

CancerCare

(North Lancashire & South Cumbria)



Cross Bay Walk 2022

ANNUAL REPORT

and accounts for the year ending 31 March 2023

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Statement from the Chair of Trustees & Chief Executive Officer



CEO Alison Stainthorpe

We are delighted to present our 2022/23 Annual Report, outlining our financial performance and some of the many achievements of CancerCare during the period.

It is fair to say that the past 12 months have continued to present a number of challenges for charities within the post Covid world. The economic conditions, combined with a continued increase in referrals, conspired to put pressure upon both our income and costs. The number of cancer related deaths in the North West region continues to be higher than the national average. Inevitably, this is a contributing factor in the continuing growth in demand for our services.

As we worked on our budget for the 2022/23 financial year, we were faced with the unavoidable task of approving a deficit budget for the second consecutive year. As a result and led by our CEO, an initiative called 'The Big Conversation' has been introduced to explore how we navigate the current challenges, increase regular income, manage costs and meet client demand, whilst ensuring the sustainability of the charity.

However, despite these challenges, we have had many incredible achievements during the year which continue to further embed the purpose of CancerCare throughout the communities in which we operate. A few of these achievements are highlighted below.

Our peer support groups continue to be immensely popular and it has been a natural development to extend some of these groups to some of the harder to reach areas. We introduced Hug in a Mug groups into Barrow and Millom while ReFresh group sessions were also increased to include a night in both Kendal and Barrow.

Our Barrow centre has firmly established itself within the community and is now our second busiest centre and we are very proud of the way in which the community has taken our charity to its heart.

We undertook a review of our group work and this review overwhelmingly confirmed that it is highly valued by clients and has a measurable impact upon health outcomes.

Essential investment in a new Customer Relationship Management system has brought efficiencies to our administrative function that should ensure future proofing for years to come.

2022/23 has proved to be both busy and challenging and as ever, we ask a great deal of all the team within CancerCare whether staff, volunteers or therapists and during this year, the expectation placed upon everyone has been greater than ever given the increased demands upon the organisation. It is essential therefore, to acknowledge the commitment of all our colleagues. Without these people going the extra mile, CancerCare wouldn't be able to provide the support that it does, to those who need it.

Finally and as always, our thanks go out to all the supporters who make it possible for CancerCare to provide its services. 96% of all our income is money raised by our organisation and its supporters. We are independent of any other charity and of the NHS. Without the income generated from our fundraising activities or the money donated by our many supporters, CancerCare would not exist: so a big THANK YOU for everything you do for us.



Chair Andrew Birchall

Mission, Vision & Values

Why we do what we do...

Our Mission

To provide therapies, help and support free to people of all ages affected by cancer or bereavement.

Our Vision

To give people the strength to step forward. We will help people discover their capacity for life when times are tough - with the professional help, emotional support and collective strength to face whatever is next.

Our Values

We are PERSONAL

When we look at people, we don't see their condition, their trauma or their fears. We see individuals, each with a complex mix of experiences and emotions, challenges and hopes. Helping them starts with recognising, respecting and valuing it all - in all our clients, in our supporters and in each other.

We are COMPASSIONATE

Caring for others is a powerful tool. It might seem like the softest of skills, but it's our way of making a huge, heavy-hitting impact. When we start each day with kindness and sensitivity, we will end it having touched people's lives for the better.

We are INSPIRATIONAL

Human spirit is miraculous. People's capacity to get back up, to look past what life throws at them - it's our inspiration and our purpose. With a healthy dose of our own spirit, we help people find their strength and courage. To cope, to rebuild and to move forward.

Ed's Story:

Ed Duckett from Burton-in-Kendal underwent specialist surgery after being diagnosed with an aggressive tumour in his eye. Following treatment, Ed threw himself back into his busy life as a family man, and MD of his family building firm.

Ed initially thought he was over the experience, but the after-effects of what he had been through soon became apparent. "I became very stressed out and was bottling up how I was feeling. I hadn't realised how much the shock of the diagnosis had affected me," said Ed.

Ed realised he needed some extra support and was referred for counselling with therapist Sue Rowe at our Slynedaes Centre.

"It was absolutely the best thing I could have done. The sessions are my safe place where I can really talk about things without worrying.

"Sometimes I come with a plan of what I want to talk about and sometimes it's a total brain-dump and the conversation goes in all different directions. Whatever we discuss I know I'll always come away bouncing," said Ed.

Ed used the counselling as a way to "reassess his life."

"I really think Sue has helped make me a better person. I would recommend anyone in a similar situation to ask for the help you need."



Sue Rowe and Ed Duckett

"At first it felt wrong, wanting to sit and talk about myself, but it was absolutely the best thing I could have done. For me it felt almost like an MOT which has made a huge difference to my life - but unless I had made that first step, I never would have known"

Objectives & Activities

Why we do what we do... (continued)

At CancerCare, we understand that facing cancer or bereavement is more than just a physical issue, indeed its impact reaches beyond the patient, often affecting those around them.

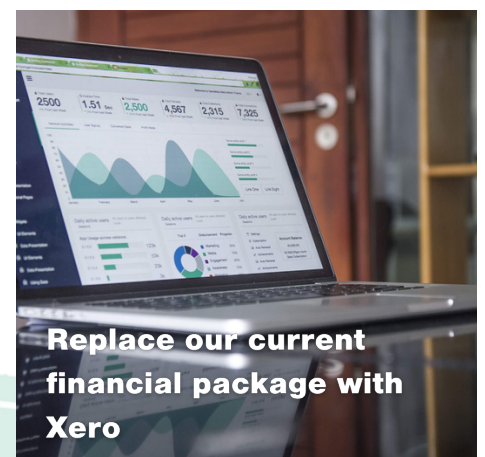
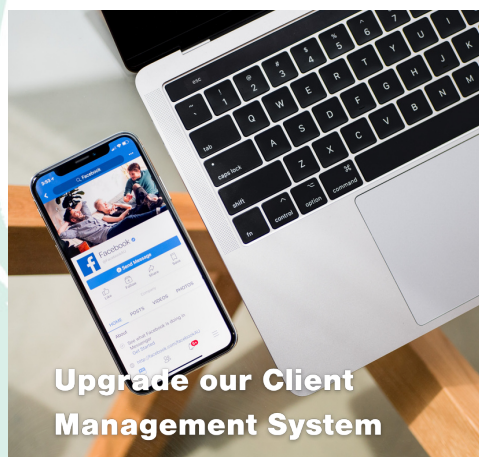
We aim to:

- Provide a comprehensive support service for individuals facing cancer or bereavement including support to their carers, families and friends
- Ensure the period of support extends from diagnosis, through treatment to the survivorship or terminal phase, working with, and supporting, colleagues within the National Health Service
- Support all clients to attain and maintain the maximum level of mental, social and physical well-being compatible with their illness
- Build upon 40 years of heritage
- Develop a platform for the future that will ensure sustainability

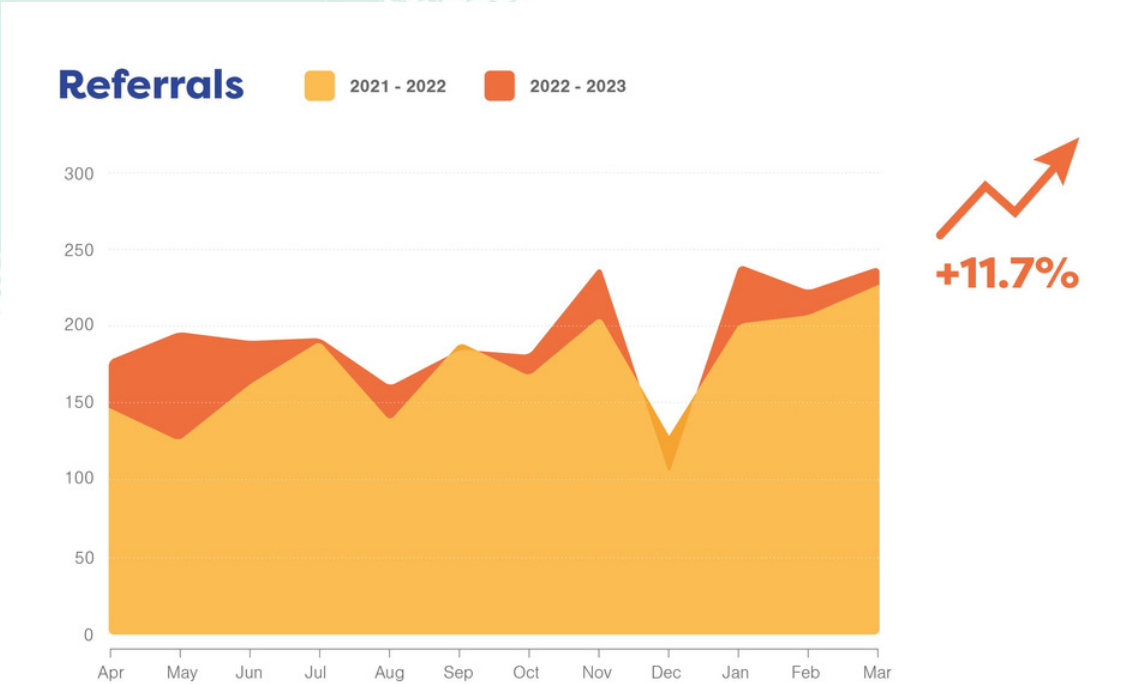
We cover a wide geographical area across North Lancashire and South Cumbria with centres in Lancaster, Kendal, Barrow and Morecambe. We are proud to have helped tens of thousands of local people since our formation in 1983. It is clear that we cannot stand still and through the delivery of our three-year plan we are committing to continue to develop the services and reach of CancerCare.

