

**REGISTERED COMPANY NUMBER: 05953090 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1116935**

**TRUSTEES' REPORT AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 OCTOBER 2023  
FOR  
PROSTAD  
(A COMPANY LIMITED BY GUARANTEE)**

TC Group  
31 High View Close  
Hamilton Office Park  
Leicester  
Leicestershire  
LE4 9LJ

**PROSTAID**

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FOR THE YEAR ENDED 31 OCTOBER 2023**

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**PROSTAID**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 OCTOBER 2023**

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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 October 2023. The trustees have adopted the provisions of 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).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

Purpose, Aims and Objectives:

To relieve sickness and in particular disease of the prostate by encouraging and supporting the needs and treatment of prostate cancer patients principally, but not exclusively, by the Department of Urology, University of Leicester NHS Trust and associated hospitals within the Leicester cancer area (Leicester, Leicestershire, Rutland and Northamptonshire).

To raise public awareness of the issues relating to prostate cancer.

To provide relief of suffering amongst men, particularly those treated, but not exclusively, by the Department of Urology, University of Leicester NHS Trust and associated hospitals for prostate cancer and associated prostate conditions and, in addition, their families and dependants through the provision of practical support and information and such other ways as the Trustees/Directors may determine.

The Charity's aims, objectives and activities to achieve the above are reviewed on a regular basis.

The Trustees have developed a five-year strategy with the aim of improving the organisation, its' operational effectiveness and thus the sustainability of the Charity. The strategy was reviewed in 2017/18 and the Board will continue to review and develop the Strategic Plan throughout 2021/22 where appropriate. A review will take place in 2024.

**Background and Introduction**

Prostate cancer is the most common cancer in men in the UK and 25% of all new cases of cancer diagnosed in the UK are prostate cancers. Cancer Research UK statistics (2016-2018) reveal there were 52,254 of new prostate cancer cases diagnosed in the UK every year (143 every day). In 2017-2018 12,039 men in the UK died from prostate cancer (around 32 every day). In the last 40 years prostate cancer rates have tripled, much of this rise can be attributed to increased detection with the widespread use of the PSA Test. In the 1970's, around three in ten men diagnosed with prostate cancer survived their disease beyond five years, now 78% of men survive their disease for 10 or more years. However, despite these improvements, according to the Office of National Statistics (ONS) surveys, Leicester, Leicestershire & Rutland has one of the poorest survival rates for aggressive prostate cancer over five years in the UK. Despite this, the Department of Health does not undertake prostate cancer awareness campaigns. In Leicestershire 41% of men diagnosed already have a prostate cancer metastasised disease which has spread to the bones and/or other parts of the body. The incidence of local men in the Leicestershire area diagnosed with prostate cancer is currently running at very high levels at present around 40 cases per week, compared with the Northampton area of 6 cases per week. Many Trustees and Members of Prostaïd are local men who have or have previously suffered from the disease. Although UK research into the disease is excellent, Prostaïd are proactive in raising funds to increase local awareness of the disease, treatments offered and the care and support available. Restrictions and lockdown measures associated with Covid 19 have still had a disruptive impact on the services provided and funded by Prostaïd and although it had severely affected fundraising activities, this has now improved considerably. However, despite the issues faced, income for the Charity within the period has been reduced but remains positive.

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**OBJECTIVES AND ACTIVITIES**

**Achievements and Performance**

**What did we achieve during this year?**

**Funding of Prostaid Specialist Nurses**

Negotiations with the University Hospitals of Leicester (UHL) resulted in an agreement to continue to jointly fund three specialist nurses on a 50%-50% basis from February 2023 on a three-year contracts nurses cover the whole spectrum of prostate cancer both at the point of diagnosis in Urology and, in Oncology for advanced disease. The three nurses' three-year contracts will come up for renewal in February 2026

In addition, the appointment with Northampton General Hospital Trust of a PROSTad prostate cancer specialist nurse, Alice Knight has been renewed April 20th, 2023 for a further three-year contract on 50%-50% basis as still the first prostate specialist nurse in the hospital she continues to work with PC patients in Northampton and Northamptonshire. This nurse appointment for three years will come up for renewal in April 2026.

One of four former PC nurses Aimee Winfield left her position as prostate cancer nurse specialist funded by the Charity in March 2021 and is now Sister in Ward 28A. (At present on maternity leave). Interestingly she still has strong connections to our charity being appointed a Trustee in April 2023. In addition to being in a new role as sister, she is a nurse practitioner and together with her team and £14K equipment purchased by the charity are undertaking prostate cancer transperineal biopsies that have managed to reduce the patients waiting time from 6 to 10 weeks for a biopsy down to zero!

The Charity's former Specialist Nurse, Jo Wortley, has continued to develop the role of Lead Nurse in the Urology Department, funded through UHL hospitals by the Integrated Care Board (was Clinical Commissioning Group), and has now been promoted to organising the role of her nurses as head of dept. This role is supported by changes in the nursing team so she is supported by Jo Bishop, and Aro Fernando, Laura Hunt (up to 15th Sept '23) who are funded by PROSTaid and a further two PROSTaid nurses, from November 2023. UHL has the largest prostate cancer cohort of nurses in the UK due to the pioneering and foresight of the charity in funding the first nurse in Urology in March 2007. All our nurses work continues still in very difficult conditions brought about post pandemic and industrial action throughout the NHS.

