>15,663</u>	<u>(51,920)</u>
Change in cash and cash equivalents in the reporting period		<u>201,214</u>	<u>(50,858)</u>
Cash and cash equivalents at the beginning of the reporting period		<u>556,619</u>	<u>607,475</u>
Cash and cash equivalents at the end of the reporting period		<u><u>757,831</u></u>	<u><u>556,619</u></u>

The notes form part of these financial statements

The Chestnut Appeal for Men's Health Ltd

Notes to the Cash Flow Statement
For The Year Ended 30 April 2025

1. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	30.4.25	30.4.24
	£	£
Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)	242,275	(14,529)
Adjustments for:		
Depreciation charges	16,581	16,352
Interest received	(16,741)	(3,871)
Decrease in stocks	120	10
(Increase)/decrease in debtors	(57,271)	1,998
Increase in creditors	587	1,102
Net cash provided by operations	<u>185,551</u>	<u>1,062</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.5.24	Cash flow	At 30.4.25
	£	£	£
Net cash			
Cash at bank	<u>556,619</u>	<u>201,212</u>	<u>757,831</u>
	<u>556,619</u>	<u>201,212</u>	<u>757,831</u>
Total	<u>556,619</u>	<u>201,212</u>	<u>757,831</u>

The notes form part of these financial statements

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements **For The Year Ended 30 April 2025**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

The charity has various sources of income which are recognised in the following ways;

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred

Legacies are recognised at the earlier date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donations and fundraising events income are recognised when the money is received.

Sale of goods are represented at the point of sale and when the Charity is entitled to the funds.

Gift aid is recognised when the charity has entitlement to the funds and the amount can be measured reliably.

Interest on funds held in deposit accounts are included when receivable and the amount can be measured reliably by the charity, this is normally upon notification of the interest paid or payable by the Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property - 10% on reducing balance

Plant and machinery - 25% on cost

Fixtures and fittings - 25% on cost

Computer equipment - 25% on cost

Motor Vehicles - 20% on reducing balance

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2025

1. ACCOUNTING POLICIES - continued

Fund accounting

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	30.4.25	30.4.24
	£	£
Donations	96,636	103,378
Gift aid	9,425	14,733
Legacies	332,234	-
Grants	-	44,500
Donated services and facilities	8,900	8,900
	<u>447,195</u>	<u>171,511</u>

Grants received, included in the above, are as follows:

	30.4.25	30.4.24
	£	£
Bernard Sunley Foundation	-	5,000
The Duchy Health Charity	-	2,500
The Postcode Community Trust	-	35,000
Cornwall Community Foundation	-	<u>2,000</u>
	-	<u>44,500</u>

3. OTHER TRADING ACTIVITIES

	30.4.25	30.4.24
	£	£
Sale of goods	<u>3,920</u>	<u>213</u>

4. INVESTMENT INCOME

	30.4.25	30.4.24
	£	£
Deposit account interest	<u>16,741</u>	<u>3,871</u>

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2025

5. INCOME FROM CHARITABLE ACTIVITIES

		30.4.25	30.4.24
	Activity	£	£
Fundraising events	Men's cancer support and awareness	<u>78,951</u>	<u>69,514</u>

6. RAISING FUNDS

Other trading activities

		30.4.25	30.4.24
		£	£
Purchases		<u>1,467</u>	<u>10</u>

7. CHARITABLE ACTIVITIES COSTS

			Direct Costs £
Men's cancer support and awareness			<u>303,065</u>

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

		30.4.25	30.4.24
		£	£
Depreciation - owned assets		<u>16,581</u>	<u>16,352</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 April 2025 nor for the year ended 30 April 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 April 2025. There were no expenses paid for the year ended 30 April 2024.

10. STAFF COSTS

		30.4.25	30.4.24
		£	£
Wages and salaries		113,793	94,512
Social security costs		5,874	4,027
Other pension costs		<u>262</u>	<u>-</u>
		<u>119,929</u>	<u>98,539</u>

The average monthly number of employees during the year was as follows:

		30.4.25	30.4.24
Administration		<u>4</u>	<u>3</u>

No employees received emoluments in excess of £60,000.

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2025

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	162,011	9,500	171,511
Charitable activities			
Men's cancer support and awareness	69,514	-	69,514
Other trading activities	213	-	213
Investment income	3,871	-	3,871
Total	<u>235,609</u>	<u>9,500</u>	<u>245,109</u>
EXPENDITURE ON			
Raising funds	10	-	10
Charitable activities			
Men's cancer support and awareness	255,353	4,275	259,628
Total	<u>255,363</u>	<u>4,275</u>	<u>259,638</u>
NET INCOME/(EXPENDITURE)	(19,754)	5,225	(14,529)
RECONCILIATION OF FUNDS			
Total funds brought forward	701,782	-	701,782
TOTAL FUNDS CARRIED FORWARD	<u>682,028</u>	<u>5,225</u>	<u>687,253</u>

12. DONATED GOODS, FACILITIES AND SERVICES

The charity has the use of a small office within Derriford Hospital, Plymouth and a storage unit which are currently provided rent free. These are reflected in the accounts at market value, being £8,000 per annum for the office (2024: £8,000) and £900 per annum for the unit (2024: £900).

13. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Fixtures and fittings £
COST			
At 1 May 2024	101,647	4,022	31,688
Additions	-	778	-
At 30 April 2025	<u>101,647</u>	<u>4,800</u>	<u>31,688</u>
DEPRECIATION			
At 1 May 2024	17,017	1,413	3,621
Charge for year	8,463	955	4,335
At 30 April 2025	<u>25,480</u>	<u>2,368</u>	<u>7,956</u>
NET BOOK VALUE			
At 30 April 2025	<u>76,167</u>	<u>2,432</u>	<u>23,732</u>
At 30 April 2024	<u>84,630</u>	<u>2,609</u>	<u>28,067</u>

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2025

13. TANGIBLE FIXED ASSETS - continued

	Motor vehicles £	Computer equipment £	Totals £
COST			
At 1 May 2024	22,500	7,263	167,120
Additions	<u>-</u>	<u>300</u>	<u>1,078</u>
At 30 April 2025	<u>22,500</u>	<u>7,563</u>	<u>168,198</u>
DEPRECIATION			
At 1 May 2024	2,625	6,945	31,621
Charge for year	<u>2,625</u>	<u>203</u>	<u>16,581</u>
At 30 April 2025	<u>5,250</u>	<u>7,148</u>	<u>48,202</u>
NET BOOK VALUE			
At 30 April 2025	<u>17,250</u>	<u>415</u>	<u>119,996</u>
At 30 April 2024	<u>19,875</u>	<u>318</u>	<u>135,499</u>

14. STOCKS

		30.4.25	30.4.24
		£	£
Stocks		<u>-</u>	<u>120</u>

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

		30.4.25	30.4.24
		£	£
Other debtors		<u>57,605</u>	<u>334</u>

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

		30.4.25	30.4.24
		£	£
Other creditors		<u>5,904</u>	<u>5,319</u>

17. MOVEMENT IN FUNDS

	At 1.5.24 £	Net movement in funds £	At 30.4.25 £
Unrestricted funds			
General fund	682,028	243,667	925,695
Restricted funds			
Duchy Health Charity	808	(808)	-
Bernard Sunley	<u>4,417</u>	<u>(584)</u>	<u>3,833</u>
	<u>5,225</u>	<u>(1,392)</u>	<u>3,833</u>
TOTAL FUNDS	<u>687,253</u>	<u>242,275</u>	<u>929,528</u>

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2025

17. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	546,807	(303,140)	243,667
Restricted funds			
Duchy Health Charity	-	(808)	(808)
Bernard Sunley	-	(584)	(584)
	-	(1,392)	(1,392)
TOTAL FUNDS	<u>546,807</u>	<u>(304,532)</u>	<u>242,275</u>

Comparatives for movement in funds

	At 1.5.23 £	Net movement in funds £	At 30.4.24 £
Unrestricted funds			
General fund	701,782	(19,754)	682,028
Restricted funds			
Duchy Health Charity	-	808	808
Bernard Sunley	-	4,417	4,417
	-	5,225	5,225
TOTAL FUNDS	<u>701,782</u>	<u>(14,529)</u>	<u>687,253</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	235,609	(255,363)	(19,754)
Restricted funds			
Duchy Health Charity	2,500	(1,692)	808
Bernard Sunley	5,000	(583)	4,417
Cornwall Community Foundation	2,000	(2,000)	-
	9,500	(4,275)	5,225
TOTAL FUNDS	<u>245,109</u>	<u>(259,638)</u>	<u>(14,529)</u>

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2025

17. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.5.23 £	Net movement in funds £	At 30.4.25 £
Unrestricted funds			
General fund	701,782	223,913	925,695
Restricted funds			
Bernard Sunley	-	3,833	3,833
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>701,782</u>	<u>227,746</u>	<u>929,528</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	782,416	(558,503)	223,913
Restricted funds			
Duchy Health Charity	2,500	(2,500)	-
Bernard Sunley	5,000	(1,167)	3,833
Cornwall Community Foundation	<u>2,000</u>	<u>(2,000)</u>	<u>-</u>
	<u>9,500</u>	<u>(5,667)</u>	<u>3,833</u>
TOTAL FUNDS	<u>791,916</u>	<u>(564,170)</u>	<u>227,746</u>

Duchy Health Charity

Grant towards Isles of Scilly engagement project, a project to improve health and wellbeing of the people of Cornwall and the Isles of Scilly.

Bernard Sunley

Grant towards purchase of van to use for events.

18. RELATED PARTY DISCLOSURES

No related party transactions took place in the financial period, (2024: NIL).

The Chestnut Appeal for Men's Health Ltd

Detailed Statement of Financial Activities
For The Year Ended 30 April 2025

	30.4.25 £	30.4.24 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	96,636	103,378
Gift aid	9,425	14,733
Legacies	332,234	-
Grants	-	44,500
Donated services and facilities	8,900	8,900
	447,195	171,511
Other trading activities		
Sale of goods	3,920	213
Investment income		
Deposit account interest	16,741	3,871
Charitable activities		
Fundraising events	78,951	69,514
Total incoming resources	546,807	245,109
EXPENDITURE		
Other trading activities		
Purchases	1,467	10
Charitable activities		
Wages	113,793	94,512
Social security	5,874	4,027
Pensions	262	-
Rent	9,861	9,818
Insurance	783	783
Post, printing & stationery	1,029	1,370
Promotions & advertising	10,139	8,459
Event expenses	55,577	56,189
Technology costs	10,847	10,550
Sundries	1,006	842
Payroll expenses	380	438
Management fees	3,411	3,254
Bank charges	530	325
Travelling	5,379	6,142
Motor expenses	586	475
Training	2,051	2,573
Subscriptions	4,032	1,633
Telephone	948	531
Unit costs	-	1,837
Patient support	16,191	9,089
Accountancy fees	2,360	2,241
Independent examiner fees	1,850	1,750
Holiday home expenses	8,793	8,483
Nurse funding	30,803	17,955
Freehold property depn	8,463	9,403
Plant & machinery depn	955	541
Carried forward	295,903	253,220

This page does not form part of the statutory financial statements

The Chestnut Appeal for Men's Health Ltd

Detailed Statement of Financial Activities
For The Year Ended 30 April 2025

	30.4.25 £	30.4.24 £
Charitable activities		
Brought forward	295,903	253,220
Fixtures & fittings depn	4,334	3,578
Motor Vehicles depn	2,625	2,625
Computer equipment depn	203	205
	<u>303,065</u>	<u>259,628</u>
Total resources expended	<u>304,532</u>	<u>259,638</u>
Net income/(expenditure)	<u>242,275</u>	<u>(14,529)</u>

This page does not form part of the statutory financial statements

THE CHESTNUT APPEAL FOR MEN'S HEALTH LTD

England & Wales - Charity number 1087175

Accounts

REGISTERED COMPANY NUMBER: 04197003 (England and Wales)
REGISTERED CHARITY NUMBER: 1087175

Report of the Trustees and
Unaudited Financial Statements
For The Year Ended 30 April 2024
for
The Chestnut Appeal for Men's Health Ltd

TC Bromhead Limited
Harscombe House
1 Darklake View
Plymouth
Devon
PL6 7TL

The Chestnut Appeal for Men's Health Ltd

Contents of the Financial Statements
For The Year Ended 30 April 2024

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The Chestnut Appeal for Men's Health Ltd

Report of the Trustees **For The Year Ended 30 April 2024**

OBJECTIVES AND ACTIVITIES

Objectives and aims

The Chestnut Appeal for Men's Health Ltd is required by charity and company law to act within the objectives of its Memorandum of Association.

The Chestnut Appeal for Men's Health Ltd is a public benefit entity.

Its principal objects are to relieve suffering and distress amongst persons suffering from and affected by prostate cancer. This is achieved by working with men dealing with prostate cancer and their families in Devon and Cornwall and raising awareness of prostate cancer in the region.

The charity also raises awareness of Testicular Cancer and Penile Cancer.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing aims and objectives and in planning the future objectives.

The charity's current aims are:

1. To support prostate cancer nurses who are specialists in their field.
2. To increase awareness throughout Devon & Cornwall through events and talks, encouraging men to get their prostates checked.
3. To fund the latest equipment and technology, to be used for the treatment of Prostate Cancer.
4. To speak up about testicular and penile cancers, encouraging men to take action when they think something might be wrong.
5. To fund some PSA testing events until a screening programme becomes available.
6. To develop and help upgrade healthcare provision for men in the SW region.
7. To offer free holidays at the charity's static caravan, for men and their families facing prostate, testicular and penile cancers.