Looking ahead

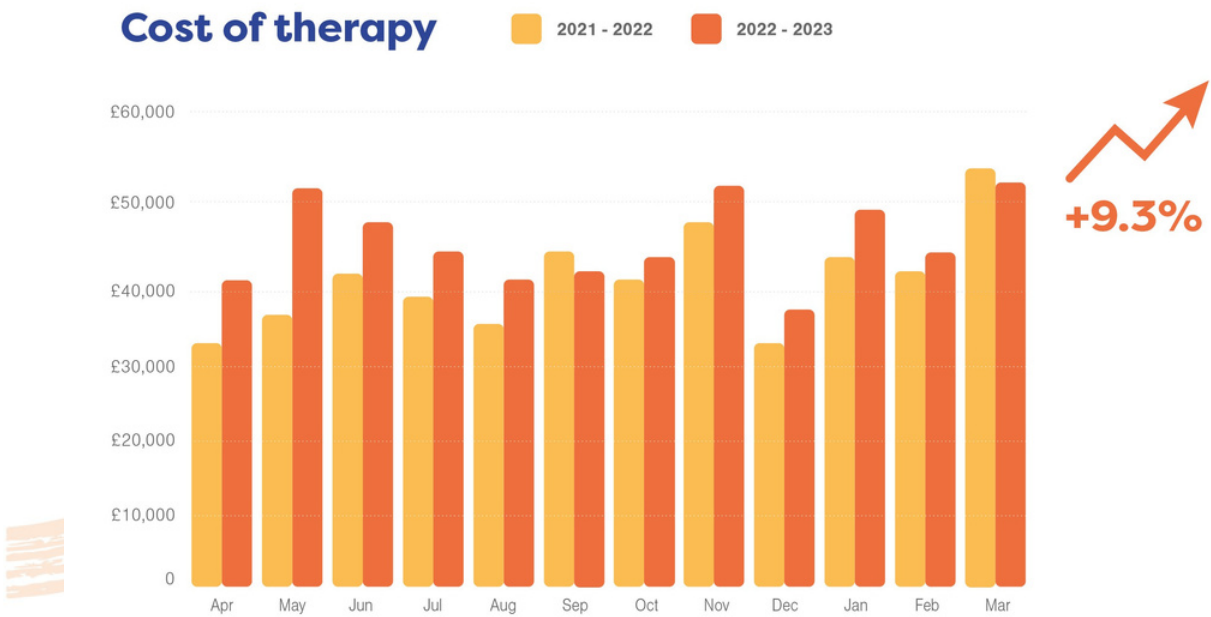
In 2023/24 we will...



Achievements & Performance

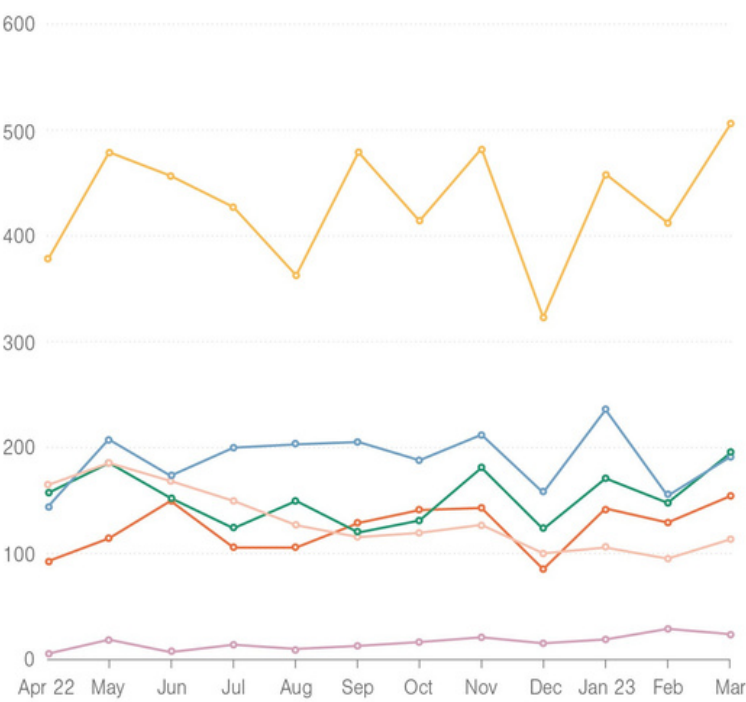


Following the large increase in cost and referrals of 2021-22, following the Covid affected year of 2020-21, we have seen a steady increase of around 10% in both referrals and cost, in line with the growth of pre-Covid years. Seasonal dips for both metrics over summer and Christmas are as expected.

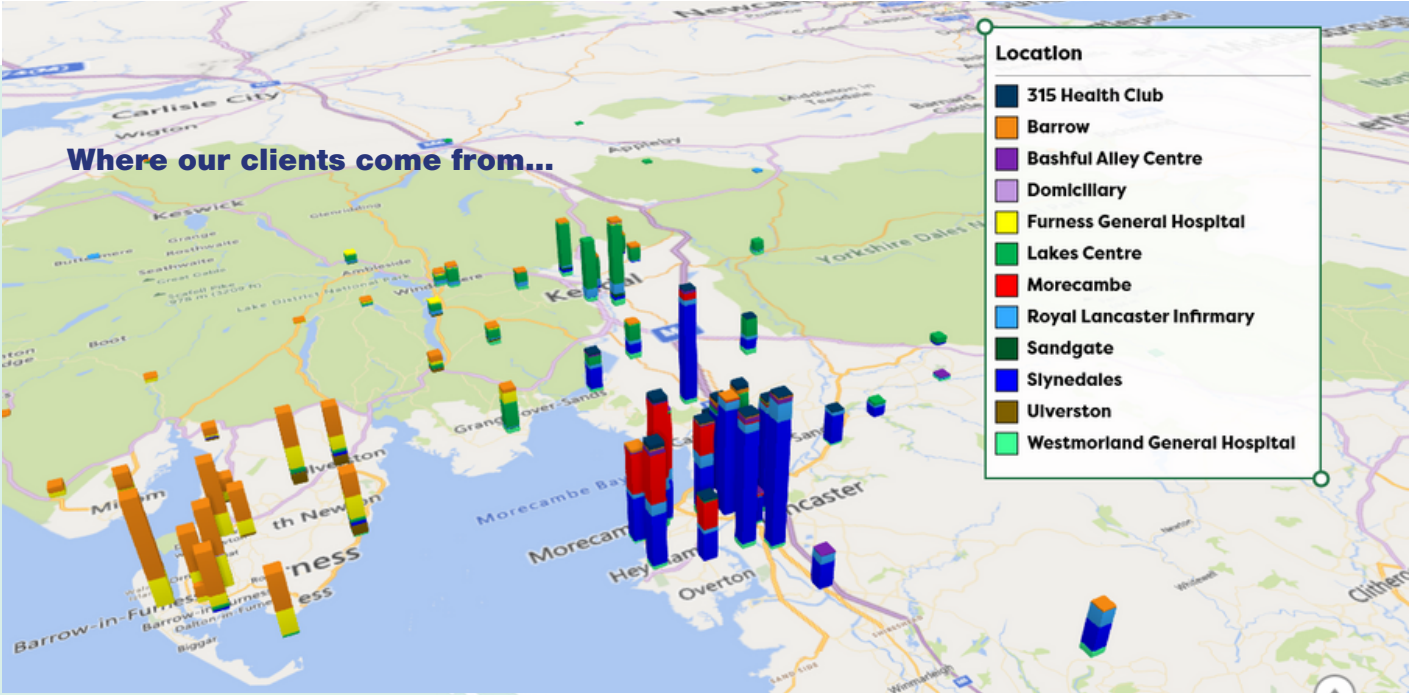
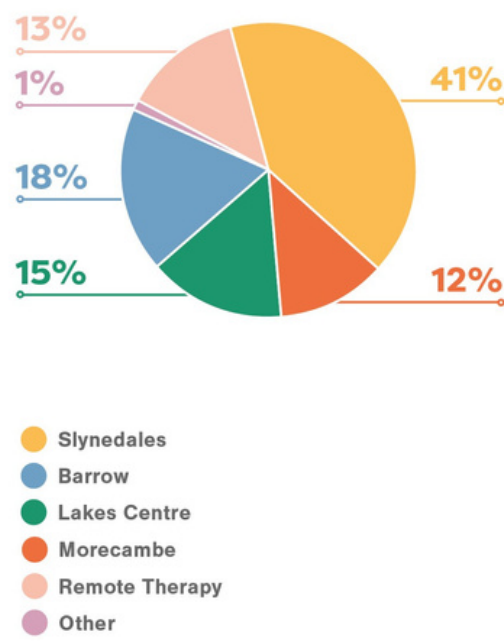