**Professional Training for Prostaid Specialist Nurses**

The new Northampton Prostaid Prostate Cancer Nurse was scheduled to receive initial training by the lead prostate cancer nurse and her team. Hopefully, this will re-commence in the forthcoming year.

The University Hospitals of Leicester and Prostaid will continue to support professional training for specialist nurses to maintain and improve upon the level of care made.

**Raising Awareness - Prostaid**

We continue to promote prostate cancer awareness events in any way that we possibly can!

It's not just a man thing was our largest Prostate cancer awareness event held on March 29th 2023 at LCFC King power Stadium working with the Lord Mayor of Leicester, George Cole, Prof Julian Barwell and United against prostate cancer project, The Pamela Campbell Morris Health Foundation Trust UHL and Leicester Health Research & LCFC community This well attended event with excellent local speakers was designed to help everyone with prostate cancer awareness, particularly those with a family risk of the disease who had an increased risk, such as men of African heritage who are more likely to be affected with the aggressive form of advanced, disease. The Director of Public Health at Leicester City Council Professor Ivan Browne, send a supportive video message which was shown at the event.

**PROSTAD**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 OCTOBER 2023**

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**OBJECTIVES AND ACTIVITIES**

**Raising Awareness - ProstaId**

The Charity hopes to continue organising awareness events in 2023/24. This year we were able to hold awareness events at: GE Baker Perkins at Groby, Motorbility, Saffron Dynamo Football club and at Belgrave community centre for Asian gentlemen, Barclaycard Northampton and further afield at Jaguar -Land Rover, Gaydon Warwickshire. Plans in the forthcoming year include in March 2024 a Quiz and awareness event at LCFC King Power Stadium and widespread prostate cancer county awareness events with Arriva Awareness Buses in Leicester & Leicestershire

This Charity continues to promote prostate cancer awareness in the workplace and other venues in our catchment area wherever possible. Records are maintained of the organisations and attendance at awareness events to ensure the aim of raising prostate cancer awareness to local people is maximised.

Awareness in men of African descent continues to remain an important aspect of the Charity's work. This population has a 1 in 4 risk of contracting prostate cancer in their lives compared to 1 in 8 of other populations. The Charity, where possible, have tried to continue support group meetings and have been attempting to restart the group with Shavez Jeffers of the Centre for Ethnic Health Research who sadly resigned. We have previously done several African Caribbean prostate cancer awareness events with the Pamela Campbell Morris Health foundation at the Rangers Football club, including a Football Match every year since the loss of our African Caribbean PC Group leader the late Pamela Campbell- Morris but to date have not been able to restart the group. However, we are optimistic hopefully that this situation will soon change, as we were involved with UAPC. United against prostate cancer and have applied for two grants recently to enable this to happen.

**UAPC United Against Prostate Cancer**

The Charity is working with the East Genomic Medicine Service Alliance on a unique new ground-breaking project with NHS England that started this year and was completed in October 2023. However even though as this project is now coming to an end, lasting benefit will continue with the new tumour testing in UHL Pathology LRI and Cambridge EGMCS. Especially as Genetic cancer biopsy testing was done in London at the Royal Marsden but now testing with the histology and pathology is being done at Leicester Royal Infirmary and Cambridge EGMCS for the whole NHS Eastern sector. Particularly of benefit to men of African Descent with their higher risk of prostate cancer. And men with advanced prostate cancer needing innovative drugs for their treatment. We hope to develop a lasting support for restoration of a local prostate cancer support group under our ProstaId umbrella for African/African Caribbean men with their support and longer-term support of the East Midlands Cancer support Alliance which at the present time actively promote prostate cancer funding in our hospital's abs amongst Pascals we hope that we will receive funding from November.

**Improving Access to Information for Local Prostate Cancer Patients**

ProstaId continues to improve the provision of providing accurate and quality information to patients. During the period, the Charity has produced an additional leaflet on "Hormone Treatment: why bone health matters" and a further two are in the process of being completed. These leaflets are made available in several locations with one for Travel Insurance and Brachytherapy (available late 2023) in both the General Hospital and at the Royal Infirmary, Loughborough and Rutland Hospitals. The artwork for these leaflets is provided free of charge and printing at a low cost to enable the Charity to produce quality affordable leaflets. The Charity continues to promote the unique PSA record cards to enable patients to understand TNM staging. In addition, the Charity has produced Radiotherapy Preparation Cards to enable patients to be ready for their radiotherapy treatment journey and has produced a leaflet showing the new meeting times of our five support groups.

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**OBJECTIVES AND ACTIVITIES**

Patient Folders for new patients

An Invitation letter, Treatment Options leaflet, Buddy leaflet, support group leaflet and PSA Record card and copy of our newsletter are given to every patient diagnosed in the wallet folders we provide for each new patient.