We want to ensure that every person suffering from or affected by Prostate Cancer, Testicular Cancer and Penile Cancer will get the help and support they need.

We raise funds that pay for the very latest equipment and specialist nurses to fight these cancers. We develop patient-led support groups and offer free holidays for those recently diagnosed with cancer. We can only do that with the amazing help we receive from the communities of Devon & Cornwall.

Prostate cancer is without a doubt a disease epidemic of the modern age. Although first described in 1853, as a single case report, today, it is the most common male cancer in the western world today and a major cause of morbidity and mortality.

There is a strong public perception that urinary symptoms are one of the key indicators of prostate cancer. If rates of earlier diagnosis are to improve, people need to be aware that prostate cancer is a silent disease especially in the curable stages, and men should come forward for testing regardless of whether they have symptoms. Get your prostate checked from 45 if you are in a high-risk group, and from 50 if not. Awareness is key, early diagnosis saves lives!

Because of this, raising awareness of this most common cancer in men is at the heart of everything we do, and it is a natural progression to include Testicular Cancer and Penile Cancers under this umbrella. It is our mission to highlight this most common cancer in men & also knock down those stereotypical imageries of old men suffering from prostate cancer. Times are changing. Younger men are presenting with prostate cancer and more awareness in the community is needed. 1 in 8 men will get prostate cancer, 1 in 4 if it's in your family or you are of African Caribbean decent.

Penile Cancer is rare cancer but needs to be caught early to be treated successfully. It occurs on the skin of the penis or within the penis. There are around 630 cases in the UK each year and are mostly diagnosed in men over 60 however men in their 30s and 40s can also be affected and Testicular cancer is cancer that develops in the testicles, a part of the male reproductive system. Symptoms may include a lump in the testicle or swelling or pain in the scrotum. Treatment may result in infertility. Risk factors include an undescended testis, family history of the disease, and previous history of testicular cancer.

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees For The Year Ended 30 April 2024

OBJECTIVES AND ACTIVITIES

Achievements and performance

The charity aided with the opening of the new unit in Plymouth. The Chestnut Urological Investigations Unit is a purpose-built unit for anyone who needs to access urology services, in particular men with Prostate, Testicular or Penile Cancers.

Early, quicker, faster diagnosis saves lives, and this now is the third specialist unit in the country offering this service, helping to future proof access to treatments for decades to come.

We are honoured to have been involved, delighted to have been able to ring fence £100,000 worth of funding, which is helping to create a warm, welcoming relaxed environment, less cold and clinical, as well as this we are very pleased to have our main office based within the unit, and are grateful to the team at Derriford Hospital in Plymouth, for supporting our own-going partnership. We were able to use the artwork from world renowned and Cornish artist Kurt Jackson in the new unit. The Logical Choice printed the designs that adorn the walls throughout the unit, and really gives the whole area the 'wow' feeling.

The charity also celebrates its 25th anniversary in 2024.

The 2023 swimming season was disrupted somewhat by the weather, mostly by high winds across the summer. But despite that all the swims went ahead. The Breakwater swim in June though took place on the planned date and with the help of a team of volunteers from the National Marine Park the event was a great success. 200 swimmers took part in the 2023 swim which was sponsored by Plymouth CityBus.

The Cawsand swim on Sunday 16th July saw over 120 swimmers take part in either the 2km or 4km challenge. Thanks once again to the Rame Gig club for providing post swim refreshments.

The Drakes Island swim originally set for the end of July was moved to the first weekend in August numbers though remained high, and the day was sunny and registration in Steel Brew proved to be a super venue. The swim sponsors Hoare Lea took part in the event with a six strong swim team.

The St Michaels Mount was moved a couple of weeks to the end of August due to high winds - the switch meant that from nearly 400 swimmers originally signed up, 140 swimmers took part on the rearranged date. Lovely swim on a sunny day, Gavin from Red Air Media took some great footage for a short film they produced. St Aubyn Estate have continued to support the swim both financially and in person, cheering on the swimmers from the beach.

340 swimmers from across the UK signed up for the 2023 Burgh Island swim but again the weather meant the swim was rescheduled to the end of September and numbers took a hit, on the day around 180 swimmers took to the water. Thanks to Marchand Petit for both sponsorship and providing a team of helpers and to Burgh Island hotel for providing the snacks. Hotel manager Vlad Krupa took part for the first time after having considered doing so for the 16 years he has worked at the Hotel.

The 2023 Looe Island swim was also weather disrupted and moved from late September to 8th October. Numbers remained high however and the whole event ran very smoothly. Thanks go to the Looe Rotary Club for all their support and help prior to the event and on the day of the swim. And to Tregoad Holiday Park who have sponsored the swim over the past few years.

All in all, some 1400 swimmers registered across the six swims, which is incredible, however, a low take up of individual sponsorship was evident, as the cost-of-living crisis continues to affect the charity sector.

Obtaining sponsorship for the events that are comparatively new has remained an issue and it's hoped once sponsorship has been secured then the sponsors will remain in place for a few years. Sponsorship helps with covering the costs of medals and swim caps really means that we can make the most from donations made by our fabulous fundraisers.

We partnered with MyPSATests for a PSA test event at Plymouth Argyle Football Club, in memory of our founder and colleague, Dr. Salvo Natale, we saw 338 men attend at a cost of £8450.00. 32 men were flagged to see a health care professional as soon as possible. 17 men presented as Amber and 15 were Red.

The main age group of men tested, were the harder to reach men, those, who, often symptomless, yet if diagnosed with prostate cancer, posed the most risk, these men are those aged from 40 to 59. We hope to continue this partnership with PAFC.

To continue to keep our profile as high as possible we made use of social media channels as much as we could, including our Looe Island Swim featured on a programme called Coast on More4 (repeated). We also put an advert in the national newspaper, The Guardian, who were running a special charity feature. We also used other advertising channels across the region, such as Billboards, displays at the A30 services, signs on buses in Truro and a Magazine.

This Plymouth Prostate Cancer Support Group has changed to the Plymouth Support Group, offering access to all men and their families, affected by or dealing with prostate, testicular or penile cancers. The group tend to meet monthly at The Derriford Health and Leisure Centre and enjoy outings to places such as The Box in Plymouth, Plymouth Argyle and Cornish Tea.

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees **For The Year Ended 30 April 2024**

OBJECTIVES AND ACTIVITIES

We were lucky enough to have been chosen as beneficiary of a £35,000 grant raised by people that play the Postcode Lottery, we have until 2025 to spend the donation, and it is restricted to anything except equipment and salaries for the NHS. We plan to use the money to fund trips out for the Support Group, including a tour of Drakes Island, A vineyard tour, an artist's workshop and a Christmas Dinner. Some of the grant will also go towards the Holiday Home expense, promotions and printing and the rest will go towards salary costs.

2 members of staff went on a training conference to London, the first training conference for them in over a decade. The event was called Elevate and held many sessions and workshops on how to elevate the fundraising in the charity and what themes and issues might be coming down the line for charities. It was a great experience to network with other members of the sector and to learn some new skills and learn about new products that might help the charity in the years ahead.

The charity was also pleased to receive £2500 from the Duchy Health Charity which has been allocated for the travel costs for 4 people to visit the Isles of Scilly in October 2024, that is made up of 2 clinical nurse specialists, and 2 members of staff. The donation covered the entire cost of getting there and staying for 2 days and 2 nights, whilst there the charity will seek to engage with the population of over 2000 people, raising awareness and making links on the island, something we have not done before as a charity.

As you may be aware, prostate cancer treatment can lead to sexual dysfunction in a significant number of men. This can have a large psychological impact and impacts on a patient's ability to move on from their cancer diagnosis and treatment. Within the southwest peninsula there is very little support for these men. Any counselling that is available is not specific to their needs and dramatically over subscribed. We are now able to fund, a senior nurse at the Plymouth site in psychosexual counselling to fulfil this need, however the nurse that begun training from Truro has since left the NHS. They are yet to identify a suitable person to fill this need. The nurses started their training back in 2022, the charity has allocated £10,000 per nurse for this 3 year project, and one of the nurses is getting on well with this project.

The big build happened at Derriford Hospital, with a new modular built, with the top floor dedicated to Urology. This brand new Chestnut Unit gives extra space, superior treatment rooms and makes it future ready, treating more patients than before. We are so pleased this has finally happened, not just for the team who've worked in a tiny chestnut unit for years, but for the patients as well. The Unit is known as The Chestnut Urological Investigations Unit.

The Chestnut Appeal charity will continue to fund additions that will make this unit the best it can be; it will rival the other 2 gold standard units in the country. We moved in on December 1st 2023, some 6 months behind schedule. This unit will enable men to have an MRI scan and precision biopsy in the same day, reducing time to diagnosis and having an overarching benefit on wellbeing while awaiting diagnosis, this is a big goal of ours over next 24 months and have allocated £100,000 towards this project, with a further money to be made available if needed. This is reflected in our 'Reserves Policy'.

During 2021 we were left a legacy from the estate of the Late Keven Paul Beer, this legacy of £124k enabled the charity to purchase a holiday home at Tregoad Holiday park nr Looe in October 2022. We now offer free holidays for cancer patients, somewhere to recuperate. This project is called, "Have a Break on Us" and is proving to be very popular, the Cornwall Community Foundation provided £2000 towards its running costs and the printing of some booklets to advertise the offer to it's patients in the county, patients are also encouraged to leave a donation to help towards running costs, however this is not a necessity, we allocate £10,000 per year for costs, and we expect to upgrade the holiday home in 5 to 6 years' time.

The charity also purchased a van, with help from the Bernard Sunley Trust, this van is for business purposes only, and is sign written to help with the on-going visibility of the appeal and the work we do in the region.

The Charity Commission has seen a record number of new applications for charity registrations, and demand continues to rise. There is, however, talk within the sector of a legacy boom, which the charity is researching to enable us to be in the best position to benefit from any potential boom in charitable giving.

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees **For The Year Ended 30 April 2024**

OBJECTIVES AND ACTIVITIES

Social investments

The political and social landscape is always changing, regardless of this, we will continue to ask the public for donations.

What we think is great about The Chestnut Appeal for Men's Health, is that you can see what your fundraising efforts can do, and what a difference they make in the community, we are continually grateful for all the help we receive. Without help we wouldn't be able to provide state of the art equipment, support nurses or raise awareness of this most common cancer in men. We work to ensure donations keep coming in by encouraging groups to hold events and staging them ourselves, with six swimming events already planned for 2024, an Autumn Walk and an Anniversary Ball at the end of the year.

The activities of the charity are bound by its constitution adopted 9 April 2001 and amended 6 December 2017.

The charity, The Chestnut Appeal for Men's Health, is also known as The Chestnut Appeal

FINANCIAL REVIEW

Financial position

The financial year 30 April 2024 has resulted in net expenditure of £14,529 (2023: net incoming resources of £32,687).

In total we received £245,109 (2023: £215,342). This amount comes from donations from the public, from clubs and groups as well as from gift aid. There were no donations from the local or national government offices, however we were delighted to receive £35,000 from the PostCode Lottery due to players winning the Million Pound Street draw in our postcode area.

We spent a total of £259,638 (2023: £182,655).

The balance in the bank at the end of the financial year was £556,618 (2023: £607,476)

Investment policy and objectives

The management committee of The Chestnut Appeal for Men's Health have considered the most appropriate policy for investing funds and have found that investing funds in a guaranteed fixed deposit account meets their requirements. A certain amount of funding needs to be available daily and the committee consider the return that they receive on their investments to be low risk. Funds are invested in low-risk accounts although the reduction in bank interest rates has reduced the returns made by the charity.

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees **For The Year Ended 30 April 2024**

FINANCIAL REVIEW

Reserves policy

It is the policy of the charity to try and maintain a level of free reserves. Those, are unrestricted funds which are not invested in fixed assets, or designated for a specific purpose or otherwise committed. Which meet the cost of the association's governance and the level of its preservation policy within its available budget. It is currently set at £215,000. The company has identified that this amount will keep the charity in operation for 18 months. It is the trustees' opinion that this level of reserves would be adequate to maintain uninterrupted services in the event of a major loss of funding or unforeseen expenditure. Free reserves at 30 April 2024 are £687,253 (2023: £701,782).

The charity currently holds higher reserves than the policy due to a number of projects we have currently ringfenced funds for, these are:

- £100,000 towards Plymouth Hospitals NHS Trust to help provide a Centre of Excellence for the region, namely for Men's Cancers
- We have committed to funding a Radiographer in Truro
- £18,000 for 3 handheld prostate sizers for Cornwall
- £30,000 for 2 new probes at Derriford and Truro
- £31,444 per year for the next three years for a new Ai Project at Derriford
- A continence service at Derriford Hospital at just over £4,000 a quarter

The charity has identified other projects to focus on around the mental health of cancer patients and intends to fund psychological training and delivery hours in Plymouth and Truro over the next 2 years in addition to the monies put aside. The anticipated spend in the Centre of Excellence will also increase for the 2 years after it is established, in order to provide welfare and support facilities for patients with men's cancers.

There is also a diagnostic centre being constructed in Bodmin and one in Penzance, where we will be setting aside a sizable amount to support those projects too.