Achievements & Performance

1:1 Attendance by location



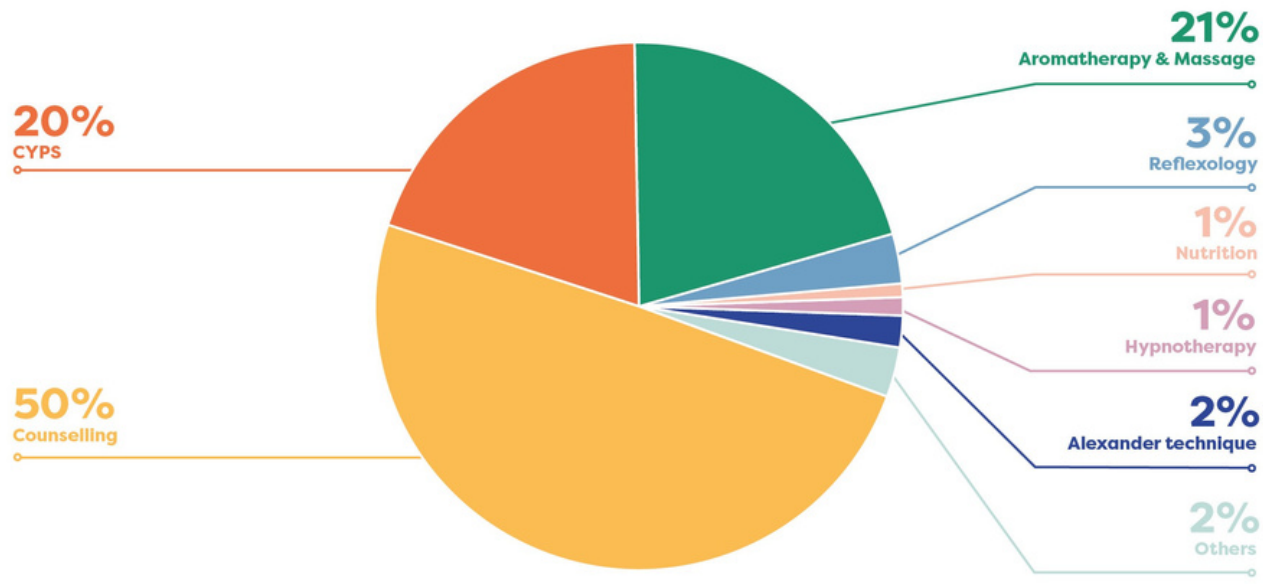
% by location



Slynedales has remained our busiest centre. Barrow, following a post-Covid dip has re-established itself as our second busiest centre for one-to-one referrals. The Lakes Centre's attendances increased towards the end of the year, after having dipped compared to the previous year.

Achievements & Performance

1:1 Attendance by therapy type

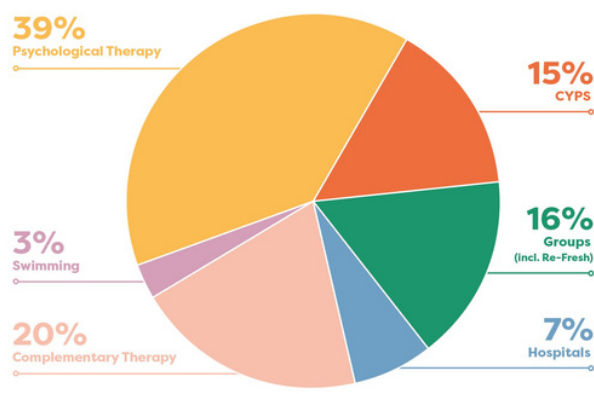


	Apr 22	May 22	Jun 22	Jul 22	Aug 22	Sep 22	Oct 22	Nov 22	Dec 22	Jan 23	Feb 23	Mar 23	Total
Counselling	479	609	560	503	456	469	501	594	401	582	488	571	6213
CYPs	162	236	234	228	154	176	197	236	157	225	201	275	2481
Aromatherapy & Massage	220	231	251	226	264	206	215	215	155	213	178	208	2582
Reflexology	40	41	32	31	41	39	32	40	25	31	25	32	409
Nutrition	15	14	8	18	5	22	19	12	11	13	5	3	145
Hypnotherapy	12	19	4	6	3	9	8	9	14	14	25	32	155
Alexander Technique	13	27	6	13	10	10	16	27	18	25	33	23	221
Others	15	16	11	13	24	31	31	35	31	32	28	37	304

We have seen an increase in children and young people’s (CYPs) therapy, a comparative reduction in complementary therapy, while counselling firmly remains our most commonly requested therapy.

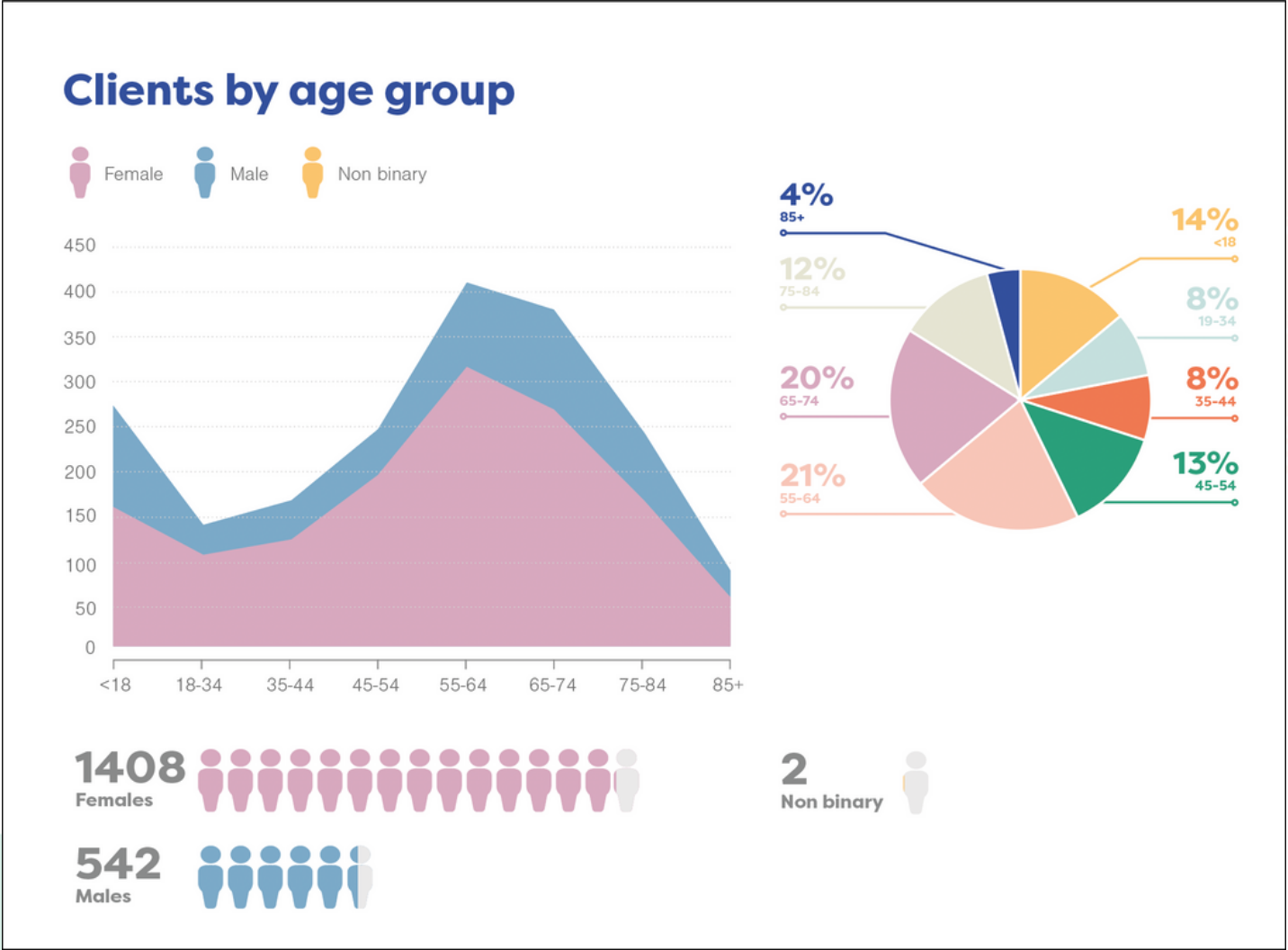
In terms of individual centres, worthy of note is the dramatic increase in Barrow. Historically, aromatherapy used to be much more popular in the Lakes Centre than counselling - the opposite of elsewhere - but recently, counselling has finally overtaken aromatherapy in Kendal.