The Charity had been strongly involved in working and liaising with the East Midlands Strategic Clinical Networks -Prostate against Cancer Project working with Jo Wortley.

**DaVinci Robot**

The Charity was actively involved in the launch of a £2 million Robot Appeal in 2014 in conjunction with Leicester Hospitals Charity and Nuffield Hospital, Leicester. The Robot continues to benefit patients and its use for the treatment of prostate cancer has increased with over 7000 procedures completed to date. Patients receiving treatment used to visit from both Northamptonshire and Lincolnshire, however, they now since Covid have their own DaVinci robots and carry out their own surgery; this state-of-the-art equipment is used to minimise the invasiveness of surgery for prostate cancer and has proved to dramatically improve the care. It is intended that a new Robot will be obtained for the hospital in 2023-24 to continue to improve the care of patient's treatment and outcomes of men with the disease. immense value to our community. Already a new Robot has been provided at LRI by a local charity recently and they now plan to renew the Robot at LGH in the near future.

**John van Geest Centre (JVG)**

Trustees have continued to actively liaise and work with this £15 million dedicated Prostate & Breast Cancer Research centre at Nottingham Trent University. We will continue our interest in their work and to be actively involved in their immunotherapy trials.

**Website**

The Charity's website continues to grow and develop with an increased use of social media in the form of Facebook & X (Twitter). We have introduced a new Get Involved section so people wanting to help Prostaaid can sign up online. This spring 2024 we are having a complete update of our website to make it more user - friendly and this is being provided at no charge by our website company Steve Hawkins of Caged Fish who have supported from the charity's website since 2006! Already the Charity has undertaken an update of its website to make access easier and to enable access and use via mobile phones. This year we have hosted a new Video on African Caribbean awareness by international award-winning local film maker Wayne Nelson Prostate, Men, Let's Talk

The Charity now offers trustees a wider access facility to the Charity's archives and information through Office 365.

**Friends & Forum**

The Charity continues to develop and support its family of 'Prostaaid Friends' We will continue establishing new support groups whenever needed. We also continued to develop our local volunteer support, befriending and information service for local patients and their families. In addition, the Charity also liaise and collaborate with a number of organisations and support groups.

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**OBJECTIVES AND ACTIVITIES**

Our chairman of the Trustee's, Mark Dunkley, seeing this problem, is looking with the Trustees into a new approach into representing friends and members of support groups so as to ensure their input optimises effectiveness for all involved with the establishment of a "Forum" from members of our support group so ensure that we incorporate their ideas and innovations to benefit the charity.

**Collaboration**

Collaborations include:

The Prostaïd Team of Befrienders UHL Genetics Department Prostaïd Prostate Cancer Specialist Nurses, Leicester Macmillan, LOROS UHL & NGH Management Teams Nuffield and Spire Hospitals Prostate Cancer UK Tackle Prostate Cancer Macmillan prostate cancer Nurses; Northampton & Kettering. Also, Urology Departments at UHL & Northampton Hospitals, Radiotherapy Dept. UHL Hospitals Oncology Departments at UHL and Northampton Hospitals. Stephanie Mc Cardle David Bocook John Van Geest Centre, Nottingham Professor Julian Barwell UHL Genetics.

**Social Events**

Several social events have taken place this year. These included the Christmas Party open to all support groups held in November 2023 at Leicester College and several social Christmas parties at every support group.

**Well-being Support**

In addition to replicating wherever possible the successful activities undertaken during previous years, the charity had planned to organise a Penny Brohn type course at, probably Stamford Court, Leicester University. However, the funding to Penny Brohn to this excellent charity to enable them to undertake this for us had been withdrawn and still not restored.

However, we have been able to organise through Jerry & Ann Bullock of Glen Gorse Walking club 6 healthy walks throughout the year which were excellent for all those from Birstall participated!

**Support Groups**

This was another most successful year with our all-support groups. The idea of producing an invitation letter to all newly- diagnosed patients from Prostaïd and UHL PC nursing team has resulted in a large increase in newly diagnosed patients attending one of our four PC support groups The Prostaïd support groups are considered to help and support the Government's initiative (and the NHS Trust's objective) to provide a holistic needs approach to patient treatment, care and support as required within the Holistic Needs Assessment (HNA) for every cancer patient from the 1 January 2020.

Now the good news we are delighted to say that from October 2021 when all our Support Groups returned to Face to Face, the numbers continue to grow month by month

The Birstall Support Group continues to increase in popularity. This group is a collaboration with 'Birstall Bags' a breast cancer support group for patients and their families. The Charity jointly funds the group with Birstall Bags. It is understood this is the first support group in the UK jointly organised by breast and prostate charities. This social group meet monthly and regularly attracts a high number of patients and partners and has a walking group that walks regularly throughout the year, promoting health and well-being.

The Melton Support Group continues to grow in its new venue at the Baptist Church at Melton Mowbray, with an interesting range of speakers and topics and a growing membership.