The Board of Trustees has agreed that having a 'zero level' reserves policy creates a heightened financial risk from the possibility of unforeseen expenditure, sudden closure, trustee liability, a shortfall in income or an inability to control costs. Therefore, having an agreed amount of free reserves is the policy adopted by the Board to protect and sustain the charity and the work it does to raise awareness and support men's cancers.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Chestnut Appeal for Men's Health Limited is a charity registered with the Charity Commission in England and Wales, number 1087175. The company is limited by guarantee and has no share capital, its registered number is 4197003.

Recruitment and appointment of new trustees

The trustees shall carry out the election of the officers at the Annual General Meeting. Nominations are to be made in writing. Each nomination must be proposed and seconded by trustees of the company and accompanied by the written consent of the nominee. New trustees are inducted into the workings of the charity during meetings held throughout the year. Trustees are recruited to provide specific skills and experience required. They are provided with regular internal and external information relevant to the charity's governance.

The membership of the Board of trustees initially lasts 3 (three) years or 36 months for every new applicant. Following the initial 3-year contract, the trustees may opt to further remain on the Board as trustees of the charity. The Chestnut Appeal welcomes all contribution of members with experience on the Board and in this case, they will be allowed to remain on a rolling 1(one) year basis. Their membership will be renewed annually (every 12 months). If the trustee wishes to cease his/her duties, the contract may be cancelled (by the Trustee themselves, within a month's notice).

It is required to have a minimum of 4 and a maximum of 12 members, all over the age of 18 and not forbidden by law from acting in these positions. The Board of trustees consists of the officers, those being the Chairman, the Treasurer, the Secretary and the Policy Officer, as well as ordinary trustees.

Organisational structure

Overall responsibility for the management of the company is vested in the trustees. The company holds at least four committee meetings during the year. These meetings are organised by the trustees to continue with the work necessary to maintain the objects of the charity. Ms Lesley-Ann Simpson manages the charity on a day to day basis.

The organisation also takes part in strategy days and away days for training and group development as and when needed

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees
For The Year Ended 30 April 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The trustees are responsible for the management of the risks faced by the company. The trustees continue to examine the major internal and external risks that the charity faces. Systems are in existence to monitor and control these risks to mitigate any impact that they may have on the charity in the future.

The key controls used by the charity include:

Formal agendas for all committee and board meetings.

A dedicated Policy Officer.

Comprehensive strategic planning, budgeting and management accounting.

Established organisational structure and lines of reporting.

Clear authorisation and approval levels.

Risk Register in development.

The trustees recognise that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04197003 (England and Wales)

Registered Charity number

1087175

Registered office

Department of Urological Research

Derriford Hospital

Level 7

Plymouth

Devon

PL6 8DH

Trustees

A Dickinson

P Hunter- Campbell

Ms C Giles (resigned 1.12.23)

A Porter

M Mantle

S Graber

A Holmes

Company Secretary

S Graber

Independent Examiner

TC Bromhead Limited

Harscombe House

1 Darklake View

Plymouth

Devon

PL6 7TL

Approved by order of the board of trustees on 4/11/24 and signed on its behalf by:


X
S Graber - Trustee

**Independent Examiner's Report to the Trustees of
The Chestnut Appeal for Men's Health Ltd**

Independent examiner's report to the trustees of The Chestnut Appeal for Men's Health Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 April 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



Neil Stevens ACA FCCA

TC Bromhead Limited
Harscombe House
1 Darklake View
Plymouth
Devon
PL6 7TL

Date: 04.12.24.....

The Chestnut Appeal for Men's Health Ltd

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
For The Year Ended 30 April 2024

	Notes	Unrestricted fund £	Restricted funds £	30.4.24 Total funds £	30.4.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		162,011	9,500	171,511	126,301
Charitable activities					
Men's cancer support and awareness		69,514	-	69,514	87,590
Other trading activities	2	213	-	213	225
Investment income	3	3,871	-	3,871	1,226
Total		235,609	9,500	245,109	215,342
EXPENDITURE ON					
Charitable activities					
Men's cancer support and awareness		255,363	4,275	259,638	182,655
NET INCOME/(EXPENDITURE)		(19,754)	5,225	(14,529)	32,687
RECONCILIATION OF FUNDS					
Total funds brought forward		701,782	-	701,782	669,095
TOTAL FUNDS CARRIED FORWARD		682,028	5,225	687,253	701,782

The notes form part of these financial statements

The Chestnut Appeal for Men's Health Ltd

Balance Sheet
30 April 2024

	Notes	Unrestricted fund £	Restricted funds £	30.4.24 Total funds £	30.4.23 Total funds £
FIXED ASSETS					
Tangible assets	9	131,082	4,417	135,499	96,060
CURRENT ASSETS					
Stocks	10	120	-	120	130
Debtors	11	334	-	334	2,332
Cash at bank		555,810	808	556,618	607,476
		556,264	808	557,072	609,938
CREDITORS					
Amounts falling due within one year	12	(5,318)	-	(5,318)	(4,216)
NET CURRENT ASSETS		550,946	808	551,754	605,722
TOTAL ASSETS LESS CURRENT LIABILITIES		682,028	5,225	687,253	701,782
NET ASSETS		682,028	5,225	687,253	701,782
FUNDS	13				
Unrestricted funds				682,028	701,782
Restricted funds				5,225	-
TOTAL FUNDS				687,253	701,782

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 April 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 April 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:


C Giles - Trustee


R Hunter- Campbell - Trustee

The notes form part of these financial statements

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements **For The Year Ended 30 April 2024**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

The charity has various sources of income which are recognised in the following ways;

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred

Legacies are recognised at the earlier date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donations and fundraising events income are recognised when the money is received.

Sale of goods are represented at the point of sale and when the Charity is entitled to the funds.

Gift aid is recognised when the charity has entitlement to the funds and the amount can be measured reliably.

Interest on funds held in deposit accounts are included when receivable and the amount can be measured reliably by the charity, this is normally upon notification of the interest paid or payable by the Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property - 10% on reducing balance
Plant and machinery - 25% on cost
Fixtures and fittings - 25% on cost
Computer equipment - 25% on cost
Motor Vehicles - 20% on reducing balance

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2024

1. ACCOUNTING POLICIES - continued

Fund accounting

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. OTHER TRADING ACTIVITIES

	30.4.24	30.4.23
	£	£
Sale of goods	213	225
	<u> </u>	<u> </u>

3. INVESTMENT INCOME

	30.4.24	30.4.23
	£	£
Deposit account interest	3,871	1,226
	<u> </u>	<u> </u>

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	30.4.24	30.4.23
	£	£
Depreciation - owned assets	16,352	8,031
	<u> </u>	<u> </u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 April 2024 nor for the year ended 30 April 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 April 2024. There was £134 reimbursed to one trustee for expenses incurred in connection with the launch event of the improved waiting area at the Royal Cornwall Hospital for the year ended 30 April 2023.

6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	30.4.24	30.4.23
	3	3
Administration	<u> </u>	<u> </u>

No employees received emoluments in excess of £60,000.

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	126,301	-	126,301
Charitable activities			
Men's cancer support and awareness	87,590	-	87,590
Other trading activities	225	-	225
Investment income	1,226	-	1,226
	<u> </u>	<u> </u>	<u> </u>
Total	215,342	-	215,342
	<u> </u>	<u> </u>	<u> </u>

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2024

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
EXPENDITURE ON			
Charitable activities			
Men's cancer support and awareness	182,655	-	182,655
NET INCOME	32,687	-	32,687
RECONCILIATION OF FUNDS			
Total funds brought forward	669,095	-	669,095
TOTAL FUNDS CARRIED FORWARD	701,782	-	701,782

8. DONATED GOODS, FACILITIES AND SERVICES

The charity has the use of a small office within Derriford Hospital, Plymouth and a storage unit which are currently provided rent free. These are reflected in the accounts at market value, being £8,000 per annum for the office (2023: £8,000) and £900 per annum for the unit (2023: £900).

9. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Fixtures and fittings £
COST			
At 1 May 2023	101,647	1,381	1,038
Additions	-	2,641	30,650
At 30 April 2024	101,647	4,022	31,688
DEPRECIATION			
At 1 May 2023	7,614	872	43
Charge for year	9,403	541	3,578
At 30 April 2024	17,017	1,413	3,621
NET BOOK VALUE			
At 30 April 2024	84,630	2,609	28,067
At 30 April 2023	94,033	509	995

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2024

9. TANGIBLE FIXED ASSETS - continued

	Motor vehicles £	Computer equipment £	Totals £
COST			
At 1 May 2023	-	7,263	111,329
Additions	22,500	-	55,791
At 30 April 2024	22,500	7,263	167,120
DEPRECIATION			
At 1 May 2023	-	6,740	15,269
Charge for year	2,625	205	16,352
At 30 April 2024	2,625	6,945	31,621
NET BOOK VALUE			
At 30 April 2024	19,875	318	135,499
At 30 April 2023	-	523	96,060

10. STOCKS

	30.4.24	30.4.23
	£	£
Stocks	120	130

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.4.24	30.4.23
	£	£
Other debtors	334	2,332

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.4.24	30.4.23
	£	£
Other creditors	5,318	4,216

13. MOVEMENT IN FUNDS

	At 1.5.23 £	Net movement in funds £	At 30.4.24 £
Unrestricted funds			
General fund	701,782	(19,754)	682,028
Restricted funds			
Duchy Health Charity	-	808	808
Bernard Sunley	-	4,417	4,417
	-	5,225	5,225
TOTAL FUNDS	701,782	(14,529)	687,253

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2024

13. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	235,609	(255,363)	(19,754)
Restricted funds			
Duchy Health Charity	2,500	(1,692)	808
Bernard Sunley	5,000	(583)	4,417
Cornwall Community Foundation	2,000	(2,000)	-
	<u>9,500</u>	<u>(4,275)</u>	<u>5,225</u>
TOTAL FUNDS	<u>245,109</u>	<u>(259,638)</u>	<u>(14,529)</u>

Comparatives for movement in funds

	At 1.5.22 £	Net movement in funds £	At 30.4.23 £
Unrestricted funds			
General fund	669,095	32,687	701,782
TOTAL FUNDS	<u>669,095</u>	<u>32,687</u>	<u>701,782</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	215,342	(182,655)	32,687
TOTAL FUNDS	<u>215,342</u>	<u>(182,655)</u>	<u>32,687</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.5.22 £	Net movement in funds £	At 30.4.24 £
Unrestricted funds			
General fund	669,095	12,933	682,028
Restricted funds			
Duchy Health Charity	-	808	808
Bernard Sunley	-	4,417	4,417
	<u>-</u>	<u>5,225</u>	<u>5,225</u>
TOTAL FUNDS	<u>669,095</u>	<u>18,158</u>	<u>687,253</u>

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2024

13. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	450,951	(438,018)	12,933
Restricted funds			
Duchy Health Charity	2,500	(1,692)	808
Bernard Sunley	5,000	(583)	4,417
Cornwall Community Foundation	2,000	(2,000)	-
	<u>9,500</u>	<u>(4,275)</u>	<u>5,225</u>
TOTAL FUNDS	<u>460,451</u>	<u>(442,293)</u>	<u>18,158</u>

Duchy Health Charity

Grant towards Isles of Scilly engagement project, a project to improve health and wellbeing of the people of Cornwall and the Isles of Scilly.

Bernard Sunley

Grant towards purchase of van to use for events.

Cornwall Community Foundation

Grant towards the Have a Break on Us project which is for people affected by cancer and their families to have a holiday at the caravan owned by the Charity.

14. RELATED PARTY DISCLOSURES

One related party transaction took place in the financial period, one trustee made a payment to the Charity for an auction prize for the Charity to use for fundraising purposes. This transaction totalled £450 (2023: NIL).

The Chestnut Appeal for Men's Health Ltd

Detailed Statement of Financial Activities
For The Year Ended 30 April 2024

	30.4.24 £	30.4.23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	103,378	101,254
Gift aid	14,733	11,147
Legacies	-	5,000
Grants	44,500	-
Donated services and facilities	8,900	8,900
	171,511	126,301
Other trading activities		
Sale of goods	213	225
Investment income		
Deposit account interest	3,871	1,226
Charitable activities		
Fundraising events	69,514	87,590
Total incoming resources	245,109	215,342
 EXPENDITURE		
Charitable activities		
Wages	94,512	80,604
Social security	4,027	3,084
Rent	9,818	9,401
Insurance	783	520
Post, printing & stationery	1,370	286
Promotions & advertising	8,459	8,252
Event expenses	56,189	42,500
Technology costs	10,550	3,216
Purchases	10	10
Sundries	842	467
Payroll expenses	438	497
Management fees	3,254	2,733
Bank charges	325	343
Travelling	6,142	1,226
Motor expenses	475	-
Training	2,573	447
Subscriptions	1,633	1,527
Telephone	531	363
Unit costs	1,837	-
Patient support	9,089	7,322
Accountancy fees	2,241	1,554
Independent examiner fees	1,750	1,230
Holiday home expenses	8,483	2,057
Nurse funding	17,955	6,985
Freehold property depn	9,403	7,614
Plant & machinery depn	541	22
Fixtures & fittings depn	3,578	43
Motor Vehicles depn	2,625	-
Computer equipment depn	205	352
	259,638	182,655

This page does not form part of the statutory financial statements

The Chestnut Appeal for Men's Health Ltd

Detailed Statement of Financial Activities
For The Year Ended 30 April 2024

	30.4.24 £	30.4.23 £
Total resources expended	<u>259,638</u>	<u>182,655</u>
Net (expenditure)/income	<u>(14,529)</u>	<u>32,687</u>

This page does not form part of the statutory financial statements

THE CHESTNUT APPEAL FOR MEN'S HEALTH LTD

England & Wales - Charity number 1087175

Accounts

Report of the Trustees and
Unaudited Financial Statements
For The Year Ended 30 April 2023
for
The Chestnut Appeal for Men's Health Ltd

Bromhead
Harscombe House
1 Darklake View
Plymouth
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The Chestnut Appeal for Men's Health Ltd

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For The Year Ended 30 April 2023

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The Chestnut Appeal for Men's Health Ltd

Report of the Trustees **For The Year Ended 30 April 2023**

OBJECTIVES AND ACTIVITIES

Objectives and aims

The Chestnut Appeal for Men's Health Ltd is required by charity and company law to act within the objectives of its Memorandum of Association.