Therapy types



Achievements & Performance

Demographics



Once again, we have seen an increase in our under-18 client numbers - again, helped by the increase in Barrow. The number of men we are supporting has increased slightly compared to the previous year.

Achievements & Performance

Outcomes

Every client, where appropriate, is sent a questionnaire which asks various questions about their therapy, which are graded from 1 to 4. The results for 2022/23 are as follows:

Rate the benefit of therapy	
1 - Not at all	0%
2 - A little	6%
3 - A lot	29%
4 - Greatly	65%

Was CancerCare welcoming?	
1 - Not at all	0%
2 - A little	1%
3 - A lot	14%
4 - Greatly	85%

Rate your experience	
1 - Very poor	0%
2 - Average	1%
3 - Good	13%
4 - Excellent	86%

Would you recommend CancerCare to others?	
Yes	100%
No	0%

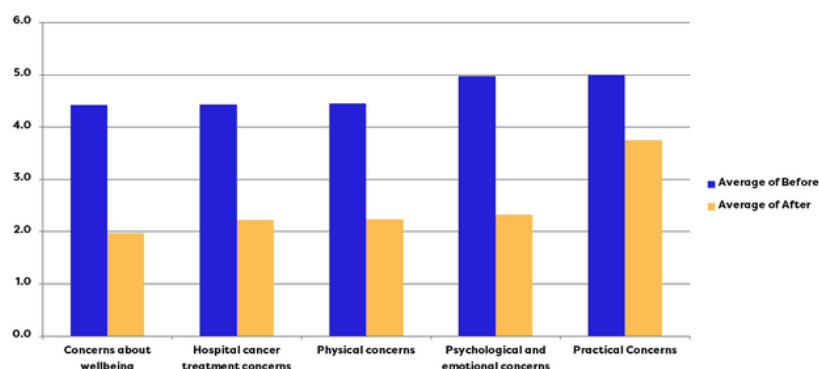
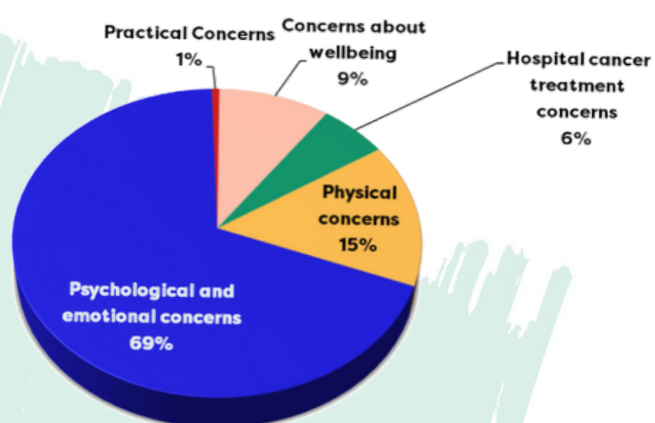
Furthermore, adult clients in our centres are asked to complete a MYCaW (Measure Yourself Concerns and Wellbeing) form at the start and end of their therapy – with the focus being on the change in two client specified areas over the course of the therapy. These are recorded, categorised and scored. MyCaWs measure concerns on a scale of 0 to 6, where 6 indicates that the concern or wellbeing are as bad as they can be and 0 is as good as things can be. We are looking to reduce these scores as much as possible through the service we provide.

Average scores	Before	After
Concerns	4.8	2.3
Wellbeing	3.8	2.1

Achievements & Performance

Outcomes (continued)

Area of concern	Before	After
Concerns about wellbeing	4.4	2.0
Hospital cancer treatment concerns	4.4	2.2
Physical concerns	4.5	2.2
Psychological & emotional concerns	5.0	2.3
Practical concerns	5.0	3.8
Overall average	4.8	2.3



Clients under the age of 18 are given a similar questionnaire, SDQ (strengths and difficulties questionnaires – youth in mind) – where a series of questions are asked at the beginning and then compared to answers at the end of therapy. (continued on next page)

Achievements & Performance

Outcomes (continued)

Issue	Start	End
Emotional Stress	6.5	4.2
Behavioural difficulties	2.6	2.0
Hyperactivity & concentration issues	5.8	4.8
Difficulties getting along with other young people	3.3	2.7
Kind & helpful behaviour	8.3	8.7
Impact of any difficulties	3.9	1.4
Overall average	18.1	13.6

The areas of concern are scored from 0-10 - like MYCaWs, we are hoping to reduce these scores; the one exception being Kind and Helpful Behaviour, which we would like to increase. The overall average is based on just the first four measures.

In addition, we are also trialling the use of the HACT's (Housing Association Charitable Trust) Social Value Calculator, to evaluate the financial impact of the work we do.

Similar to MYCaWs and SDQs, clients are asked a series of questions at the beginning of their therapy, and again at the end. The answers given to these, and the differences between them, are used to calculate a financial value of the therapy received, in terms of the fiscal benefit to other organisations, such as benefits, tax income and cost reductions.

On average we are seeing an average HACT social value benefit of around £4k - were this replicated across all our 1:1 work in 2022-23, this would equate to a social value benefit of approximately £6 million.

Therapy	Clients	Average social value
Complementary Therapy	10	£2,725
Counselling	46	£4,224
Overall average	56	£3,956

Achievements & Performance

Services & Engagement update

THERAPY

We reviewed our referral and assessment process and made changes in order to streamline things.

We evaluated our group work and overwhelmingly during the interviews and reading the feedback from clients it was clear that the facilitated group work we provide at CancerCare delivers a quality service and is something that we can be rightly proud of. Recommendations taken forward include limiting attendance to our group work to a three year period and also establishing one or two longer term groups in Barrow.

We have supported our therapists in their continuing professional development with:

- Scar tissue massage - a specialised treatment that will help clients with scars, fibrosis, adhesions or any changes in tissue following surgery or radiotherapy. It is a gentle and painless therapy, using a calm and light touch.
- Clinical supervision
- Wild therapy – for our walk and talk therapists to help them better engage with nature during this therapy.
- Pre-trial therapy – which has resulted in the development of a pre-trial therapy protocol for CancerCare.
- Trauma informed conference – which we will be looking at to ensure that CancerCare is a trauma informed organisation.



Leading expert Emma Holly leading a scar tissue massage workshop at Slynedales

Achievements & Performance

Services & Engagement update (continued)

RE-FRESH PEER SUPPORT GROUP

Re-Fresh services have gone from strength-to-strength over the last year which saw us work with 49 young people across the patch. Peer Support groups are for 12-17 year olds who have been bereaved through any reason or been affected by cancer either themselves or through family/friends.

The groups meet weekly during term time and during the school holidays we take part in a wide range of activities including days out at Blackpool Pleasure Beach, horse riding, cooking, canoeing, bushcraft, multi-sports days, cinema trips and ice skating. Groups also enjoyed residential visits to Flynne's Barn in the Lake District.

Re-Fresh groups are an opportunity for young people who have been through similar experiences to form friendships in a safe and supportive space. As well as the activities, which aim to support young people to bond and move through their grief by having fun, we have weekly "check ins" which bring them together to listen to each other's highs and lows of the week.

Next year we are hoping to expand our peer support offer to younger children.



Visit to Mars exhibition in Morecambe



Feeding alpacas in the Lake District



Thrive allotment project

OUR "BIG CONVERSATION"

February 2023 saw the beginning of the CancerCare Big Conversation. The big question we are exploring over the next 12 months is: "How can we maximise the number of people our services can support yet still remain sustainable?" Like most charities our income relies on the generosity of the public. CancerCare does receive a small amount of funding from the NHS but this accounts for just 7% of our annual spending. We will use the Big Conversation research to develop innovative additions to services to further our reach including new structured group work and online resources.

COMMUNITY ENGAGEMENT

Our Engagement Team have worked hard this year to spread the word about, and support the development of, CancerCare services. Sarah Drake's work covered north Lancashire (as far as Preston) while Mai Harrison encompassed Kendal, Barrow and rural areas across south Cumbria. Their work included attending Cancer Nurse Forums and ICC network meetings, giving talks to schools and community groups, setting up new group activities and consulting with "hard to reach" communities such as farmers.



Engagement Officer Mai with the former Mayor of Ulverston

Achievements & Performance

Fundraising update

The world of fundraising has changed. With a cost of living crisis, soaring energy bills (including our own) and global financial uncertainty, fundraising is the toughest it has ever been.

As always our dedicated supporters held quiz nights, ran marathons, rode their bikes and baked fabulous cakes all to help us ensure we can keep providing a fully funded service to those who need us most.

Yet again our physical challenges proved extremely popular, selling out both our Cross Bay and very first Chapel Island walk. Being able to use the landscape we live in as a backdrop to our outdoor events is very special and we'd like to thank every person who signed up to an event over the past year. The Chef Show made a return in November and established itself as one of the most unique events CancerCare has ever held and then in December we were able to welcome back our iconic Leighton Hall Christmas Fayre. We had to wait three years to run these events again!