The African/African Caribbean Social/Support Group since the sad passing away of the leader, Pamela Campbell Morris, not yet restarted but we plan to relaunch in the near future, extensively with help from Howard Morris at a monthly meeting. The format of these meetings (playing dominoes) and contributing factors in the hesitant return of the group.



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**OBJECTIVES AND ACTIVITIES**

The Chairman of the Northampton Support Group is a member of the Northampton Committee and whilst this group is independent of ProstaId, the Charity shares with them a close friendship and an association as member of Tackle. The Group meets monthly in Northampton and continues to grow especially after moving to a new venue. The number of attendees remains strong. Our PROSTaid nurse Alice Knight attends each monthly meeting.

**Leicester Support Group**

Since moving to the Cradock Arms at Knighton, it has been most successful with larger numbers attending and well received by everybody. We have had two new leaders for the group from October 2021 the number and enthusiasm of the members meeting in this pub is tremendous.

The planned creation of a Southern Asian Social/Support Group has been put on hold. We plan to see if we can start this when time permits.

**Brachytherapy**

HDR (High Dose Rate) Brachytherapy boosts treatment for men with advanced disease, which reduces their Radiology treatment time from 7 weeks to 3 weeks, giving a potential 16% improvement in outcomes. The decision was finally reached that Leicester Royal Infirmary would be able to introduce HDR Brachytherapy in the purpose-built new unit in the Osborne building. This now completed and open 2023. At present patients are now being sent to Lincoln Hospital for both HDR and Seeded Brachytherapy.

However, after training of the staff it will be open to local men with both LDR (seeded brachytherapy) and HDR (High dose rate Brachytherapy) The Charity looks forward to the opening of this new unit and to the additional remarkable use of HDR Brachytherapy to treat advanced prostate cancer.

The Charity, in liaison with Dr Miguel Pandades, Consultant Lead Brachytherapy Oncologist at Lincoln Hospital has helped to produce a Video/Film on both types of Brachytherapy and growing numbers of patients go to the hospital for this successful treatment.

A new leaflet written by our Dr Heather Tovey Oncologist and fellow in brachytherapy our local unit manager will be available in late December

The Charity longer term idea is to have an Andrology Nurse practitioner however this is no longer necessary since the arrival of Urologist Pravish Ravindra who has established a new pathway to treat the problems of our patients with incontinence in UHL working with Ivonne Brylka -Mee continence nurse specialist. Now that pre-and post-operative treatment pathways have been established this is of immense help to all our prostate cancer patients.

How do we pay for it?

**Fund Raising**

Our fundraising this year we had hoped that it would be well back from where it was before lockdown. We ran our own ProstaId Golf Day at Rothley in addition to a Golf Day at Loughborough which was most successful and also a Northampton Golf Day arranged by the Rotary Club of Northampton Beckett. All these events did well this year and raised much appreciated funds for our charity. Our Leicester Lions Beer festival in a sadly wet July this year raised £300 unlike £14K last year! We attempted to bring back Executive challenge our most successful challenge from the past but unfortunately in this high cost of living and inflationary difficult times had affected local businesses and it met with no success.

However, in March we did have an excellent sportsmen's evening with George Chuter at Lions Rugby Club and a really excellent Musical event in April at Enderby Church, and a memorial football match at Saffron Dynamos at Whetstone in Sept that brought in worthwhile amount

The Santa Fun Run 2022 was not a great success since the running of it had been given up by the Rotary Club of Loughborough. The Charity has been creative in planning events in the future. It has succeeded in arranging a Dragon Boat Race on Sunday June 2nd 2024, full sponsored we just need the teams!



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**OBJECTIVES AND ACTIVITIES**

Bizz Buzz Speed Networking Group for Prost aid, we are planning with help from another networking group of relaunching in 2024 and we feel that it has great opportunity.

**Dedicated Prostaide Prostate Cancer Centre for Leicester**

The long-term aim of the charity is to create a specialist Prostaide Cancer Care Centre in Leicester whenever that opportunity may present itself. We recently had a visit with four of our Trustees to the Prostate Project at the Royal Surrey Hospital Guilford and where we were inspired by the centre within Urology there. We had previously been in touch the previous year with UHL. So we have had a detailed plan drawn up by a Leicester Architect, had an audio-visual video prepared, together with a presentation. We are optimistic.

**Communication**

Prostaide continue to produce an in-house newsletter every 6 months. The production costs no longer are sponsored by NEXT PLC. however, they continue to support our golf day and with raffle prizes. The Newsletter continues to be published with help from design company, Birdhouse. The Newsletter is published in January and June. New leaflets about prostate cancer continue to be developed. These add to an already wide range of information available electronically via the Prostaide website and throughout all the hospitals in our area. During 2020 new leaflets were developed in liaison with patients, Prostaide's specialist nurses and Consultants some of these costs are supported by the Everard Family Foundation.