The Chestnut Appeal for Men's Health Ltd is a public benefit entity.

Its principal objects are to relieve suffering and distress amongst persons suffering from and affected by prostate cancer. This is achieved by working with men suffering with prostate cancer and their families in Devon and Cornwall, and raising awareness of prostate cancer in the region. The charity will also raise awareness of Testicular Cancer and Penile Cancer.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing aims and objectives and in planning the future objectives.

The charity's current aims are:

1. To support prostate cancer nurses who are specialists in their field.
2. To increase awareness throughout Devon & Cornwall through events and talks, encouraging men to get their prostates checked.
3. To fund the latest equipment to be used for the treatment of Prostate Cancer.
4. To speak up about testicular and penile cancers, encouraging men to take action when they think something might be wrong.
5. To host screening events ourselves until a screening programme becomes available.
6. To develop and help upgrade provision for men in the SW region.
7. To offer free holidays at the charity's static caravan, for men and their families facing prostate, testicular and penile cancers.

We want to ensure that every person suffering & affected by Prostate Cancer, Testicular Cancer and Penile Cancer will get the help and support they need.

Our Mission, we must continue to encourage men to get their prostate checked.

Prostate cancer is without a doubt a disease epidemic of the modern age. Although first described histologically only in 1853, as a single case report, today, it is actually the most common male cancer in the western world and a major cause of morbidity and mortality. There is a strong public perception that urinary symptoms are one of the key indicators of prostate cancer. If rates of earlier diagnosis are to improve, people need to be aware that prostate cancer is a silent disease especially in the curable stages, and men should come forward for testing regardless of whether or not they have symptoms. Get your prostate checked from 45 if you are in a high-risk group, and from 50 if not. Awareness is key, early diagnosis saves lives!

Because of this, raising awareness of this most common cancer in men is at the heart of everything we do and it is a natural progression to include Testicular Cancer and Penile Cancers under this umbrella too. It is our mission to highlight this most common cancer in men & also knock down those stereotypical imageries of old men suffering from prostate cancer. Times are changing. Younger men are presenting with prostate cancer and more awareness in the community is needed. 1 in 8 men will get prostate cancer, 1 in 4 if it's in your family or you are of African Caribbean decent.

Penile Cancer is rare cancer but needs to be caught early to be treated successfully. It occurs on the skin of the penis or within the penis. There are around 630 cases in the UK each year and are mostly diagnosed in men over 60 however men in their 30s and 40s can also be affected and Testicular cancer is cancer that develops in the testicles, a part of the male reproductive system. Symptoms may include a lump in the testicle, or swelling or pain in the scrotum. Treatment may result in infertility. Risk factors include an undescended testis, family history of the disease, and previous history of testicular cancer.

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees For The Year Ended 30 April 2023

OBJECTIVES AND ACTIVITIES

Achievements and performance

The charity, has for over seventeen years, have had just two members of staff, and was joined in September 2022 by a third person, who is part time, remote from home in Cornwall, with a sole aim of developing our reach in Cornwall, delivering our messages of awareness to those hard to reach communities and fundraising along the way. Since starting with The Chestnut Appeal in September Steph says, "I have been made to feel really welcome, not just by Lesley-Ann, David and the trustees but by the general public. I have felt a little humbled by the generosity of people who are going through a difficult time.

The holiday home has been so successful with a great deal of interest and great appreciation for the facility. The Royal Navy, pubs, clubs and local businesses have been very supportive. We have a "Murder Mystery" evening planned for later in the year and hoping that the timing and location will encourage people who are difficult to track down, namely farmers and agricultural workers". We all welcome her to the team and look forward to building on her success to date.

The swimming season was good with the weather being particularly warm across the summer months coupled with some really great volunteer teams at the events. Volunteers really help make these events, and we must say a massive thank you to our volunteer teams, as without them we couldn't host our six swims.

Sponsorship from businesses is hard to obtain, especially as companies try to keep a grip on costs, but we did obtain some great sponsors. Thank you so much to:

- Plymouth Sound Financial, GB Finance, Plymouth City Bus, St Aubyn Estates, Tregoad Holiday Park and Marchand Petit.

Their help of covering the costs of medals and swim caps really means that we can make the most from donations made by our fabulous fundraisers.

Two hundred swimmers took part in the Drakes Island swim in July followed by around 160 at the second annual Cawsand swim both events took place with almost perfect sea conditions. Late July brought high winds which saw the Breakwater swim postponed; the swim rescheduled for late summer. Over 320 swimmers swam around St Michaels Mount on a glorious day in August. Family members from the St Aubyn Estate came along to cheer on the swimmers as they completed their 2.5km swim. And the swim season ended on an equally glorious morning when over 300 swimmers from across the UK took part in the mile swim around Burgh Island in September supported by the fabulous team from Marchand Petit. All in all, some 1400 swimmers registered across the six swims.

The death of the Queen meant that the Looe Island swim was cancelled with all swimmers being transferred to the 2023 swim, this has caused a little issue with the 2023 Looe swim starting as a sell-out event.

World renowned and Cornish artist Kurt Jackson came along to paint and sketch at the St Michaels Mount and Burgh Island swims. The resulting work is to be used to enhance waiting areas at three of the region's main Hospitals. Kurt also offered the charity an original painting to auction. This auction achieved just over £10,000, which we are very grateful for.

At the charity we believe that we are stronger when working in partnership, so in 2022/23, we joined forces with Devon Mind to work on a couple of runs. The Harbour Run took place in October with 150 participants and in March the 'Run Home' attracted over 250 runners. All funds raised went directly to Devon Mind, as donations will go towards a particular mental health project, programme offering counselling to Prostate Cancer patients. Clinical Nurse Specialists will be informed of this project and told how to refer.

Purple Gecko events gave the charity some places on their 'Run Noir' in January. We had six runners take part and between them they raised over £1000. It is hoped that the charity will have some more charity places in 2024. And the annual Armed Forces Day returned to Plymouth Hoe in June where we had an information stand and a team of helpful volunteers, handing out leaflets and promotional items.

We also partnered with MyPSATests for a PSA test event at Penzance Pirates in September which saw 352 men attend. The following weekend there was a collection at Penzance Pirates rugby match. Out of the 352 tests, 330 were ok, 4 were borderline and 18 men were flagged red, meaning they needed to see their health professional as soon as possible. The main age group of men tested, were the harder to reach men, those, who, often symptomless, yet if diagnosed with prostate cancer, posed the most risk, these men are those aged from 40 to 59.

We have also made note that we must diversify and include other events in our calendar, ones accessible for other sectors, with a Murder Mystery, some golf days and community walks being planned for 2023/2024.

To continue to keep our profile as high as possible we made use of social media channels as much as we could, including our Looe Island Swim featured on a programme called Coast on More4. We also put an advert in the national newspaper, The Times, who were running a special charity feature.

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees **For The Year Ended 30 April 2023**

OBJECTIVES AND ACTIVITIES

The Plymouth Prostate Cancer Support Group has changed to the Plymouth Support Group, offering access to all men and their families, affected by or dealing with prostate, testicular or penile cancers. The group tend to meet monthly at The Derriford Health and Leisure Centre, and also enjoy outings to places such as The Box in Plymouth, Plymouth Argyle and Cornish Tea.

Our charity podcast continues, it's a mainly fortnightly programme, with guests and all the latest news from the charity, although sometimes we skip a week or two due to other demands on our time. We have listeners from all over the world, mostly America and Canada.

Prostate cancer treatment leads to sexual dysfunction in a significant number of men. This can have a large psychological impact and impacts on a patient's ability to move on from their cancer diagnosis and treatment. Within the southwest peninsula there is very little support for these men. Any counselling that is available is not specific to their needs and dramatically over subscribed. We are now able to fund, senior nurses at the Plymouth and Truro sites in psychosexual counselling to fulfil this need. Our two nurses that we have identified start their training back in 2022, the charity has allocated £10,000 per nurse for this 3 year project, and both nurses are getting on well with this project.

The big build has begun at Derriford Hospital, with a new modular unit being built and the top floor dedicated to Urology. This brand new Chestnut Unit will give extra space, superior treatment rooms and makes it future ready, treating more patients than before. We are so pleased this is finally going ahead, not just for the team who've worked in a tiny chestnut unit for years, but for the patients as well.

The Chestnut Appeal charity will fund additions that will make this unit the best it can be; it will rival the other 2 gold standard units in the country. It will also have space for the charity office. It is hoped we can move in during the summer 2023. This unit will enable men to have an MRI scan and precision biopsy in the same day, reducing time to diagnosis and having an overarching benefit on wellbeing while awaiting diagnosis, this is a big goal of ours over next 24 months and have allocated £200,000 towards this project, with a further £100,000 becoming available if needed. This is reflected in our 'Reserves Policy'.

During 2021 we were left a legacy from the estate of the Late Kevin Paul Beer, this legacy of £124k enabled the charity to purchase a holiday home at Tregoad Holiday park nr Looe in October 2022. We now offer free holidays for cancer patients, somewhere to recuperate. This project is called, "Have a Break on Us" and for the first season we are almost fully booked, with patients encouraged to leave a donation to help towards running costs, however this is not a necessity.

Social investments

The political and social landscape could change quite a bit over the coming years, although historically when times are tough people give to small local charities our competition is increasing as less and less government grants become available and the EU funding ends more and more charities will be asking the public for donations. The Charity Commission has seen a record number of new applications for charity registrations and demand continues to rise.

What we think is great about The Chestnut Appeal is that you can see what your fundraising efforts can do and we are so very grateful for all the help we are receiving. We hope you know that you really do make a difference. Without help we wouldn't be able to provide state of the art equipment, support nurses or raise awareness of this most common cancer in men, so thank you all very much.

We will work to ensure donations keep coming in by encouraging groups to hold events and staging them ourselves, with four swimming events already planned.

The activities of the charity are bound by its constitution adopted 9 April 2001 and amended 6 December 2017.

The charity, The Chestnut Appeal for Men's Health, is also known as The Chestnut Appeal.

FINANCIAL REVIEW

Financial position

The financial year 30 April 2023 has resulted in net incoming resources of £32,687 (2022: net incoming resources of £150,359).

In total we received £215,342. (2022: £296,402) This amount comes from donations from the public, from clubs and groups as well as from gift aid. There were no donations from the local or national government offices.

We spent a total of £182,655 (2022: £146,043).

The balance in the bank at the end of the financial year was £607,476 (2022: £622,062).

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees **For The Year Ended 30 April 2023**

FINANCIAL REVIEW

Investment policy and objectives

The management committee has considered the most appropriate policy for investing funds and has found that investing funds in a guaranteed fixed deposit account meets their requirements.

A certain amount of funding needs to be available on a daily basis and the committee consider the return that they receive on their investments to be low risk. Funds are invested in low risk accounts, the recent increases in the interest rate has resulted in a larger return on our investment.

Reserves policy

It is the policy of the company to try and maintain a level of free reserves, that are those unrestricted funds which are not invested in fixed assets, designated for a specific purpose or otherwise committed which meet the cost of the associations governance and the level of its preservation policy within its available budget. This is currently set at £200,000 which in the trustees' opinion is the level of reserves that would be adequate to maintain uninterrupted services for eighteen months in the event of a major loss of funding or unforeseen expenditure. Free reserves at 30 April 2023 are £605,722 (2022: £668,520).

In addition the charity has the following plans in place which will utilise the reserves currently held:

The charity is working with Plymouth Hospitals NHS Trust to help provide a Centre of Excellence for the region for Men's Cancers, and has identified a further £100,000 of funding that is in the bank to go towards that project. Whilst the unexpected nature of NHS projects makes the timescale fluid, this will remain held for two years. The charity has identified other projects to focus on around the mental health of cancer patients and intends to fund psychological training and deliver this support in Plymouth and Truro over the next two years. The anticipated spend in the Centre of Excellence will also increase by £200,000 for the two years after it is established, in order to provide welfare and support facilities for patients with men's cancers.

£10,979 has been set aside to pay for a bladder scanner for Derriford Hospital. This was ordered in February 2023 and payment will be made upon delivery of the scanner.

£10,000 has been set aside to pay for the holiday home costs involved for the year 2023/2024, with an upgrade of the holiday home expected in five years.

There is also a diagnostic centre being constructed in Bodmin, where we will be setting aside a sizable amount to support that project too.

The Board of Trustees has agreed that having a 'zero level' reserves policy creates a heightened financial risk from the possibility of unforeseen expenditure, sudden closure, trustee liability, a shortfall in income or an inability to control costs. Therefore having an agreed amount of free reserves is the policy adopted by the Board to protect and sustain the charity and the work it does to raise awareness and support men's cancers.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Chestnut Appeal for Men's Health Limited is a charity registered with the Charity Commission in England and Wales, number 1087175. The company is limited by guarantee and has no share capital, its registered number is 4197003.