We are still as determined as ever to ensure the sustainable financial future of CancerCare as we enter in to our 40th anniversary year. We couldn't do this without the support of our individual donors, community fundraisers, local businesses, local school communities and trust and grant funders. We would also like to thank those who are sadly no longer with us but were generous in their last wishes and left us a lasting legacy via a gift in their Will.



The Chef Show

Food lovers from across Furness enjoyed a special night of comedy and cuisine and raised more than £19,000.

On 5th November 2022, more than 170 guests enjoyed a six-course meal specially created by six chefs from some of the best restaurants in south Cumbria who showcased their skills live on stage at Ulverston's Coronation Hall.



The evening featured laughs aplenty from host and compere, comedy actor Garry Gifford and guests danced late into the night to tunes from DJ Pete Garbacz.

There was also a poignant presentation from former CancerCare client Katrina Lawson Evans who gave an emotional speech about how our team of specialist young people's therapists helped her children Daniel and Eva following the death of their father Darryll to cancer in 2021.



This was the second Chef Show and, in total, the two events have raised £31,000 for us. It also represents a real community effort thanks to all the local businesses, people and volunteers who give up their time, donate ingredients and loan us equipment for free.

Achievements & Performance

Fundraising update



112 mile Fred Whitton tandem cycle



LADOS performance of Calendar Girls



Jazz's Sweet Treats school cake sale



Lights on the Lake in-memorial event



Halloween garden display



Team Kemp at K2B



Jacob Walker's "Wheely Big" Challenge



Barrow Flower Club donation



Kellie Clark marathon runner



Rebecca's 60th birthday head shave



Imogen Shellcross's car boot sale



Santa Dash



Sally James's High Intensity Impact Training Workout

Report of the Trustees

Governance, Structure & Management

Legal Entity

CancerCare North Lancashire and South Cumbria is a company limited by guarantee and is governed by its Articles of Association.

Charitable Objectives

- To relieve sickness and suffering of people facing cancer and other chronic or life-limiting illnesses, and of their carers, families and friends during and after such illness or illnesses.
- To provide or assist in providing forms of therapies and support to meet individual needs.
- To educate the public in order to broaden understanding and knowledge of vital aspects of cancer, such as prevention, detection, relief and treatment.
- To undertake or promote research into prevention, detection, relief and treatment and to encourage the dissemination of the results of such research for public benefit.

Trustees: appointment and induction

CancerCare recognises that a robust, independent and effective Board of Trustees is essential if the charity is to achieve its objects; that the Board must have available to it all of the knowledge and skills required to govern the charity.

New Trustees are recruited through advertisements in the media and a range of networks in line with the charity's Recruitment of Trustees Policy and Equal Opportunities.

They are appointed by a sub-committee of the board and formally appointed at the Annual General Meeting of the charity to serve for a three year term, renewable to a maximum of nine years.

All new Trustees receive a formal induction and are encouraged to spend time over the course of their first six months in office with each member of the management team.

They also receive a Trustee induction pack that includes various key documents as well as Charity Commission guidance on effective non-profit governance.

In addition Trustees are asked to undertake various online training modules in relationship to Information Governance and Safeguarding. An annual away day is also held with the Trustee Board. Trustees receive no remuneration for their time and can claim only documented expenses incurred in carrying out their duties in line with the volunteer policy.

No employee benefits were paid to any of the Trustees during the current or period year.



Report of the Trustees

Governance, Structure & Management

Organisational structure, Governance and Management

The Board of Trustees meets bi-monthly but delegates the daily running to the CEO and leadership team comprising Head of Therapists, Head of Client Services & Development, Head of Fundraising & Marketing, and Head of Finance & HR. A management committee meets bi-monthly comprising of the Chair, Vice-Chair, Treasurer, CEO and the leadership team. This meeting is in advance of the Trustee meeting.

In addition, certain work is delegated to one of four sub committees:

- Finance sub-committee — responsible for detailed financial analysis, managing investment and risk and review of reserves policy
- Service development group—responsible for the development of new service recommendations
- Remuneration committee – responsible for all matters relating to paid staff, including key management personnel
- Income generation sub-group –to advise and oversee the development and implementation of a comprehensive income strategy for CancerCare

Each Group comprises Trustees and staff and reports to the Trustee Board.

Staff

The Trustees are grateful to all members of staff, PAYE and our sessional team for the outstanding work they do.

CancerCare seeks to be an employer of choice and reviews on an annual basis the level of remuneration and other benefits awarded to staff.

Volunteers

The Trustees recognise the extremely valuable contribution made by volunteers and wish to place on record their thanks for their commitment.

Our brilliant volunteers continued to play a vital role in delivering our charity objectives with 87 regular volunteers contributing 14,954 hours of support to our work this year.

Whether sitting on reception, doing essential admin, driving our clients, or helping out at one of our fundraising events, our volunteers make a huge difference.



Volunteer Driver Peter Hopwood

“It is a very enjoyable and fulfilling role. People are usually very appreciative and value having reliable and friendly transport door-to-door. As a driver this is very rewarding and many people enjoy a chat although I have made it a rule never to ask questions and it is soon clear what kind of conversations people enjoy.”

“The role can sometimes be tough, especially if someone shares that they have a terminal diagnosis. However, basic kindness and thoughtfulness is all that is needed as well as being a good listener.”

Volunteer Driver Peter Hopwood

Report of the Trustees

Risk Management

The Trustee Board is sensitive to potential risks to which the charity may be exposed.

The Board has approved a detailed risk map and this is reviewed fully every 12 months. The main areas covered include:

- Finance and Fundraising
- Governance and Compliance
- Environmental
- Client Satisfaction & Service Delivery

In addition, all reports to the Board of Trustees requiring a decision contain an explicit section covering risk to ensure that these are understood and mitigating actions are covered as appropriate.

There are also some inherent risks associated with the management of confidential client data.

CancerCare has developed robust information governance procedures and associated training for all staff.

To maintain operational integrity, policies and procedures covering all aspects of day to day operations are subject to formal review on a rolling one to three year basis including a business continuity plan.

Public Benefit

From April 1, 2008, the Charities Act has required all charities to meet the legal requirements that its aims are for the public benefit.

The Charity Commission in its 'Charities and public benefit' guidance states that there are two key principles to be met in order to show that an organisation's aims are for the public benefit. Firstly, there must be an identifiable benefit and secondly, the benefit must be to the public or a section of the public.

The Trustees are satisfied that the aims and objectives of the charity, and the activities reported on in this annual report to achieve those aims, meet these principles.

Fundraising Standards

The charity undertakes fundraising activity via events, lottery, charity places, sponsored events and other such activities. The Trustees abide by the Code of Fundraising Practice set by the Fundraising Regulator in overseeing the fundraising activities of CancerCare and any third parties fundraising on its behalf.

We train our fundraising staff and volunteers to reinforce our fundraising ethics, policies and procedures. Our volunteers are supervised in their activities by charity staff to ensure compliance.

We received four complaints in total to the period 31st March 2023. One relating to the lottery, two relating to fundraising and one about therapy services.

Working with Others

CancerCare is committed to working in collaboration with others who share an interest in improving outcomes for people of all ages impacted by cancer or bereavement to access support and help when they need it.

The charity will not duplicate work that is already meeting the needs of people impacted by cancer.



Launch of new yoga group in Barrow

Report of the Trustees

Financial Review

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by charities.

Income and expenditure

Total income for the year was up £355,201 at £1,836,353 (2022: £1,481,152). This was an exceptional performance given we are still feeling the negative impact of the pandemic on traditional fundraising in the community and the uptake of some of our events. We were fortunate to benefit from a number of legacies in year and we are extremely grateful for this support. Awards from trusts and income from grants continue to make a significant contribution to our work and we are humbled by this recognition of the value of our services by the funders who have supported us.

We experienced a surge in demand again in the first quarter of 2023 (January-March) and again had to introduce a waiting list to access our services. Clients have been returning to the centres for face to face appointments but there is still a demand for our online provision whether in a 1:1 capacity or group work such as Mindfulness and Yoga. We supported 350 in this way and it is especially important for those too ill to leave the house or those with caring responsibilities. As a result of the increase in demand, expenditure increased to £1,789,042 (2022: £1,650,572)

We ended the year with a surplus of £47,311 which was reduced by a net loss on investments of £52,742 to a deficit of £5,431.

Investment Policy

Our portfolio of investments is managed by Rathbones Investment Management on a discretionary management basis. Given the ongoing challenges around Covid, the rise in inflation and surge in fuel prices we are pleased with how our investments are being managed.

We receive quarterly performance reports, and our Investment Manager is invited to our finance committee meetings as required.

We have an Investment Policy in place. The policy is reviewed on an annual basis.

Going Concern

The Trustees are able to confirm that they are of the opinion that there are no material uncertainties related to events or conditions that cast significant doubt over the ability to continue as a going concern.