Distribution methods continue to include:

Information, including the Charity's half yearly Newsletter is made available via Prostaide notice boards in UHL hospitals in Leicester Royal Infirmary, Leicester General Hospital, Coleman Assessment Centre and Radiotherapy Suite and Market Harborough, Melton, and Oakham hospitals. All notice boards have been sponsored by the Hinckley Round Table 129 and their 41 Club

Leaflets and Newsletters are made available in every hospital Leicestershire, Rutland, Kettering, and Northampton in addition to a few Health Centres and GP Surgeries throughout the region. The Charity distribute 2000 copies each 6 months.

Our information leaflets have been made available in Chemists and pharmacies throughout Leicestershire, Northampton, and Rutland.

**Financial Review**

The fundraising income of the Charity has not increased this year and reflects the significant economic and inflationary situation post pandemic. So, despite all the tremendous efforts and hard work made by groups and our individuals as such, the Charity continues to maintain a healthy financial position. Looking to the future we are planning a limited number of new high-profile fundraising events in 2023-24 and with the continuing enthusiasm of our supporters we will aim to continue and raise the necessary funds to finance our programme of activities and improve and increase our support networks.

**Reserves Policy**

Trustees have agreed that the Charity should retain funds equal to a minimum of 12 months operating costs to help mitigate against the uncertain economic climate. Funds held may exceed that amount as reserves accumulate to achieve the funding levels required for ongoing new projects and initiatives.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The governing documents of the Charity are the Memorandum and Articles of Association. The Charity is a company limited by guarantee incorporated on 2 October 2006. Prostaide was registered with the Charity Commission on 22 November 2006. Trustee Board meetings are usually held four to six times annually. Appropriate training and information are provided for Trustees using guidelines provided by the Charity Commission.

**PROSTAD**  
**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 OCTOBER 2023**

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**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Patrons**

The charity is extremely grateful for the ongoing and wholehearted support from its Patrons who continue to effectively assist the Charity in achieving its aims and objectives through their loyal promotion, assistance and patronage.

**Recruitment and appointment of new trustees**

At present (as at 31/10/23) there are 13 Trustees. In the current year there has been two appointments Peter Ross and Aimee Winfield. Prostad Trustees appoint a Chair of Trustees annually at the first meeting of each financial year. The Trustees of the charity are also its directors for the purposes of Company Law.

**PROSTAD**  
**TRUSTEES' REPORT**  
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**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Management of the Charity**

Before the Covid epidemic ProstaId had a Leicestershire & Rutland Committee and a satellite Northampton committee whose function was to support, provide awareness and plan fundraising activities to support the aims of the Charity.

The Board regarded this opportunity as an ideal method of introducing those members who aspire to be Trustees to the operations and functions of the Board. This recognises and assists in the need for the Charity to regularly refresh membership, introduce new skills and experience to the Board and thus fulfil its aim of effective succession planning to help secure the Charity's future.

Sadly, due to serious illness, injury, lack of support, NHS Treatment and the economic situation the Trustees accept that this in practical terms is no longer possible.

Reluctantly the Trustees have now decided due to these very many practical difficulties and health problems in the case of the Northampton Committee. That it has no alternative but to replace both with two new forums one for Leicestershire and one for Northamptonshire here interested parties invited from the support groups and our supporters will be invited to attend the Forum with Trustees that will meet twice a year to discuss new ideas and innovations for the charity. So far, we have in Leicestershire already had substantial interest.

ProstaId Board of Trustees

The Trustees hold regular board meeting six times per year.

ProstaId does not have leased offices or business premises. It employs one Trustee/Director, Robert Banner, who is employed on a full-time basis to oversee and administer the daily activities of the Charity, including fundraising, on behalf of the Board of Trustees. It also has an honorary treasurer, Dave Merriman, who with an assistant Treasurer, Faye Lord, who is paid as an independent bookkeeper and works from home and who has responsibility for paying invoices and keeping our accounts up to date and accurate. The assistant treasurer is also responsible for organising information about the Charity's activities via social media i.e., X(Twitter) & Facebook.

All other Trustees and Members of Committees offer and provide their services on a voluntary basis. Named individuals offer the following services for the Charity:

Health and Safety Advisor/Co-ordinator Stuart Berry  
Buddy Co-ordinator: Jo Wortley/Nicki Bakewell  
Friends Co-ordinator Norman Bell  
Honorary Treasurer & Assistant Treasurer Dave Merriman (Treasurer) Faye Lord (Assistant)  
Advanced Prostate Cancer Liaison and Support Co-ordinator: Philip Baker  
Co-ordinator Stuart Berry Patient Support Helpline  
Co-ordination Stuart Berry/Rob Banner Social/Support Evenings  
Leaders ProstaId Support Groups. Wortley & Bob White Mike Newell, Peter & Merrill Wheeler  
Liaison Co-ordinator: Howard Morris African Caribbean Awareness  
Fundraising Co-ordinator Rob Banner

The overall activity, commitment, and skills that members of the Committees possess are directly linked to the Charity's success.