Recruitment and appointment of new trustees

The trustees shall carry out the election of the officers at the Annual General Meeting. Nominations are to be made in writing. Each nomination must be proposed and seconded by trustees of the company and accompanied by the written consent of the nominee. New trustees are inducted into the workings of the charity during meetings held throughout the year. Trustees are recruited to provide specific skills and experience required. They are provided with regular internal and external information relevant to the charity's governance.

The membership of the Board of trustees initially lasts 3 (three) years or 36 months for every new applicant. Following the initial 3-year contract, the trustees may opt to further remain on the Board as trustees of the charity. The Chestnut Appeal welcomes all contribution of members with experience on the Board and in this case, they will be allowed to remain on a rolling 1(one) year basis. Their membership will be renewed annually (every 12 months). If the trustee wishes to cease his/her duties, the contract may be cancelled (by the Trustee themselves, within a month's notice).

It is required to have a minimum of 4 and a maximum of 12 members, all over the age of 18 and not forbidden by law from acting in these positions. The Board of trustees consists of the officers, those being the Chairman, the Treasurer, the Secretary and the Policy Officer, as well as ordinary trustees.

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees
For The Year Ended 30 April 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

Overall responsibility for the management of the company is vested in the trustees. The company holds at least four committee meetings during the year. These meetings are organised by the trustees to continue with the work necessary to maintain the objects of the charity. Ms Lesley-Ann Simpson manages the charity on a day to day basis.

The organisation also takes part in strategy days and away days for training and group development as and when needed.

Risk management

The trustees are responsible for the management of the risks faced by the company. The trustees continue to examine the major internal and external risks that the charity faces. Systems are in existence to monitor and control these risks to mitigate any impact that they may have on the charity in the future.

The key controls used by the charity include: ·

Formal agendas for all committee and board meetings.

Dedicated Policy Officer.

Comprehensive strategic planning, budgeting and management accounting.

Established organisational structure and lines of reporting.

Clear authorisation and approval levels.

Risk Register in development.

The trustees recognise that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04197003 (England and Wales)

Registered Charity number

1087175

Registered office

Department of Urological Research

Derriford Hospital

Level 7

Plymouth

Devon

PL6 8DH

Trustees

A Dickinson

S Natale (deceased 27.4.23)

A Harwood (resigned 11.11.22)

P Hunter- Campbell

Ms C Giles

A Porter

M Mantle

Ms R Jeffs (resigned 13.6.22)

S Graber

A Holmes (appointed 13.1.23)

Company Secretary

P Hunter- Campbell

Independent Examiner

Bromhead

Harscombe House

1 Darklake View

Plymouth

Devon

PL6 7TL

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees
For The Year Ended 30 April 2023

DEDICATION AND REMEMBRANCE

The end of the financial year came to an abrupt end, when one of our founders, Treasurer of the Board, colleague and friend sadly passed away unexpected. Dr. Salvo Natale.

Salvo suffered a sub arachnoid haemorrhage and died peacefully in Sicily on Thursday 27th April 2023. He was not only one of the founding members of the charity and highly respected, but was also dedicated to the charity and its work for over two decades. Salvo was an incredible man, adored by so many, bringing happiness and laughter to all he knew.

He will be truly missed by all of us, and we have been left absolutely devastated by this terrible news; however we have to go on helping and serving our community, and ensure we continue with the work that he started. It is hoped we can name a room or part of the new Urology Unit after him.

Approved by order of the board of trustees on 1 December 2023 and signed on its behalf by:

P Hunter- Campbell - Trustee

**Independent Examiner's Report to the Trustees of
The Chestnut Appeal for Men's Health Ltd**

Independent examiner's report to the trustees of The Chestnut Appeal for Men's Health Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 April 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Neil Stevens ACA FCCA

Bromhead
Harscombe House
1 Darklake View
Plymouth
Devon
PL6 7TL

7 December 2023

The Chestnut Appeal for Men's Health Ltd

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
For The Year Ended 30 April 2023

	Notes	Unrestricted fund £	Restricted fund £	30.4.23 Total funds £	30.4.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		126,301	-	126,301	204,098
Charitable activities					
Men's cancer support and awareness		87,590	-	87,590	91,710
Other trading activities	2	225	-	225	270
Investment income	3	1,226	-	1,226	324
Total		215,342	-	215,342	296,402
EXPENDITURE ON					
Charitable activities					
Men's cancer support and awareness		182,655	-	182,655	146,043
NET INCOME		32,687	-	32,687	150,359
RECONCILIATION OF FUNDS					
Total funds brought forward		669,095	-	669,095	518,736
TOTAL FUNDS CARRIED FORWARD		701,782	-	701,782	669,095

The notes form part of these financial statements

The Chestnut Appeal for Men's Health Ltd

Balance Sheet

30 April 2023

	Notes	Unrestricted fund £	Restricted fund £	30.4.23 Total funds £	30.4.22 Total funds £
FIXED ASSETS					
Tangible assets	9	96,060	-	96,060	575
CURRENT ASSETS					
Stocks	10	130	-	130	140
Debtors	11	2,332	-	2,332	50,285
Cash at bank		607,476	-	607,476	622,062
		609,938	-	609,938	672,487
CREDITORS					
Amounts falling due within one year	12	(4,216)	-	(4,216)	(3,967)
NET CURRENT ASSETS		605,722	-	605,722	668,520
TOTAL ASSETS LESS CURRENT LIABILITIES		701,782	-	701,782	669,095
NET ASSETS		701,782	-	701,782	669,095
FUNDS	13				
Unrestricted funds				701,782	669,095
TOTAL FUNDS				701,782	669,095

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 April 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 April 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 1 December 2023 and were signed on its behalf by:

C Giles - Trustee

P Hunter- Campbell - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
For The Year Ended 30 April 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

The charity has various sources of income which are recognised in the following ways;

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred

Legacies are recognised at the earlier date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donations and fundraising events income are recognised when the money is received.

Sale of goods are represented at the point of sale and when the Charity is entitled to the funds.

Gift aid is recognised when the charity has entitlement to the funds and the amount can be measured reliably.

Interest on funds held in deposit accounts are included when receivable and the amount can be measured reliably by the charity, this is normally upon notification of the interest paid or payable by the Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 10% on reducing balance
Plant and machinery	- 25% on cost
Fixtures and fittings	- 25% on cost
Computer equipment	- 25% on cost

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2023

1. ACCOUNTING POLICIES - continued

Fund accounting

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. OTHER TRADING ACTIVITIES

	30.4.23	30.4.22
	£	£
Sale of goods	225	270
	<u> </u>	<u> </u>

3. INVESTMENT INCOME

	30.4.23	30.4.22
	£	£
Deposit account interest	1,226	324
	<u> </u>	<u> </u>

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	30.4.23	30.4.22
	£	£
Depreciation - owned assets	8,031	274
	<u> </u>	<u> </u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 April 2023 nor for the year ended 30 April 2022.

Trustees' expenses

During the year £134 was reimbursed to one trustee for expenses incurred in connection with the launch event of the improved waiting area at the Royal Cornwall Hospital. There were no trustees' expenses paid for the year ended 30 April 2022.

6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	30.4.23	30.4.22
	3	2
Administration	<u> </u>	<u> </u>

No employees received emoluments in excess of £60,000.

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	204,098	-	204,098
Charitable activities			
Men's cancer support and awareness	91,710	-	91,710
Other trading activities	270	-	270
Investment income	324	-	324
	<u> </u>	<u> </u>	<u> </u>
Total	296,402	-	296,402

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2023

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted fund £	Total funds £
EXPENDITURE ON			
Charitable activities			
Men's cancer support and awareness	145,995	48	146,043
NET INCOME/(EXPENDITURE)	150,407	(48)	150,359
RECONCILIATION OF FUNDS			
Total funds brought forward	518,688	48	518,736
TOTAL FUNDS CARRIED FORWARD	669,095	-	669,095

8. DONATED GOODS, FACILITIES AND SERVICES

The charity has the use of a small office within Derriford Hospital, Plymouth and a storage unit which are currently provided rent free. These are reflected in the accounts at market value, being £8,000 per annum for the office (2022: £8,000) and £900 per annum for the unit (2022: £900).

9. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Fixtures and fittings £	Computer equipment £	Totals £
COST					
At 1 May 2022	-	850	-	6,963	7,813
Additions	101,647	531	1,038	300	103,516
At 30 April 2023	101,647	1,381	1,038	7,263	111,329
DEPRECIATION					
At 1 May 2022	-	850	-	6,388	7,238
Charge for year	7,614	22	43	352	8,031
At 30 April 2023	7,614	872	43	6,740	15,269
NET BOOK VALUE					
At 30 April 2023	94,033	509	995	523	96,060
At 30 April 2022	-	-	-	575	575

10. STOCKS

	30.4.23 £	30.4.22 £
Stocks	130	140

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2023

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	30.4.23	30.4.22
	£	£
Other debtors	2,332	50,285
	<u><u> </u></u>	<u><u> </u></u>

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	30.4.23	30.4.22
	£	£
Other creditors	4,216	3,967
	<u><u> </u></u>	<u><u> </u></u>

13. MOVEMENT IN FUNDS		Net movement in funds	At
	At 1.5.22	£	30.4.23
	£	£	£
Unrestricted funds			
General fund	669,095	32,687	701,782
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	669,095	32,687	701,782
	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	215,342	(182,655)	32,687
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	215,342	(182,655)	32,687
	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>

Comparatives for movement in funds

	At 1.5.21	Net movement in funds	At
	£	£	30.4.22
			£
Unrestricted funds			
General fund	518,688	150,407	669,095
Restricted funds			
Restricted fund	48	(48)	-
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	518,736	150,359	669,095
	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2023

13. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	296,402	(145,995)	150,407
Restricted funds			
Restricted fund	-	(48)	(48)
TOTAL FUNDS	<u>296,402</u>	<u>(146,043)</u>	<u>150,359</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.5.21 £	Net movement in funds £	At 30.4.23 £
Unrestricted funds			
General fund	518,688	183,094	701,782
Restricted funds			
Restricted fund	48	(48)	-
TOTAL FUNDS	<u>518,736</u>	<u>183,046</u>	<u>701,782</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	511,744	(328,650)	183,094
Restricted funds			
Restricted fund	-	(48)	(48)
TOTAL FUNDS	<u>511,744</u>	<u>(328,698)</u>	<u>183,046</u>

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 April 2023 nor for the year ended 30 April 2022.

The Chestnut Appeal for Men's Health Ltd

Detailed Statement of Financial Activities
For The Year Ended 30 April 2023

	30.4.23 £	30.4.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	101,254	61,647
Gift aid	11,147	9,458
Legacies	5,000	124,093
Donated services and facilities	8,900	8,900
	126,301	204,098
Other trading activities		
Sale of goods	225	270
Investment income		
Deposit account interest	1,226	324
Charitable activities		
Fundraising events	87,590	91,710
Total incoming resources	215,342	296,402
EXPENDITURE		
Charitable activities		
Wages	80,604	69,365
Social security	3,084	3,108
Rent	9,401	8,900
Insurance	520	347
Post, printing & stationery	286	347
Promotions & advertising	8,252	5,896
Event expenses	42,500	43,284
Technology costs	3,216	1,668
Purchases	10	60
Sundries	467	85
Payroll expenses	497	461
Management fees	2,733	1,643
Bank charges	343	292
Travelling	1,226	509
Training	447	92
Subscriptions	1,527	1,108
Telephone	363	-
Patient support	7,322	5,572
Accountancy fees	1,554	1,520
Independent examiner fees	1,230	1,170
Holiday home expenses	2,057	-
Nurse funding	6,985	342
Freehold property depn	7,614	-
Plant & machinery depn	22	-
Fixtures & fittings depn	43	-
Computer equipment depn	352	274
	182,655	146,043
Total resources expended	182,655	146,043
Net income	32,687	150,359

This page does not form part of the statutory financial statements

THE CHESTNUT APPEAL FOR MEN'S HEALTH LTD

England & Wales - Charity number 1087175

Accounts

Report of the Trustees and
Unaudited Financial Statements
For The Year Ended 30 April 2022
for
The Chestnut Appeal for Men's Health Ltd

Bromhead
Harscombe House
1 Darklake View
Plymouth
Devon
PL6 7TL

The Chestnut Appeal for Men's Health Ltd

Contents of the Financial Statements
For The Year Ended 30 April 2022

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The Chestnut Appeal for Men's Health Ltd

Report of the Trustees **For The Year Ended 30 April 2022**

OBJECTIVES AND ACTIVITIES

Objectives and aims

The Chestnut Appeal for Men's Health Ltd is required by charity and company law to act within the objectives of its Memorandum of Association.

The Chestnut Appeal for Men's Health Ltd is a public benefit entity.

Its principal objects are to relieve suffering and distress amongst persons suffering from and affected by prostate cancer. This is achieved by working with men suffering with prostate cancer and their families in Devon and Cornwall, and raising awareness of prostate cancer in the region. The charity will also raise awareness of Testicular Cancer and Penile Cancer.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing aims and objectives and in planning the future objectives.