Report of the Trustees

Financial Review

Reserves Policy

The Trustees are keen to ensure that funds donated to the charity are not only used on the highest priorities delivering impact but also that those funds are promptly used so that impacts and benefits can be realised as soon as practical. The Trustees need to balance this objective with the need to maintain financial prudence and ensure the long term financial sustainability of the charity.

The Trustees have adopted a Reserves Policy based on a detailed risk assessment of all the charity's income streams. Despite reviewing the charity's risk assessments, unsurprisingly we did not predict the longer-term impact of Covid19 on some of the charity's income streams.

Based on the latest analysis, the target Reserves level remains at £550,000 with a tolerance of £150,000 either way. Only if the wider limits are breached do Trustees require the Executive Leadership Team to present plans for re-alignment.

Total funds for the year ended 31 March 2023 amounted to £1,955,032 (2022: £1,960,463) comprising:-

	2023	2022
Restricted Building Funds	£1,005,132	£1,009,574
Restricted Income Funds	£110,152	£105,720
Trustee Designated Funds	£115,191	£227,063
General Funds (RESERVES)	£724,557	£618,106

Reserves are ahead of the targeted level at year end. However, Trustees have approved a deficit budget for the year to 31 March 2024. Our fundraising activities continue to grow following the pandemic but we recognise that the cost of living and inflationary pressures are impacting on our income. Our surplus reserves will allow us to absorb this in the short term and we continue to carefully monitor our costs to ensure we can continue to deliver our charitable activities in the longer term.

Designated funds are created to meet specific identifiable future project spends and are detailed in the main body of the accounts.



Barrow "Fire & Ice" Walk

Statement of Trustees' Responsibility

The Trustees (who are also the directors of CancerCare (North Lancashire and South Cumbria) for the purposes of company law) are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The Trustees have taken advantage of the small companies' exemption in the Companies Act 2006.

Company law requires the directors to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the income and expenditure of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company & enable them to ensure that the financial statements comply with the Companies Act

2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention & detection of fraud and other irregularities.

Insofar as each of the directors of the charitable company at the date of approval of this report is aware there is no relevant audit information (information needed by the company's auditors in connection with preparing the audit/report) of which the company's auditors are unaware. Each director has taken all the steps that he/she should have as a director to make themselves aware of any relevant audit information and to establish that the company's auditors are aware of that information.

Auditor

MHA Moore and Smalley are deemed to be re-appointed under section 487(2) of the Companies Act 2006.

Approval was given by the Trustees for this report and is signed on the Board's behalf by



.....
Ms A. Stainthorpe. Company Secretary

06/10/2023



.....
Mrs H. Caldwell. Trustee

09/10/2023

Independent Auditor's Report

To the Trustees of CancerCare (North Lancashire & South Cumbria)

YEAR ENDED MARCH 31, 2023

Opinion

We have audited the financial statements of CancerCare (North Lancashire & South Cumbria) (the 'charitable company') for the year ended 31 March 2023 which comprise Statement of Financial Activities, Balance Sheet, Cash Flow Statement, & notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law & United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK & Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true & fair view of the state of the charitable company's affairs as at 31 March 2023, & of its incoming resources & application of resources, including its income & expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; &
- have been prepared in accordance with the requirements of the Companies Act 2006.

This report is made solely to the charitable company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's Trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, & we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe the audit evidence we have obtained is sufficient & appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the Trustees annual report, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Independent Auditor's Report

To the Trustees of CancerCare (North Lancashire & South Cumbria)

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated

If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the Trustees' report; or
- the charitable company has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement set out on page 22, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with regulations made under section 154 of that Act.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Independent Auditor's Report

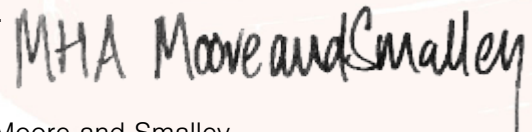
To the Trustees of CancerCare (North Lancashire & South Cumbria)

- Enquiries with the Board about any known or suspected instances of non-compliance with laws and regulations, including fraud;
- Challenging assumptions and judgements made by the Board in their significant accounting estimates, in particular in relation to provisions;
- An evaluation of the risk of management override of controls and subsequent testing, including through testing journal entries and other adjustments for appropriateness;
- Auditing the risk of fraud in income by way of cut off testing around the year end, including considering income recognition criteria under the SORP, as well as transactional testing to obtain evidence that income is complete and recognised in the correct accounting period
- An evaluation of the charity's internal control environment; and
- A review of Board minutes and resolutions.

Because of the industry in which the charity operates, we identified the following areas as those most likely to have a material impact on the financial statements: Health and Safety, compliance with Gambling Commission rules, (in particular, holding the relevant lottery licence), GDPR, employment law, and compliance with the UK Charities Act.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/Our-Work/Audit/Audit-and-assurance/Standards-and-guidance/Standards-and-guidance-for-auditors/Auditors-responsibilities-for-audit/Description-of-auditors-responsibilities-for-audit.aspx>. This description forms part of our auditor's report.



MHA Moore and Smalley
Statutory Auditor

Priory Close
St Mary's Gate
Lancaster
LA1 1XB

Date: 09/10/2023

MHA Moore and Smalley is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006.

Statement of Financial Activities

Year ended March 31, 2023

INCORPORATING THE INCOME & EXPENDITURE ACCOUNT

		Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Income from:					
Donations and legacies	3	784,868	231,610	1,016,478	779,921
Other trading activities	4	621,055	-	621,055	521,346
Investments	5	17,223	-	17,223	17,549
Charitable activities	6	127,491	47,486	174,977	161,403
Other	7	6,620	-	6,620	933
Total		1,557,257	279,096	1,836,353	1,481,152
Expenditure on:					
Raising funds	8	344,990	-	344,990	343,447
Charitable activities	9	1,122,439	321,613	1,444,052	1,307,125
Total		1,467,429	321,613	1,789,042	1,650,572
Net income/(expenditure) before other (losses)/gains		89,828	(42,517)	47,311	(169,420)
Net (losses)/gains on investments		(52,742)	-	(52,742)	43,874
Net (expenditure)/income before transfers		37,086	(42,517)	(5,431)	(125,546)
Transfer between funds	12	(42,507)	42,507	-	-
Net movement in funds		(5,421)	(10)	(5,431)	(125,546)
Reconciliation of funds:					
Total funds brought forward		845,169	1,115,294	1,960,463	2,086,009
Total funds carried forward		839,748	1,115,284	1,955,032	1,960,463

The Statement of Financial Activities includes all recognised gains and losses in the year. All of the above amounts relate to continuing activities. The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

The notes on pages 29 to 48 form part of the financial statements.

Balance Sheet

Year ended March 31, 2023

		2023		2022	
		£	£	£	£
Fixed assets					
Tangible assets	14	1,007,772		1,012,213	
Investments	15	623,068		675,810	
			1,630,840		1,688,023
Current assets					
Debtors	16	218,363		285,725	
Cash at bank and in hand		278,371		160,092	
		496,734		445,817	
Creditors: amounts falling due within one year	17	(172,542)		(173,377)	
Net current assets			324,192		272,440
Total assets less current liabilities			1,955,032		1,960,463
Net assets			1,955,032		1,960,463
Funds:					
Restricted funds	18	1,115,284		1,115,294	
Unrestricted funds	20	839,748		845,169	
Total funds			1,955,032		1,960,463

For the year ending 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies but as this company is a charity, it is subject to audit under the Charities Act 2011.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts were approved by the members of the committee and authorised for issue on the and are signed on their behalf by:

H.L. Caldwell

09/10/2023

Mrs H.L Caldwell

Trustee

Company Registration Number: 06241210

The notes on pages 29 to 48 form part of the financial statements

Cash Flow Statement

Year ended March 31, 2023

	Total 2023 £	Total 2022 £
Cash generated/(used) in operating activities	144,086	(388,877)
Cashflows from investing activities		
Investment income	17,223	17,549
Purchase of tangible fixed assets	(43,030)	(30,581)
Sale of investments	-	250,000
Cash provided by/(used in) investing activities	118,279	(151,909)
Increase/(Decrease) in cash and cash equivalents in the year	118,279	(151,909)
Cash and cash equivalents brought forward	160,092	312,001
Cash and cash equivalents carried forward	278,371	160,092
Reconciliation of net movement in funds to net cashflow from operating activities		
Net movement in funds	(5,431)	(125,546)
Investment income received	(17,223)	(17,549)
Depreciation	47,471	38,053
Decrease/(increase) in debtors	67,362	(271,565)
(Decrease)/increase in creditors	(835)	31,604
Loss/(gain) on revaluation of investments	52,742	(43,874)
Net cash generated in operating activities	144,086	(388,877)
Components of cash and cash equivalents		
Cash at bank and in hand	278,371	160,092
	278,371	160,092

The notes on pages 29 to 48 form part of the financial statements.

Notes to Financial Statements

Year ended March 31, 2023

1 ACCOUNTING POLICIES

Legal form

CancerCare (North Lancashire & South Cumbria) is a registered charity and a limited company, limited by guarantee, as defined by the Companies Act 2006, incorporated in England and Wales. The registered office of the charity, the nature of its operations and its principal activities are all detailed in the Trustees' report within these financial statements.