**Volunteer Hours**

We estimate that the time very kindly given this year by our volunteers in volunteer hours (other than the paid trustee) amounts in total to 1800 hours, in 2022-23 which has enabled the charity to achieve and maintain consistent support and care, for local men and their families affected by prostate cancer throughout the year.

**Risk management**

Trustees have assessed the risks to which the Charity is exposed and are satisfied that they have adequate procedures in place to manage those risks.

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**FOR THE YEAR ENDED 31 OCTOBER 2023**

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**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**

05953090 (England and Wales)

**Registered Charity number**

1116935

**Registered office**

17 Torrington Close  
Wigston Magna  
Leicester  
Leicestershire  
LE18 2RY

**Trustees**

Robert Banner  
John Beatty  
Stuart Berry  
John Bird (Vice Chair)  
Mark Dunkley (Chair)  
Christopher Kent  
Scott McLaren  
Graydon Thwaite  
Joanne Wortley  
Jonathan Foster  
Dave Merriman (Treasurer)  
Peter Andrew Ross (appointed 28.3.23)  
Aimee Rebecca Winfield (appointed 28.3.23)

**Independent Examiner**

Richard Buckby FCA  
TC Group  
31 High View Close  
Hamilton Office Park  
Leicester  
Leicestershire  
LE4 9LJ

Approved by order of the board of trustees on 5 February 2024 and signed on its behalf by:



.....  
Dave Merriman - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
PROSTALD**

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**Independent examiner's report to the trustees of Prostald ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 October 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.



Richard Buckby FCA

TC Group  
31 High View Close  
Hamilton Office Park  
Leicester  
Leicestershire  
LE4 9LJ

Date: 5 February 2024



PROSTAD

STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 OCTOBER 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		101,194	-	101,194	66,542
Other fund raising activities	2	43,479	29,490	72,969	116,296
Investment income	3	<u>3,320</u>	<u>-</u>	<u>3,320</u>	<u>330</u>
<b>Total</b>		<u>147,993</u>	<u>29,490</u>	<u>177,483</u>	<u>183,168</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Direct costs		146,961	14,886	161,847	112,315
Support costs		-	-	-	29,243
Other		<u>22,135</u>	<u>-</u>	<u>22,135</u>	<u>19,795</u>
<b>Total</b>		<u>169,096</u>	<u>14,886</u>	<u>183,982</u>	<u>161,353</u>
<b>NET INCOME/(EXPENDITURE)</b>		(21,103)	14,604	(6,499)	21,815
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>289,856</u>	<u>27,765</u>	<u>317,621</u>	<u>295,806</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>268,753</u>	<u>42,369</u>	<u>311,122</u>	<u>317,621</u>

The notes form part of these financial statements

**PROSTAID**  
**BALANCE SHEET**  
**31 OCTOBER 2023**

	Notes	2023 £	2022 £
<b>FIXED ASSETS</b>			
Tangible assets	8	326	518
<b>CURRENT ASSETS</b>			
Debtors	9	17,616	55
Cash at bank		<u>296,437</u>	<u>325,484</u>
		314,053	325,539
<b>CREDITORS</b>			
Amounts falling due within one year	10	(3,257)	(8,436)
<b>NET CURRENT ASSETS</b>		<u>310,796</u>	<u>317,103</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		311,122	317,621
<b>NET ASSETS</b>		<u>311,122</u>	<u>317,621</u>
<b>FUNDS</b>	12		
Unrestricted funds		268,753	289,856
Restricted funds		<u>42,369</u>	<u>27,765</u>
<b>TOTAL FUNDS</b>		<u>311,122</u>	<u>317,621</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 October 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 October 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.

The notes form part of these financial statements

**PROSTAID**

**BALANCE SHEET - continued**  
**31 OCTOBER 2023**

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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 5 February 2024 and were signed on its behalf by:



.....  
Robert Banner - Trustee



.....  
Dave Merriman - Trustee

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 OCTOBER 2023**

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**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements have been prepared in accordance with 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) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

PROSTaid meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are presented in Sterling (£).

**Company status**

The company is a company limited by guarantee. The members of the company are the Trustees named on Page 10. In the event of the company being wound up, the liability in respect of the guarantee is limited to £10 per member of the company.

**Income**

All income is recognised once the company has entitlement to the income, it is probable that all the income will be received and the amount of income receivable can be measured reliably.

Donated services or facilities are recognised when the company has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from use by the company of the item is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the Friends is not recognised and refer to the Trustees' report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the company which is the amount the company would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

**Expenditure**

Expenditure is recognised once there is a legal or consecutive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of a total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Support costs are those costs incurred directly in support of expenditure on the objects of the company and include project management carried out at Headquarters. Governance costs are those incurred in connection with administration of the company and compliance with constitution and statutory requirements.

## PROSTAD

### NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 OCTOBER 2023

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#### 1. ACCOUNTING POLICIES - continued

##### **Expenditure**

Charitable activities and Governance costs are incurred on the company's educational operations, including support costs and costs relating to the governance of the company, apportioned to charitable activities.