The charity's current aims are:

1. To support prostate cancer nurses who are specialists in their field.
2. To increase awareness throughout Devon & Cornwall through events and talks, encouraging men to get their prostates checked.
3. To fund the latest equipment to be used for the treatment of Prostate Cancer.
4. To speak up about testicular and penile cancers.
5. To help find the missing men from the pandemic, encouraging prostate cancer testing and hosting screening events ourselves.
6. To develop and help upgrade provision for men in the SW region.

We want to ensure that every person suffering & affected by Prostate Cancer, Testicular Cancer and Penile Cancer will get the help and support they need.

Our Mission, as the UK started to open up, and we all learn as a population to live with covid as well as its variants, we must focus on finding the missing men of the pandemic, meaning those at higher risk men who should have seen their GP but didn't. 1 in 4 men who are black or have prostate cancer in their family will get prostate cancer in their life time, we attempted to raise awareness in this area and were one of our main focuses for 2021/2022.

Raising awareness of this most common cancer in men is at the heart of everything we do and it is a natural progression to include Testicular Cancer and Penile Cancers under this umbrella too. 1000's of prostate cancers are being forgotten about as it's still regarded as an old man's disease by many. It is our mission to highlight this most common cancer in men & also knock down the stereotypical imagery of old men suffering from prostate cancer. Times are changing. Younger men are presenting with prostate cancer and more awareness in the community is needed.

Penile Cancer is rare cancer but needs to be caught early to be treated successfully. It occurs on the skin of the penis or within the penis. There are around 630 cases in the UK each year and are mostly diagnosed in men over 60 however men in their 30s and 40s can also be affected and Testicular cancer is cancer that develops in the testicles, a part of the male reproductive system. Symptoms may include a lump in the testicle, or swelling or pain in the scrotum. Treatment may result in infertility. Risk factors include an undescended testis, family history of the disease, and previous history of testicular cancer.

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees For The Year Ended 30 April 2022

OBJECTIVES AND ACTIVITIES

Achievements and performance

To continue to keep our profile as high as possible we made use of social media channels as much as we could, and arranged a Billboards and Buses Campaign for April 2021. This meant we were on 100 Bus Rears and 11 Billboards for the entire month right across Devon & Cornwall. It was a bold campaign and was arranged at no charge by Fuel Communications, I mention it in this year as most billboards stayed up for several months into this financial year and were still on the back of buses in June 2021.

This Plymouth Prostate Cancer support group starting meeting face to face for the first time in over a year, with a planned walk around the beautiful Royal William Yard in Plymouth, followed by an outdoor coffee. This theme continues and we often meet out and about, such as a tour of The Box in Plymouth and a visit to PAFC is also planned.

We launched our charity podcast, a fortnightly 20 minute programme, with guests and all the latest news from the charity.

We were pleased to be able to host our main events in 2021, although social distancing had to be adhered to until late into 2021, the swim events are outside and events were once again on the increase.

We were also delighted to be able to accept a donation of £5000 from The St Mellion Golf Club, they are keen that it gets used for something in particular, so we have decided to use this amount of money to furnish a 'quiet room' in the new unit at Derriford Hospital which will be part of the new chestnut unit when we finally get to move. It is hoped this move will take place in 2022 early 2023.

The charity was pleased to be able to start talking to groups and clubs, raising awareness across the region as we look for those 'missing men', this continues to grow. We joined in with Freshers Week at Plymouth University to target a younger audience and was well received, we shall be repeating this in the coming years. Continuing with this theme of attracting younger people to the charity, The Chestnut Appeal was very pleased to sponsor the warm up kit for The Parkway FC under 15 champions, who actually won the league. We believe that getting young lads to talk about their health means they're more likely to discuss issues in adulthood.

The charity, as a direct result of a national campaign run by Prostate Cancer UK and NHS England, funded 222 PSA Tests at Plymouth Argyle, out of the 222 men, 205 were first time testers, 9 were red lettered straight to the GP as they had higher than expected psa levels, 8 were given amber letters, which meant discuss your result with your GP as soon as possible. That means 17 men were potentially caught early with a cancer, as it is thought, this group might not have visited their GP for some time. We will continue with another testing event in July 2022 in Penzance at the Pirates Rugby Club. The tests are £20.00 per test and are carried out by MyPSAtests.org

Prostate cancer treatment leads to sexual dysfunction in a significant number of men. This can have a large psychological impact and impacts on a patient's ability to move on from their cancer diagnosis and treatment. Within the southwest peninsula there is very little support for these men. Any counselling that is available is not specific to their needs and dramatically over subscribed. We are now able to fund, senior nurses at the Plymouth and Truro sites in psychosexual counselling to fulfil this need. Our two nurses that we have identified start their training in 2022, the charity has allocated £10,000 per nurse for this 3 year project.

We are also working with Derriford Hospital in Plymouth, creating a one stop cancer clinic in the region to be based at Derriford Hospital in Plymouth. We try to be constantly moving in the right direction and it is not just cutting-edge, state of the art solutions that are needed. Better patient education can lead to more informed decisions, allowing patients to feel empowered throughout their prostate cancer journey.

Providing information leaflets to help men gain a thorough understanding of the risks and benefits of PSA tests before requesting them. So to have the "one stop cancer shops" that have been trialled in London, allowing men to have an MRI scan and precision biopsy in the same day, reducing time to diagnosis and having an overarching benefit on wellbeing while awaiting diagnosis is our goal for the next 24 months and have allocated £200,000 towards this project, with a further £100,000 becoming available if needed. This is reflected in our 'Reserves Policy'.

During 2021 we were left a legacy from the estate of the Late Kevin Paul Beer, we have received an interim payment of £75,000 and a final payment of £49,093 received in August 2022. We are buying a holiday home with this legacy, so that cancer patients would have somewhere they can stay to recuperate, as more and more men have to learn to live with cancer instead.

I need to mention the political and social landscape, this could change quite a bit over the coming years, although historically when times are tough people give to small local charities our competition is increasing, lots of local groups are fundraising to support the war in Ukraine, less and less government grants are available and with EU funding ending, more and more charities will be asking the public for donations. The Charity Commission has seen a record number of new applications for charity registrations, and demand continues to rise.

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees **For The Year Ended 30 April 2022**

OBJECTIVES AND ACTIVITIES

Social investments

The political and social landscape could change quite a bit over the coming years, although historically when times are tough people give to small local charities our competition is increasing as less and less government grants become available and the EU funding ends more and more charities will be asking the public for donations. The Charity Commission has seen a record number of new applications for charity registrations and demand continues to rise.

What we think is great about The Chestnut Appeal is that you can see what your fundraising efforts can do and we are so very grateful for all the help we are receiving. We hope you know that you really do make a difference. Without help we wouldn't be able to provide state of the art equipment, support nurses or raise awareness of this most common cancer in men, so thank you all very much.

We will work to ensure donations keep coming in by encouraging groups to hold events and staging them ourselves, with six swimming events already planned.

The activities of the charity are bound by its constitution adopted 9 April 2001 and amended 6 December 2017.

The charity, The Chestnut Appeal for Men's Health, is also known as The Chestnut Appeal.

FINANCIAL REVIEW

Financial position

The financial year 30 April 2022 has resulted in net incoming resources of £150,359 (2021: net outgoing resources of £36,995).

In total we received £296,402. (2021: £124,099) This amount comes from donations from the public, from clubs and groups as well as from gift aid. There were no donations from the local or national government offices.

We spent a total of £146,043 (2020: £161,094).

The balance in the bank at the end of the financial year was £622,063 (2021: £523,824).

Investment policy and objectives

The management committee has considered the most appropriate policy for investing funds and has found that investing funds in a guaranteed fixed deposit account meets their requirements.

A certain amount of funding needs to be available on a daily basis and the committee consider the return that they receive on their investments to be low risk. Funds are invested in low risk accounts although the reduction in bank interest rates has reduced the returns made by the charity.

Reserves policy

It is the policy of the company to try and maintain a level of free reserves, that are those unrestricted funds which are not invested in fixed assets, designated for a specific purpose or otherwise committed which meet the cost of the associations governance and the level of its preservation policy within its available budget. This is currently set at £200,000 which in the trustees' opinion is the level of reserves that would be adequate to maintain uninterrupted services for eighteen months in the event of a major loss of funding or unforeseen expenditure.

In addition the charity has the following plans in place which will utilise the reserves currently held:

The charity is working with Plymouth Hospitals NHS Trust to help provide a Centre of Excellence for the region for Men's Cancers and has currently set aside £100,000 of reserves to go towards the initial set up of this project. In addition £200,000 of the reserves have been earmarked to provide welfare and support for patients with men's cancers over the two years following the establishment of the Centre of Excellence.

The charity has plans to purchase a holiday home in Tregoad for patients with Prostate, Testicular and Penile cancers to allow patients and families to get some true respite time. £125,000 has been set aside for the initial purchase and the ongoing cost of running such a facility is anticipated to be £10,000 per annum.

There is also a diagnostic centre being constructed in Bodmin which we will be looking to support and have currently earmarked £40,000 of reserves for this.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Chestnut Appeal for Men's Health Limited is a charity registered with the Charity Commission in England and Wales, number 1087175. The company is limited by guarantee and has no share capital, its registered number is 4197003.

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees **For The Year Ended 30 April 2022**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

The trustees shall carry out the election of the officers at the Annual General Meeting. Nominations are to be made in writing. Each nomination must be proposed and seconded by trustees of the company and accompanied by the written consent of the nominee. New trustees are inducted into the workings of the charity during meetings held throughout the year. Trustees are recruited to provide specific skills and experience required. They are provided with regular internal and external information relevant to the charity's governance.

The membership of the Board of trustees initially lasts 3 (three) years or 36 months for every new applicant. Following the initial 3-year contract, the trustees may opt to further remain on the Board as trustees of the charity. The Chestnut Appeal welcomes all contribution of members with experience on the Board and in this case, they will be allowed to remain on a rolling 1(one) year basis. Their membership will be renewed annually (every 12 months). If the trustee wishes to cease his/her duties, the contract may be cancelled (by the Trustee themselves, within a month's notice).

It is required to have a minimum of 4 and a maximum of 12 members, all over the age of 18 and not forbidden by law from acting in these positions. The Board of trustees consists of the officers, those being the Chairman, the Treasurer and the Secretary, and ordinary trustees.

Organisational structure

Overall responsibility for the management of the company is vested in the trustees. The company holds at least four committee meetings during the year. These meetings are organised by the trustees to continue with the work necessary to maintain the objects of the charity. Ms Lesley-Ann Simpson manages the charity on a day to day basis.

Risk management

The trustees are responsible for the management of the risks faced by the company. The trustees continue to examine the major internal and external risks that the charity faces. Systems are in existence to monitor and control these risks to mitigate any impact that they may have on the charity in the future.

The key controls used by the charity include: -

Formal agendas for all committee and board meetings.

Comprehensive strategic planning, budgeting and management accounting

Established organisational structure and lines of reporting

Clear authorisation and approval levels

Risk Register updates are also being developed.

The trustees recognise that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04197003 (England and Wales)

Registered Charity number

1087175

Registered office

Department of Urological Research

Derriford Hospital

Level 7

Plymouth

Devon

PL6 8DH

Trustees

A Dickinson

S Natale

A Harwood

S Parford (resigned 16.11.21)

P Hunter- Campbell

Ms C Giles

A Porter

M Mantle

Ms R Jeffs

S Graber (appointed 10.12.21)

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees
For The Year Ended 30 April 2022

REFERENCE AND ADMINISTRATIVE DETAILS

Company Secretary

P Hunter- Campbell

Independent Examiner

Bromhead
Harscombe House
1 Darklake View
Plymouth
Devon
PL6 7TL

Approved by order of the board of trustees on 12 October 2022 and signed on its behalf by:

P Hunter- Campbell - Trustee

**Independent Examiner's Report to the Trustees of
The Chestnut Appeal for Men's Health Ltd**

Independent examiner's report to the trustees of The Chestnut Appeal for Men's Health Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 April 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ACA FCCA which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Neil Stevens
ACA FCCA
Bromhead
Harscombe House
1 Darklake View
Plymouth
Devon
PL6 7TL

2 November 2022

The Chestnut Appeal for Men's Health Ltd

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
For The Year Ended 30 April 2022

	Notes	Unrestricted fund £	Restricted fund £	30.4.22 Total funds £	30.4.21 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		204,098	-	204,098	77,545
Charitable activities					
Men's cancer support and awareness		91,980	-	91,980	45,874
Investment income	2	324	-	324	680
Total		296,402	-	296,402	124,099
EXPENDITURE ON					
Charitable activities					
Men's cancer support and awareness		145,995	48	146,043	161,094
NET INCOME/(EXPENDITURE)		150,407	(48)	150,359	(36,995)
RECONCILIATION OF FUNDS					
Total funds brought forward		518,688	48	518,736	555,731
TOTAL FUNDS CARRIED FORWARD		669,095	-	669,095	518,736

The notes form part of these financial statements

The Chestnut Appeal for Men's Health Ltd

Balance Sheet

30 April 2022

	Notes	Unrestricted fund £	Restricted fund £	30.4.22 Total funds £	30.4.21 Total funds £
FIXED ASSETS					
Tangible assets	8	575	-	575	613
CURRENT ASSETS					
Stocks	9	140	-	140	200
Debtors	10	50,285	-	50,285	193
Cash at bank		622,062	-	622,062	523,825
		672,487	-	672,487	524,218
CREDITORS					
Amounts falling due within one year	11	(3,967)	-	(3,967)	(6,095)
NET CURRENT ASSETS		668,520	-	668,520	518,123
TOTAL ASSETS LESS CURRENT LIABILITIES		669,095	-	669,095	518,736
NET ASSETS		669,095	-	669,095	518,736
FUNDS	12				
Unrestricted funds				669,095	518,688
Restricted funds				-	48
TOTAL FUNDS				669,095	518,736

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 April 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 April 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 12 October 2022 and were signed on its behalf by:

C Giles - Trustee

P Hunter- Campbell - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
For The Year Ended 30 April 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

The charity has various sources of income which are recognised in the following ways;

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred

Legacies are recognised at the earlier date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donations and fundraising events income are recognised when the money is received.