The Charity meets the definition of a public benefit entity under FRS102. 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 (FRS102) (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and the provisions of the Charities Act 2022 that have come into force as at 31 March 2023.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts are rounded to the nearest £.

The financial statements have been prepared on a going concern basis under the historical cost convention. The particular accounting policies adopted by the trustees are described below. These policies have been consistently applied to all years presented unless otherwise stated.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented, unless otherwise stated.

Going concern

The Trustees assess whether the use of going concern is appropriate i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern.

The Trustees make this assessment in respect of a period of at least one year from the date of authorisation for issue of the financial statements and have concluded that the charity has adequate resources to continue in operational existence for the foreseeable future and there are no material uncertainties about the charity's ability to continue as a going concern, thus they continue to adopt the going concern basis of accounting in preparing the financial statements.

Notes to Financial Statements

Year ended March 31, 2023

1 ACCOUNTING POLICIES (continued)

Income

Income including donations and gifts receivable is credited to the Statement of Financial Activities in the period in which it is receivable.

Legacies are regarded as receivable once probate has been granted, there is sufficient evidence regarding the certainty of the receipt and there is a sufficiently reliable measurement of the amount in accordance with the recognition criteria of the SORP. In practice this is rarely before the receipt of a letter advising of an intended payment or transfer. Interim receipts are treated as being receivable on receipt.

Income for other charitable activities includes grants received from clinical commissioning groups. Income is received in exchange for the delivery of services and is recognised when entitlement has occurred.

Income from other trading activities includes income earned from fundraising events and trading activities to raise funds for the charity, including the operation of a lottery.

Investment income is earned through holding assets for investment purposes. It includes dividends and interest and is included when the amounts are received.

Expenditure

All expenditure is accounted for on an accruals basis in the expense categories required by the SORP. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably. Costs are further allocated between the activities undertaken on a basis consistent with the use of the resources. Expenditure includes irrecoverable VAT.

Charitable activities expenditure includes costs incurred in the delivery of the charity's activities and services. It includes both direct costs, including staff costs, that are incurred in the delivery of the activities and services and indirect costs which are required to support the delivery of the charitable objects.

Costs of raising funds include those costs in relation to the charity's operations which are used to generate further income which is integral to the charity in meeting its charitable objectives.

Where support costs cannot be directly attributed to particular headings, they have been allocated to expenditure on charitable activities on a basis consistent with use of the resources.

Notes to Financial Statements

Year ended March 31, 2023

1 ACCOUNTING POLICIES (continued)

Donated services and facilities

Donated services and facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit is probable, and that economic benefit can be reliably measured. In accordance with SORP (FRS 102) no amounts are included in the financial statements for services donated by volunteers.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity 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 on period of receipt.

Investments

Investments are recognised initially at fair value which is normally the transaction price excluding transaction costs. Investments are subsequently stated at fair value if the shares are publicly traded or their fair value can otherwise be measured reliably. The SOFA included the net gains and losses arising on revaluations and disposals throughout the year.

Fixed assets

All fixed assets are initially recorded at cost. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their residual value, over their expected useful lives on the following bases:

Freehold property	1% straight line
Equipment	20-33% straight line
Freehold property improvements	20% straight line
Fixtures and fittings	20% straight line
Motor Vehicles	20% straight line

Debtors and creditors within one year

Debtors and creditors with no stated interest rate and receivable and payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Notes to Financial Statements

Year ended March 31, 2023

1 ACCOUNTING POLICIES (continued)

Cash and cash equivalents

Cash is a basic financial asset and includes cash in hand and deposits held on call with banks.

Fund accounting

Unrestricted funds - General funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity.

Designated funds - Designated funds are unrestricted funds set aside by the Trustees for particular purposes.

Restricted funds - Restricted funds arise where there is a donor-imposed restriction on the use of the funds, or the funds have arisen in response to an appeal for a specified purpose.

Pensions

The charity operates a defined contribution scheme. Contributions are charged in the Statement of Financial Activities as they become payable in accordance with the rules of the scheme.

Taxation

HM Revenue & Customs considers the CancerCare (North Lancashire and South Cumbria) to be a charity and therefore they are entitled to exemption from tax afforded by Sections 478-489 of the Corporation Taxes Act 2010 to the extent that income is applied exclusively for charitable purposes.

Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to offset the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Notes to Financial Statements

Year ended March 31, 2023

1 ACCOUNTING POLICIES (continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price and are subsequently carried at amortised cost. Financial assets classified as receivable within one year are not amortised.

Financial assets are assessed for indicators of impairment at each reporting end date.

Financial assets are impaired where there is objective evidence that the estimated future cash flows have been affected. The impairment loss is recognised in the statement of financial activities.

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the company transfers the financial asset and substantially all the risks and rewards of ownership to another entity.

Basic financial liabilities

Basic financial liabilities, including creditors, are initially recognised at transaction price, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised. Debt instruments are subsequently carried at amortised cost.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities.

Financial liabilities are derecognised when the company's contractual obligations expire or are discharged or cancelled.

2 JUDGEMENTS & KEY SOURCES OF ESTIMATION UNCERTAINTY

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

Notes to Financial Statements

Year ended March 31, 2023

2 JUDGEMENTS & KEY SOURCES OF ESTIMATION UNCERTAINTY (continued)

Key assumptions, judgements and estimates

In the opinion of the Trustees' there have been no significant judgements made in the process of applying the above accounting policies. There have been no key assumptions concerning future and other key sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

The 2021 Cross Bay Walk raised £22k

Notes to Financial Statements

Year ended March 31, 2023

3 INCOME FROM DONATIONS & LEGACIES

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Donations	198,299	-	198,299	149,523
Legacies	576,921	-	576,921	360,370
Grants	9,648	231,610	241,258	270,028
	784,868	231,610	1,016,478	779,921

At the year end the Trustees had been notified of legacies of approximately £nil (2022: £nil) which do not meet the recognition criteria for inclusion within the current year's financial statements.

In the comparative period income from donations and legacies included £548,178 of unrestricted funds, and £231,743 of restricted funds.

4 INCOME FROM TRADING ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Sale of goods	8,311	-	8,311	15,551
Fundraising events	181,140	-	181,140	111,590
Income from lottery	431,604	-	431,604	394,205
	621,055	-	621,055	521,346

All income from trading activities in the comparative period was unrestricted.

5 INCOME FROM INVESTMENTS

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Bank interest receivable	45	-	45	-
Other interest receivable	17,178	-	17,178	17,549
	17,223	-	17,223	17,549

All income from investments in the comparative period was unrestricted.

Notes to Financial Statements

Year ended March 31, 2023

6 INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
University Hospitals of Morecambe Bay Charitable Funds	-	47,486	47,486	33,912
Lancashire North CCG and Cumbria CCG	127,491	-	127,491	127,491
	127,491	47,486	174,977	161,403

In the comparative period, income from charitable activities included £127,491 of unrestricted funds and £33,912 of restricted funds.

7 OTHER INCOME

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Other income	6,620	-	6,620	933
	6,620	-	6,620	933

All other income in the comparative period was unrestricted.

8 EXPENDITURE ON RAISING FUNDS

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Fundraising, advertising and promotion	200,683	-	200,683	199,419
Goods for resale	1,766	-	1,766	5,284
Lottery expenditure	142,541	-	142,541	138,744
	344,990	-	344,990	343,447

All expenditure on raising funds in the comparative period was unrestricted.

Notes to Financial Statements

Year ended March 31, 2023

9 EXPENDITURE ON CHARITABLE ACTIVITIES

	Note	Provision of support for those affected by cancer		Total	Total
		Unrestricted	Restricted	2023	2022
		£	£	£	£
Provision of charitable services		689,258	266,355	955,613	921,368
Support costs	10	433,181	55,258	488,439	385,757
		1,122,439	321,613	1,444,052	1,307,125

In the comparative period expenditure on charitable activities included £1,001,016 against unrestricted funds, and £306,109 against restricted funds.

10 SUPPORT COSTS

	Unrestricted funds	Restricted funds	Total 2023	Total 2022
	£	£	£	£
Wages and salaries	246,395	5,967	252,362	192,766
Other expenses	153,588	1,576	155,164	128,277
Audit fees	9,910	-	9,910	6,750
Legal fees	21,925	-	21,925	18,367
Compliance costs	1,363	244	1,607	1,544
Depreciation	-	47,471	47,471	38,053
	433,181	55,258	488,439	385,757

In the comparative period support costs included £340,539 against unrestricted funds, and £45,218 against restricted funds.

11 NET INCOME/EXPENDITURE

	2023	2022
Net income is stated after charging:	£	£
Charity		
Staff pension contributions	42,767	28,380
Payment to Directors for services as Chief Executive	57,402	56,276
Auditors' remuneration		
- audit of the financial statements	9,910	6,750
Depreciation of tangible assets		
- owned by the charity	47,471	38,053

Notes to Financial Statements

Year ended March 31, 2023

12 FUND TRANSFERS

Transfers were made to restricted building funds in respect of all four properties. These transfers reflect spends of previously designated funds set aside by Trustees for the refurbishment and improvement of our existing centres.