##### **Going concern**

The trustees have prepared the financial statements on the basis that the charity is a going concern.

##### **Interest receivable**

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

##### **Tangible fixed assets**

All assets costing more than £250 are capitalised.

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments. Impairment losses are recognised in the Statement of financial activities incorporating income and expenditure account.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Fixtures and fittings	- five years
Computer equipment	- three years

##### **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.

##### **Liabilities and provisions**

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised with interest payable and similar charges.



**PROSTAD**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 OCTOBER 2023**

**1. ACCOUNTING POLICIES - continued**

**Financial instruments**

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instrument are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

**2. OTHER FUND RAISING ACTIVITIES**

	2023	2022
	£	£
Golf days	11,992	11,697
Bizz Buzz	1,200	1,200
Other events	4,254	732
Christmas party	1,377	2,242
Rust bucket rally	-	39,584
UAPC	29,490	28,000
Beer festival	<u>24,656</u>	<u>32,841</u>
	<u>72,969</u>	<u>116,296</u>

**3. INVESTMENT INCOME**

	2023	2022
	£	£
Interest receivable	<u>3,320</u>	<u>330</u>

**4. NET INCOME/(EXPENDITURE)**

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

	2023	2022
	£	£
Independent examination fee	2,885	2,400
Depreciation - owned assets	<u>192</u>	<u>605</u>

**5. TRUSTEES' REMUNERATION AND BENEFITS**

	2023	2022
	£	£
Trustees' salaries	<u>22,135</u>	<u>19,795</u>

During the period under review, R Banner (Trustee) received total remuneration for £22,135 (2022: £19,795). This remuneration is for his work as an employee of the Charitable Company, and as such is within the scope of the Memorandum and Articles of Association. R Banner is considered to be the only paid key management.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 October 2023 nor for the year ended 31 October 2022.

PROSTAD

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 OCTOBER 2023

6. STAFF COSTS

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

	2023	2022
Management	<u>1</u>	<u>1</u>

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

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	66,542	-	66,542
Other fund raising activities	88,296	28,000	116,296
Investment income	<u>330</u>	<u>-</u>	<u>330</u>
<b>Total</b>	<u>155,168</u>	<u>28,000</u>	<u>183,168</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Direct costs	108,830	3,485	112,315
Support costs	29,243	-	29,243
Other	<u>19,795</u>	<u>-</u>	<u>19,795</u>
<b>Total</b>	<u>157,868</u>	<u>3,485</u>	<u>161,353</u>
<b>NET INCOME/(EXPENDITURE)</b>	(2,700)	24,515	21,815
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	<u>292,556</u>	<u>3,250</u>	<u>295,806</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>289,856</u>	<u>27,765</u>	<u>317,621</u>

PROSTAD

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 OCTOBER 2023

8. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
<b>COST</b>			
At 1 November 2022 and 31 October 2023	<u>4,835</u>	<u>14,087</u>	<u>18,922</u>
<b>DEPRECIATION</b>			
At 1 November 2022	4,560	13,844	18,404
Charge for year	<u>84</u>	<u>108</u>	<u>192</u>
At 31 October 2023	<u>4,644</u>	<u>13,952</u>	<u>18,596</u>
<b>NET BOOK VALUE</b>			
At 31 October 2023	<u>191</u>	<u>135</u>	<u>326</u>
At 31 October 2022	<u>275</u>	<u>243</u>	<u>518</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Donations receivable	229	-
Other debtors	<u>17,387</u>	<u>55</u>
	<u>17,616</u>	<u>55</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Social security and other taxes	432	26
Accrued expenses	<u>2,825</u>	<u>8,410</u>
	<u>3,257</u>	<u>8,436</u>

11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
Fixed assets	326	-	326	518
Current assets	314,053	-	314,053	325,539
Current liabilities	<u>(45,626)</u>	<u>42,369</u>	<u>(3,257)</u>	<u>(8,436)</u>
	<u>268,753</u>	<u>42,369</u>	<u>311,122</u>	<u>317,621</u>

PROSTAD

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 OCTOBER 2023

12. MOVEMENT IN FUNDS

	At 1.11.22 £	Net movement in funds £	At 31.10.23 £
<b>Unrestricted funds</b>			
General fund	286,754	(22,323)	264,431
Northampton	2,370	-	2,370
Support Groups	<u>732</u>	<u>1,220</u>	<u>1,952</u>
	289,856	(21,103)	268,753
<b>Restricted funds</b>			
Brachytherapy	3,000	-	3,000
Website videos	250	-	250
United Against Prostate Cancer	<u>24,515</u>	<u>14,604</u>	<u>39,119</u>
	<u>27,765</u>	<u>14,604</u>	<u>42,369</u>
<b>TOTAL FUNDS</b>	<u>317,621</u>	<u>(6,499)</u>	<u>311,122</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	146,773	(169,096)	(22,323)
Support Groups	<u>1,220</u>	<u>-</u>	<u>1,220</u>
	147,993	(169,096)	(21,103)
<b>Restricted funds</b>			
United Against Prostate Cancer	<u>29,490</u>	<u>(14,886)</u>	<u>14,604</u>
<b>TOTAL FUNDS</b>	<u>177,483</u>	<u>(183,982)</u>	<u>(6,499)</u>