Sale of goods are represented at the point of sale and when the Charity is entitled to the funds.

Gift aid is recognised when the charity has entitlement to the funds and the amount can be measured reliably.

Interest on funds held in deposit accounts are included when receivable and the amount can be measured reliably by the charity, this is normally upon notification of the interest paid or payable by the Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on cost
Computer equipment	- 25% on cost

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2022

2. INVESTMENT INCOME

	30.4.22	30.4.21
	£	£
Deposit account interest	324	680
	<u> </u>	<u> </u>

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	30.4.22	30.4.21
	£	£
Depreciation - owned assets	274	404
	<u> </u>	<u> </u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 April 2022 nor for the year ended 30 April 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 April 2022 nor for the year ended 30 April 2021.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	30.4.22	30.4.21
	2	2
Administration	<u> </u>	<u> </u>

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	77,295	250	77,545
Charitable activities			
Men's cancer support and awareness	45,874	-	45,874
Investment income	680	-	680
Total	<u>123,849</u>	<u>250</u>	<u>124,099</u>
EXPENDITURE ON			
Charitable activities			
Men's cancer support and awareness	160,844	250	161,094
NET INCOME/(EXPENDITURE)	<u>(36,995)</u>	<u>-</u>	<u>(36,995)</u>
Transfers between funds	<u>164</u>	<u>(164)</u>	<u>-</u>
Net movement in funds	<u>(36,831)</u>	<u>(164)</u>	<u>(36,995)</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>555,519</u>	<u>212</u>	<u>555,731</u>
TOTAL FUNDS CARRIED FORWARD	<u>518,688</u>	<u>48</u>	<u>518,736</u>

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2022

7. DONATED GOODS, FACILITIES AND SERVICES

The charity has the use of a small office within Derriford Hospital, Plymouth and a storage unit which are currently provided rent free. These are reflected in the accounts at market value, being £8,000 per annum for the office (2021: £6,000) and £900 per annum for the unit (2021: £900).

8. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
COST			
At 1 May 2021	850	12,285	13,135
Additions	-	236	236
Disposals	-	(5,558)	(5,558)
At 30 April 2022	850	6,963	7,813
DEPRECIATION			
At 1 May 2021	850	11,672	12,522
Charge for year	-	274	274
Eliminated on disposal	-	(5,558)	(5,558)
At 30 April 2022	850	6,388	7,238
NET BOOK VALUE			
At 30 April 2022		575	575
At 30 April 2021		613	613

9. STOCKS

	30.4.22	30.4.21
	£	£
Stocks	140	200

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.4.22	30.4.21
	£	£
Other debtors	50,285	193

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.4.22	30.4.21
	£	£
Other creditors	3,967	6,095

12. MOVEMENT IN FUNDS

	At 1.5.21 £	Net movement in funds £	At 30.4.22 £
Unrestricted funds			
General fund	518,688	150,407	669,095
Restricted funds			
Restricted fund	48	(48)	-
TOTAL FUNDS	518,736	150,359	669,095

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2022

12. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	296,402	(145,995)	150,407
Restricted funds			
Restricted fund	-	(48)	(48)
TOTAL FUNDS	296,402	(146,043)	150,359

Comparatives for movement in funds

	At 1.5.20 £	Net movement in funds £	Transfers between funds £	At 30.4.21 £
Unrestricted funds				
General fund	555,519	(36,995)	164	518,688
Restricted funds				
Restricted fund	212	-	(164)	48
TOTAL FUNDS	555,731	(36,995)	-	518,736

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	123,849	(160,844)	(36,995)
Restricted funds			
Restricted fund	250	(250)	-
TOTAL FUNDS	124,099	(161,094)	(36,995)

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.5.20 £	Net movement in funds £	Transfers between funds £	At 30.4.22 £
Unrestricted funds				
General fund	555,519	113,412	164	669,095
Restricted funds				
Restricted fund	212	(48)	(164)	-
TOTAL FUNDS	555,731	113,364	-	669,095

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2022

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	420,251	(306,839)	113,412
Restricted funds			
Restricted fund	250	(298)	(48)
TOTAL FUNDS	<u>420,501</u>	<u>(307,137)</u>	<u>113,364</u>

The restricted fund balance as at 30 April 2021 £48 (2020: £212) is restricted for IT purchases.

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 April 2022.

The Chestnut Appeal for Men's Health Ltd

Detailed Statement of Financial Activities
For The Year Ended 30 April 2022

	30.4.22 £	30.4.21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	61,647	57,146
Gift aid	9,458	6,205
Legacies	124,093	-
Grants	-	7,294
Donated services and facilities	8,900	6,900
	204,098	77,545
 Investment income		
Deposit account interest	324	680
 Charitable activities		
Fundraising events	91,710	43,147
Sale of goods	270	2,727
	91,980	45,874
 Total incoming resources		
	296,402	124,099
 EXPENDITURE		
Charitable activities		
Wages	69,365	72,210
Social security	3,108	3,269
Rent	8,900	6,900
Insurance	347	347
Post, printing & stationery	347	83
Promotions & advertising	5,896	21,598
Event expenses	43,284	21,224
Technology costs	1,668	6,938
Purchases	60	391
Sundries	427	95
Payroll expenses	461	454
Management fees	1,643	1,554
Bank charges	292	318
Travelling	509	90
Training	92	1,390
Donated equipment	-	18,670
Subscriptions	1,108	1,546
Patient support	5,572	663
Accountancy fees	1,520	1,780
Independent examiner fees	1,170	1,170
Computer equipment	274	404
	146,043	161,094
 Total resources expended		
	146,043	161,094
 Net income/(expenditure)		
	150,359	(36,995)

This page does not form part of the statutory financial statements

THE CHESTNUT APPEAL FOR MEN'S HEALTH LTD

England & Wales - Charity number 1087175

Accounts

Report of the Trustees and
Unaudited Financial Statements
For The Year Ended 30 April 2021
for
The Chestnut Appeal for Men's Health Ltd

Bromhead
Harscombe House
1 Darklake View
Plymouth
Devon
PL6 7TL

The Chestnut Appeal for Men's Health Ltd

Contents of the Financial Statements
For The Year Ended 30 April 2021

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The Chestnut Appeal for Men's Health Ltd

Report of the Trustees
For The Year Ended 30 April 2021

OBJECTIVES AND ACTIVITIES

Objectives and aims

The Chestnut Appeal for Men's Health Ltd is required by charity and company law to act within the objectives of its Memorandum of Association.

The Chestnut Appeal for Men's Health Ltd is a public benefit entity.

Its principal objects are to relieve suffering and distress amongst persons suffering from and affected by prostate cancer. This is achieved by working with men suffering with prostate cancer and their families in Devon and Cornwall, and raising awareness of prostate cancer in the region. The charity will also raise awareness of Testicular Cancer and Penile Cancer.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing aims and objectives and in planning the future objectives.

Cancer referrals are down by 75% which could equate to an extra 18,000 lives lost over the next 12 months due to cancer as a result of COVID-19. Raising awareness of the risks, signs and symptoms is a key element to our work and reaching out to the communities we serve is needed more than ever before. Cancer hasn't stopped because of the Coronavirus, and neither have we.

Our Mission is to increase awareness of Prostate Cancer, Testicular Cancer and Penile Cancer while still offering our existing aims of funding salaries of specialist prostate cancer nurses, provide equipment for prostate cancer care and to fund the latest treatments available for prostate cancer patients in the South West.

It was heart breaking to see so many events and meetings cancelled due to Covid-19, those we were able to arrange in the late summer were a lot smaller than we needed, alongside this other community events didn't happen, like golf days, walks and parties. Freemason, Rotary and Lions clubs didn't meet and other groups and clubs cancelled activities too, meaning the pandemic saw our income decimated, with a loss of around 60%. We were not entitled to any support from government or any local council grants either.

However, despite this we were able to get onto BBC Radio Devon to talk about the online support group twice, which is remarkable considering the airwaves were full of covid reports and nothing else!

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees For The Year Ended 30 April 2021

OBJECTIVES AND ACTIVITIES

Achievements and performance

To continue to keep our profile as high as possible we made use of social media channels as much as we could, and arranged a Billboards and Buses Campaign for April 2021. This meant we were on 100 Bus Rears and 11 Billboards for the entire month right across Devon & Cornwall. It was a bold campaign and was arranged at no charge by Fuel Communications, we only had to pay for the advertising space at a cost of £20,000.

We managed to hold a much smaller Breakwater Swim, Burgh Island Swim and Drakes Island. We were really pleased to be able to hold these 3 events and we raised around £45,000 for the charity. As well as these events we also put on several virtual events, that people could get involved with from their own homes or in their own communities, these didn't do as well as expected, we think this is due to over exposure of larger scale endeavours, like the big telethons and the Captain Tom fundraiser that happened, so not a lot of people wanted to help this regional charity with yet another virtual event.

We received an amazing donation from Tavistock Lions. They fundraised from the Trees of Light in Tavistock, which as ever, formed the centre piece of the town's Christmas illuminations on the front of the Town Hall. £3,000 is a huge amount for the charity and will go towards our future vital work with men's cancers in our community.

This year, as we know has been absolutely dire for events, so charities like ours, that put on lots of events to create an income have been hit particularly hard, that's why we're so pleased Plymouth Bike Nights were able to hold a few events across the summer, raising some funds for the charity. We usually send someone from the Charity along to their club night to thank them, let them know how we are going to spend the donation and see how they all are, but this year sadly we couldn't, but we gratefully received their kind donation of £1,000.

We were invited to The Mayors Lodge in Bodmin on Thursday 19th November by Lord and Lady Mayor Jeremy & Nikki Cooper who spent their year fundraising for the charity, sadly due to restrictions we were unable to meet, so Nikki Cooper kindly sent the charity a photo to document the occasion. It means a great deal, especially after such a tough year, so thank you to Bodmin Town and the Lord and Lady Mayor so much for showing such kind generosity. To raise £2,500 is an incredible achievement.

The Radiotherapy department at Derriford Hospital approached us and asked if we would fund a series of DVDs.

As part of the treatment pathway patients with prostate cancer are invited to a pre radiotherapy consent session where we discuss what to expect from treatment and they are also consented at this point. Due to COVID 19 they are no longer able to run these sessions and instead have made patient information videos to replace the face to face sessions. They distribute these videos via a link in an email however they needed to have a number of DVD's made for those patients who may not be able to access the link. We funded these for the department at a cost of £59.

We managed to support Torbay Hospital in 2020 with a £10,000 donation towards the MRi fusion scanner, so that was pleasing.

Penile Cancer is rare cancer but needs to be caught early to be treated successfully. It occurs on the skin of the penis or within the penis. There are around 630 cases in the UK each year and is mostly diagnosed in men over 60 however men in their 30s, 40s and 50s can also be affected.

Testicular cancer is cancer that develops in the testicles, a part of the male reproductive system. Symptoms may include a lump in the testicle, or swelling or pain in the scrotum. Treatment may result in infertility. Risk factors include an undescended testis, family history of the disease, and previous history of testicular cancer.

We aim to make a marked difference to men and their families from across the region and are extremely grateful for all the help and support we get from so many groups, clubs and individuals right across the region.

We are delighted to extend our congratulations to our charity's original founder & trustee, Mr Andrew Dickinson, who's been awarded the distinguished Gold Medal for services to Urology over the past 20 years, by The British Association of Urology Surgeons. An impressive accolade, many congratulations from us all at the charity for everything you do.

The support from the people of the South West is absolutely brilliant and we are so pleased to be able to continue making a marked difference to men's health across the region.

Thank you everyone for such wonderful support.

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees **For The Year Ended 30 April 2021**

OBJECTIVES AND ACTIVITIES

FINANCIAL REVIEW

The financial year 30 April 2021 has resulted in net outgoing resources of £36,995 (2020: net incoming £115,955).

In total we received £124,099. (2020: £253,698) This amount comes from donations from the public, from clubs and groups as well as from gift aid. There were no donations from the local or national government offices.

We spent a total of £161,094 (2020: £137,743).

The balance in the bank at the end of the financial year was £523,824.57 (2020: £556,567).

Reserves policy

It is the policy of the company to try and maintain a level of free reserves, that are those unrestricted funds which are not invested in fixed assets, designated for a specific purpose or otherwise committed which meet the cost of the associations governance and the level of its preservation policy within its available budget. This is currently set at £200,000.

The company has identified that this amount will keep the charity in operation for 18 months. It is the trustees' opinion that this level of reserves would be adequate to maintain uninterrupted services in the event of a major loss of funding or unforeseen expenditure.

The charity is working with Plymouth Hospitals NHS Trust to help provide a Centre of Excellence for the region for Men's Cancers, and has identified a further £100,000 of funding that is in the bank to go towards that project. Whilst the unexpected nature of NHS projects makes the timescale fluid, this will remain held for two years. The charity has identified other projects to focus on around the mental health of cancer patients and intends to fund psychological training and deliver this support in Plymouth and Truro over the next two years. The anticipated spend in the Centre of Excellence will also increase by £200,000 for the two years after it is established, in order to provide welfare and support facilities for patients with men's cancers.

The Board of Trustees has agreed that having a 'zero level' reserves policy creates a heightened financial risk from the possibility of unforeseen expenditure, sudden closure, trustee liability, a shortfall in income or an inability to control costs. Therefore having an agreed amount of free reserves is the policy adopted by the Board to protect and sustain the charity and the work it does to raise awareness and support men's cancers.

Investment policy

The management committee has considered the most appropriate policy for investing funds and has found that investing funds in a guaranteed fixed deposit account meets their requirements.

A certain amount of funding needs to be available on a daily basis and the committee consider the return that they receive on their investments to be low risk. Funds are invested in low risk accounts although the reduction in bank interest rates has reduced the returns made by the charity.

Social investments

The political and social landscape could change quite a bit over the coming years, although historically when times are tough people give to small local charities our competition is increasing as less and less government grants become available and the EU funding ends more and more charities will be asking the public for donations. The Charity Commission has seen a record number of new applications for charity registrations and demand continues to rise.

What we think is great about The Chestnut Appeal is that you can see what your fundraising efforts can do and we are so very grateful for all the help we are receiving. We hope you know that you really do make a difference. Without help we wouldn't be able to provide state of the art equipment, support nurses or raise awareness of this most common cancer in men, so thank you all very much.

We will work to ensure donations keep coming in by encouraging groups to hold events and staging them ourselves, with four swimming events already planned.

The activities of the charity are bound by its constitution adopted 9 April 2001 and amended 6 December 2017.

The charity, The Chestnut Appeal for Men's Health, is also known as The Chestnut Appeal.

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees **For The Year Ended 30 April 2021**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Chestnut Appeal for Men's Health Limited is a charity registered with the Charity Commission in England and Wales, number 1087175. The company is limited by guarantee and has no share capital, its registered number is 4197003.

Recruitment and appointment of new trustees

The trustees shall carry out the election of the officers at the Annual General Meeting. Nominations are to be made in writing. Each nomination must be proposed and seconded by trustees of the company and accompanied by the written consent of the nominee. New trustees are inducted into the workings of the charity during meetings held throughout the year. Trustees are recruited to provide specific skills and experience required. They are provided with regular internal and external information relevant to the charity's governance.

The membership of the Board of trustees initially lasts 3 (three) years or 36 months for every new applicant. Following the initial 3-year contract, the trustees may opt to further remain on the Board as trustees of the charity. Chestnut Appeal welcomes all contribution of members with experience on the Board and in this case, they will be allowed to remain on a rolling 1(one) year basis. Their membership will be renewed annually (every 12 months). If the trustee wishes to cease his/her duties, the contract may be cancelled (by the Trustee themselves, within a month's notice).

It is required to have a minimum of 4 and a maximum of 12 members, all over the age of 18 and not forbidden by law from acting in these positions. The Board of trustees consists of the officers, those being the Chairman, the Treasurer and the Secretary, and ordinary trustees.

Organisational structure

Overall responsibility for the management of the company is vested in the trustees. The company holds at least four committee meetings during the year. These meetings are organised by the trustees to continue with the work necessary to maintain the objects of the charity. Ms Lesley-Ann Simpson manages the charity on a day to day basis.

Risk management

The trustees are responsible for the management of the risks faced by the company. The trustees continue to examine the major internal and external risks that the charity faces. Systems are in existence to monitor and control these risks to mitigate any impact that they may have on the charity in the future.

The key controls used by the charity include:

- Formal agendas for all committee and board meetings
- Comprehensive strategic planning, budgeting and management accounting
- Established organisational structure and lines of reporting
- Clear authorisation and approval levels

The trustees recognise that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04197003 (England and Wales)

Registered Charity number

1087175

Registered office

Department of Urological Research
Derriford Hospital
Level 7
Plymouth
Devon
PL6 8DH

Trustees

A Dickinson
S Natale
A Harwood
S Parford
P Hunter- Campbell
Ms C Giles
A Porter
M Mantle
Ms R Jeffs (appointed 19.11.20)

The Chestnut Appeal for Men's Health Ltd

Report of the Trustees
For The Year Ended 30 April 2021

REFERENCE AND ADMINISTRATIVE DETAILS

Company Secretary

S Parford

Independent Examiner

Bromhead
Harscombe House
1 Darklake View
Plymouth
Devon
PL6 7TL

Approved by order of the board of trustees on 13 January 2022 and signed on its behalf by:

S Parford - Trustee

**Independent Examiner's Report to the Trustees of
The Chestnut Appeal for Men's Health Ltd**

Independent examiner's report to the trustees of The Chestnut Appeal for Men's Health Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 April 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Neil Stevens ACA FCCA
Bromhead
Harscombe House
1 Darklake View
Plymouth
Devon
PL6 7TL

18 January 2022

The Chestnut Appeal for Men's Health Ltd

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
For The Year Ended 30 April 2021

	Notes	Unrestricted fund £	Restricted fund £	30.4.21 Total funds £	30.4.20 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		77,295	250	77,545	181,547
Charitable activities					
Costs of generating voluntary income		43,147	-	43,147	70,089
Fundraising trading: Cost of goods sold and other costs		2,727	-	2,727	-
Investment income	2	680	-	680	2,062
Total		123,849	250	124,099	253,698
EXPENDITURE ON					
Charitable activities					
Governance costs		2,950	-	2,950	2,394
Other resources expended		157,894	250	158,144	135,349
Total		160,844	250	161,094	137,743
NET INCOME/(EXPENDITURE)		(36,995)	-	(36,995)	115,955
Transfers between funds	12	164	(164)	-	-
Net movement in funds		(36,831)	(164)	(36,995)	115,955
RECONCILIATION OF FUNDS					
Total funds brought forward		555,519	212	555,731	439,776
TOTAL FUNDS CARRIED FORWARD		518,688	48	518,736	555,731

The notes form part of these financial statements

The Chestnut Appeal for Men's Health Ltd

Balance Sheet
30 April 2021

	Notes	Unrestricted fund £	Restricted fund £	30.4.21 Total funds £	30.4.20 Total funds £
FIXED ASSETS					
Tangible assets	8	565	48	613	634
CURRENT ASSETS					
Stocks	9	200	-	200	-
Debtors	10	193	-	193	2,098
Cash at bank		523,825	-	523,825	556,568
		524,218	-	524,218	558,666
CREDITORS					
Amounts falling due within one year	11	(6,095)	-	(6,095)	(3,569)
NET CURRENT ASSETS		518,123	-	518,123	555,097
TOTAL ASSETS LESS CURRENT LIABILITIES		518,688	48	518,736	555,731
NET ASSETS		518,688	48	518,736	555,731
FUNDS	12				
Unrestricted funds				518,688	555,519
Restricted funds				48	212
TOTAL FUNDS				518,736	555,731

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 April 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 April 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 13 January 2022 and were signed on its behalf by:

C Giles - Trustee

S Parford - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
For The Year Ended 30 April 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

The charity has various sources of income which are recognised in the following ways;

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred

Legacies are recognised at the earlier date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donations and fundraising events income are recognised when the money is received.

Sale of goods are represented at the point of sale and when the Charity is entitled to the funds.

Gift aid is recognised when the charity has entitlement to the funds and the amount can be measured reliably.

Interest on funds held in deposit accounts are included when receivable and the amount can be measured reliably by the charity, this is normally upon notification of the interest paid or payable by the Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on cost
Computer equipment	- 25% on cost

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2021

1. ACCOUNTING POLICIES - continued

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Going concern

Despite the uncertainty of the global economic position due to the Covid-19 pandemic, the trustees are confident that the level of reserves held by the Charity means that they can continue to support those affected by prostate and penile cancers for at least the next twelve months.

2. INVESTMENT INCOME

	30.4.21 £	30.4.20 £
Deposit account interest	680	2,062

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	30.4.21 £	30.4.20 £
Independent examiner fee	1,170	1,140
Depreciation - owned assets	404	308
Other operating leases	21,224	29,562

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 April 2021 nor for the year ended 30 April 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 April 2021 nor for the year ended 30 April 2020.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	30.4.21 2	30.4.20 2
Administration		

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	181,547	-	181,547
Charitable activities			
Costs of generating voluntary income	70,089	-	70,089
Investment income	2,062	-	2,062
Total	253,698	-	253,698
EXPENDITURE ON			
Charitable activities			
Governance costs	2,394	-	2,394

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2021

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted fund £	Total funds £
Other resources expended	135,185	164	135,349
Total	137,579	164	137,743
NET INCOME/(EXPENDITURE)	116,119	(164)	115,955
Transfers between funds	164	(164)	-
Net movement in funds	116,283	(328)	115,955
RECONCILIATION OF FUNDS			
Total funds brought forward	439,400	376	439,776
TOTAL FUNDS CARRIED FORWARD	555,683	48	555,731

7. DONATED GOODS, FACILITIES AND SERVICES

The charity has the use of a small office within Derriford Hospital, Plymouth and a storage unit which are currently provided rent free. These are reflected in the accounts at market value, being £6,000 per annum for the office and £900 per annum for the unit.

8. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
COST			
At 1 May 2020	850	11,902	12,752
Additions	-	383	383
At 30 April 2021	850	12,285	13,135
DEPRECIATION			
At 1 May 2020	850	11,268	12,118
Charge for year	-	404	404
At 30 April 2021	850	11,672	12,522
NET BOOK VALUE			
At 30 April 2021	-	613	613
At 30 April 2020	-	634	634

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2021

9. STOCKS		30.4.21	30.4.20
		£	£
Stocks		200	-
		<u><u> </u></u>	<u><u> </u></u>
10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		30.4.21	30.4.20
		£	£
Other debtors		193	2,098
		<u><u> </u></u>	<u><u> </u></u>
11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		30.4.21	30.4.20
		£	£
Trade creditors		6,095	3,569
		<u><u> </u></u>	<u><u> </u></u>

12. MOVEMENT IN FUNDS				
	At 1.5.20	Net	Transfers	At
	£	movement	between	30.4.21
		in funds	funds	£
		£	£	
Unrestricted funds				
General fund	555,519	(36,995)	164	518,688
Restricted funds				
Restricted fund	212	-	(164)	48
	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>
TOTAL FUNDS	555,731	(36,995)	-	518,736
	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>

Net movement in funds, included in the above are as follows:

	Incoming	Resources	Movement
	resources	expended	in funds
	£	£	£
Unrestricted funds			
General fund	123,849	(160,844)	(36,995)
Restricted funds			
Restricted fund	250	(250)	-
	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>
TOTAL FUNDS	124,099	(161,094)	(36,995)
	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>

Comparatives for movement in funds

	At 1.5.19	Net	Transfers	At
	£	movement	between	30.4.20
		in funds	funds	£
		£	£	
Unrestricted funds				
General fund	439,400	115,955	164	555,519
Restricted funds				
Restricted fund	376	-	(164)	212
	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>
TOTAL FUNDS	439,776	115,955	-	555,731
	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>

The Chestnut Appeal for Men's Health Ltd

Notes to the Financial Statements - continued
For The Year Ended 30 April 2021

12. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	253,698	(137,743)	115,955
TOTAL FUNDS	<u>253,698</u>	<u>(137,743)</u>	<u>115,955</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.5.19 £	Net movement in funds £	Transfers between funds £	At 30.4.21 £
Unrestricted funds				
General fund	439,400	78,960	328	518,688
Restricted funds				
Restricted fund	376	-	(328)	48
TOTAL FUNDS	<u>439,776</u>	<u>78,960</u>	<u>-</u>	<u>518,736</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	377,547	(298,587)	78,960
Restricted funds			
Restricted fund	250	(250)	-
TOTAL FUNDS	<u>377,797</u>	<u>(298,837)</u>	<u>78,960</u>

Nature of funds

The restricted fund balance as at 30 April 2021 £48 (2020: £212) is restricted for IT purchases.

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 April 2021.

The Chestnut Appeal for Men's Health Ltd

Detailed Statement of Financial Activities
For The Year Ended 30 April 2021

	30.4.21 £	30.4.20 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	57,146	159,359
Gift aid	6,205	10,288
Grants	7,294	5,000
Donated services and facilities	6,900	6,900
	77,545	181,547
Investment income		
Deposit account interest	680	2,062
Charitable activities		
Fundraising events	43,147	70,089
Sale of goods	2,727	-
	45,874	70,089
Total incoming resources	124,099	253,698
EXPENDITURE		
Charitable activities		
Wages	72,210	68,849
Social security	3,269	4,120
Events expenses	21,224	29,562
Rent	6,900	6,900
Insurance	347	330
Post, printing & stationery	83	424
Promotions & advertising	21,598	6,305
Research nurse funding	-	9,388
Technology costs	6,938	771
Purchases	391	-
Sundries	95	928
Payroll expenses	454	437
Management fees	1,554	2,669
Bank charges	318	451
Travelling	90	954
Training	1,390	165
Donated equipment	18,670	-
Subscriptions	1,546	600
Patient support	663	2,188
Computer equipment	404	308
	158,144	135,349
Support costs		
Governance costs		
Independent examiner fees	1,170	1,140
Accountancy fees	1,780	1,254
	2,950	2,394
Total resources expended	161,094	137,743
Net (expenditure)/income	(36,995)	115,955

This page does not form part of the statutory financial statements