PROSTAD

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 OCTOBER 2023

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.11.21 £	Net movement in funds £	At 31.10.22 £
<b>Unrestricted funds</b>			
General fund	291,138	(4,384)	286,754
Northampton	1,418	952	2,370
Support Groups	-	732	732
	292,556	(2,700)	289,856
<b>Restricted funds</b>			
Brachytherapy	3,000	-	3,000
Website videos	250	-	250
United Against Prostate Cancer	-	24,515	24,515
	3,250	24,515	27,765
<b>TOTAL FUNDS</b>	<u>295,806</u>	<u>21,815</u>	<u>317,621</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	152,750	(157,134)	(4,384)
Northampton	1,686	(734)	952
Support Groups	732	-	732
	155,168	(157,868)	(2,700)
<b>Restricted funds</b>			
United Against Prostate Cancer	28,000	(3,485)	24,515
<b>TOTAL FUNDS</b>	<u>183,168</u>	<u>(161,353)</u>	<u>21,815</u>



PROSTAD

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 OCTOBER 2023

12. MOVEMENT IN FUNDS - continued

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

	At 1.11.21 £	Net movement in funds £	At 31.10.23 £
<b>Unrestricted funds</b>			
General fund	291,138	(26,707)	264,431
Northampton	1,418	952	2,370
Support Groups	-	1,952	1,952
	<u>292,556</u>	<u>(23,803)</u>	<u>268,753</u>
<b>Restricted funds</b>			
Brachytherapy	3,000	-	3,000
Website videos	250	-	250
United Against Prostate Cancer	-	39,119	39,119
	<u>3,250</u>	<u>39,119</u>	<u>42,369</u>
<b>TOTAL FUNDS</b>	<u>295,806</u>	<u>15,316</u>	<u>311,122</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 £
<b>Unrestricted funds</b>			
General fund	299,523	(326,230)	(26,707)
Northampton	1,686	(734)	952
Support Groups	1,952	-	1,952
	<u>303,161</u>	<u>(326,964)</u>	<u>(23,803)</u>
<b>Restricted funds</b>			
United Against Prostate Cancer	57,490	(18,371)	39,119
	<u>360,651</u>	<u>(345,335)</u>	<u>15,316</u>

**Restricted funds**

Newsletter - Donation received towards the cost of producing quarterly newsletters.

Brachytherapy - Donation received towards the cost of Brachytherapy.

Website videos - Donation received towards the cost of producing videos for the website.

United Against Prostate Cancer - Donation towards the genetic testing of people with prostate cancer to the East Midlands

**Unrestricted funds - Designated**

Northampton - Funds earmarked by the trustees for use in Northampton area.

**PROSTAID**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 OCTOBER 2023**

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**13. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 October 2023.

PROSTAD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 OCTOBER 2023

	2023 £	2022 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
General donations (incl Gift Aid)	48,703	36,269
Santa fun run	210	840
Legacies and funeral donations	1,227	2,432
Donations in kind	<u>51,054</u>	<u>27,001</u>
	101,194	66,542
<b>Other fund raising activities</b>		
Golf days	11,992	11,697
Bizz Buzz	1,200	1,200
Other events	4,254	732
Christmas party	1,377	2,242
Rust bucket rally	-	39,584
UAPC	29,490	28,000
Beer festival	<u>24,656</u>	<u>32,841</u>
	72,969	116,296
<b>Investment income</b>		
Interest receivable	<u>3,320</u>	<u>330</u>
<b>Total incoming resources</b>	177,483	183,168
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
General fundraising costs	42,234	46,579
UAPC expenses	14,886	3,485
Nurse's salaries	<u>35,852</u>	<u>47,038</u>
	92,972	97,102
<b>Other</b>		
Trustees' salaries	22,135	19,795
<b>Support costs</b>		
<b>Finance</b>		
Bank charges	273	229
<b>Other</b>		
Gifts and services in kind	51,054	27,001
Insurance	3,790	2,598
Travel expenses	1,607	1,355
Depreciation	192	605
Office expenses	3,999	4,121
Carried forward	<u>60,642</u>	<u>35,680</u>

This page does not form part of the statutory financial statements

PROSTAD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 OCTOBER 2023

	2023 £	2022 £
<b>Other</b>		
Brought forward	60,642	35,680
Support group expenses	1,953	2,301
Other	<u>1,148</u>	<u>1,544</u>
	63,743	39,525
<b>Governance costs</b>		
Independent examination fee	2,885	2,400
Accountancy and bookkeeping	<u>1,974</u>	<u>2,302</u>
	<u>4,859</u>	<u>4,702</u>
Total resources expended	<u>183,982</u>	<u>161,353</u>
<b>Net (expenditure)/income</b>	<u>(6,499)</u>	<u>21,815</u>

This page does not form part of the statutory financial statements