13 ANALYSIS OF STAFF COSTS, TRUSTEE REMUNERATION AND COST OF KEY MANAGEMENT PERSONNEL

Total staff costs were as follows:	2023 £	2022 £
Wages and salaries	620,180	580,773
Social security costs	43,059	41,579
Pension costs	42,767	28,380
	706,006	650,732

Particulars of Employees

The average number of employees during the year, calculated on the basis of full-time equivalents, was as follows:

	2023 No	2022 No
Administrative staff	12	14
Direct charity workers	22	16
	34	30

No employee received remuneration of more than £60,000 during the current or prior year.

The number of Trustees for whom retirement benefits are accruing under money purchase schemes amounts to nil (2022: nil).

The total amount of employee benefits received by key management personnel, as determined by the charity, is £207,298 (2022: £194,462) during the current period.

The Charity operates a defined contribution pension scheme. The contributions paid into these two schemes in respect of eligible employees for the year ended 31 March 2023 amounted to £42,767 (2022: £28,380).

Notes to Financial Statements

Year ended March 31, 2023

14 TANGIBLE FIXED ASSETS

	Freehold Property	Freehold Property Improvements	Fixtures & Fittings	Equipment	Motor Vehicles	Totals
	£	£	£	£		£
Cost						
At 1 April 2022	975,657	44,759	87,498	15,244	-	1,123,158
Additions	-	1,000	16,719	6,481	18,830	43,030
Disposals	-	-	-	-	-	-
Transfers						
At 31 March 2023	975,657	45,759	104,217	21,725	18,830	1,166,188
Depreciation						
At 1 April 2022	57,535	20,024	28,199	5,187	-	110,945
Charge for the year	9,757	9,152	18,720	6,390	3,452	47,471
Eliminated on disposals	-	-	-	-	-	-
At 31 March 2023	67,292	29,176	46,919	11,577	3,452	158,416
Net book value						
At 31 March 2023	908,365	16,583	57,298	10,148	15,378	1,007,772
At 1 April 2022	918,122	24,735	59,299	10,057	-	1,012,213

15 INVESTMENTS

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Listed investments				
UK Quoted fixed interest securities	93,849	-	93,849	89,182
UK Equities	194,741	-	194,741	210,063
International Equities	230,682	-	230,682	251,881
Alternative investments	93,423	-	93,423	112,382
Cash held as part of investment portfolio	10,373	-	10,373	12,302
	623,068	-	623,068	675,810
Historical Cost			487,195	487,195

Notes to Financial Statements

Year ended March 31, 2023

15 INVESTMENTS (continued)

	Total 2023 £	Total 2022 £
Quoted investments		
Balance brought forward	675,810	881,936
Acquisitions at cost	-	-
Disposals	-	(250,000)
Change in market value	(52,742)	43,874
Total investments at 31 March 2023	623,068	675,810

16 DEBTORS

	2023 £	2022 £
Trade debtors	1,959	7,930
Prepayments	11,556	13,153
Accrued legacy	204,848	264,642
	218,363	285,725

17 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade creditors	63,537	65,681
Taxation and social security	10,525	12,019
Other creditors	8,756	8,246
Accruals and deferred income	89,724	87,431
	172,542	173,377

Notes to Financial Statements

Year ended March 31, 2023

18 RESTRICTED INCOME FUNDS: CURRENT YEAR

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 March 2023 £
Restricted funds					
Slynedales building fund	460,074	-	(34,981)	37,878	462,971
Lakes centre building fund	346,680	-	(7,689)	1,507	340,498
Barrow building fund	197,269	-	(3,423)	3,645	197,491
Morecambe building fund	5,551	-	(1,379)	-	4,172
YPS Development - South Lakes	10,216	-	(1,241)	-	8,975
Domiciliary Care Service	11,379	-	(788)	-	10,591
Sir John Fisher Foundation fund	-	30,000	(29,986)	-	14
Francis C Scott	13,296	-	(11,654)	-	1,642
Children in Need	7,803	10,500	(8,843)	-	9,460
Nationwide	13	9,640	(507)	-	9,146
Rosemere/Bay Hosp Charity	(140)	47,486	(42,404)	-	4,942
YWCA	1,857	-	(1,836)	-	21
Global	4,746	-	(4,746)	-	-
NL Reaching Communities	10,002	30,000	(37,516)	-	2,486
Holiday Activities & Food	9,140	19,220	(18,958)	-	9,402
Walney Fund	(12,259)	17,356	(10,110)	-	(5,013)
Pink Ribbon Foundation	-	6,000	(5,976)	-	24
Cumbria Community	5,000	5,093	(5,083)	-	5,010
National Lottery	523	-	-	(523)	-
St James Place	8,558	-	(8,548)	-	10
Duchy of Lancaster	7	2,475	(2,468)	-	14
Lancaster Urgent Response	648	-	(648)	-	-
Morecambe Town Council	1,169	-	(1,168)	-	1
Hadfield Trust	3,040	-	(3,040)	-	-
February Foundation	5,000	5,000	(4,833)	-	5,167
Areti Charitable Trust	1,637	-	(1,562)	-	75
Banks Lyon	4,020	-	(4,020)	-	-
Nationwide Barrow YP	9,019	-	(8,568)	-	451
Nationwide Lancaster Bereavement	6,694	-	(6,679)	-	15
D'Oyly Carte	4,352	-	(3,697)	-	655
Ardonagh Fund	-	4,930	(4,929)	-	1
Cumbria County Council	-	8,320	(4,350)	-	3,970
Co-op Community Fund Kendal	-	2,205	(2,205)	-	-
Craven Trust	-	1,000	(993)	-	7
Vera Wolstencroft	-	20,245	(20,245)	-	-
Screwfix	-	4,632	(2,760)	-	1,872
Harriet Trust	-	2,000	(1,822)	-	178
Shepherd Street Trust	-	1,262	(517)	-	745
Cumbria Community Foundation	-	5,440	(5,427)	-	13
Lupton Tower Trust	-	1,000	(991)	-	9
Kendal Integrated Care	-	500	(504)	-	(4)
NL Community Fund	-	10,000	(3,870)	-	6,130
Nationwide Barrow 2023	-	9,792	(649)	-	9,143
Anonymous	-	25,000	-	-	25,000
Total funds	1,115,294	279,096	(321,613)	42,507	1,115,284

Notes to Financial Statements

Year ended March 31, 2023

18 RESTRICTED INCOME FUNDS: CURRENT YEAR (continued)

The Slynedaes Building Fund and the Lakes centre Building Fund are funds created to cover the carrying value of the two properties, being the two buildings from which the charity operates and delivers its services.

The Barrow Building Fund relates to the carrying value of the property in Duke Street, Barrow, which was purchased during 2019 utilising funds previously designated for the purpose.

The Morecambe Building Fund is a fund created to cover the carrying value of its items held in a leased property from which the charity operates and delivers its services.

The YPS Development Fund is a fund is to be spent on developing our service for young people in South Lakes.

The Domiciliary Care Fund is to pay for a domiciliary service for South Lakes residents at end of life.

Sir John Fisher Foundation Fund funds therapeutic work across Barrow and the Furness peninsula.

The Francis C Scott fund is funding to extend the ReFresh Action Research project in South Cumbria.

Children In Need Contribution to wage costs of Youth Worker and case Worker for our ReFresh project.

Nationwide fund to go towards Youth Action Research Officer salary.

Rosemere/Bay Hospitals Charitable Trust provide funding to deliver aromatherapy to patients in all three hospitals across Morecambe Bay in the three Oncology units and to palliative patients on the ward.

YWCA is a grant for the Kendal ReFresh project, working with young people aged 12-18 years of age.

National Lottery Reaching Communities sessional costs across all four centres.

Holiday Activities and Food activities and meals for our ReFresh Lancaster school holiday provision.

Walney Extension Community Fund 1:1 therapy for children aged 3-18 affected by cancer or bereavement in the Barrow and Furness area.

Pink Ribbon Foundation 175 1:1 sessions for clients with a breast cancer diagnosis.

Cumbria Community Funding for Furness area client provision.

St James' Place Charitable Foundation is a grant to contribute to the funding of ReFresh.

Duchy of Lancaster sessional costs in Lancaster District.

February Foundation to cover additional assessment activity.

Areti Charitable Trust outdoor residential activities for ReFresh project.

Notes to Financial Statements

Year ended March 31, 2023

18 RESTRICTED INCOME FUNDS: CURRENT YEAR (continued)

Nationwide Barrow support for ReFresh work in the Barrow area including element of Youth Worker salary.

Nationwide Lancaster Bereavement sessional costs for bereavement support in Lancaster District.

D'Oyly Carte start up funding for the allotment.

Ardonagh Fund 145 1:1 sessions for Morecambe.

Cumbria County Council ReFresh activities and summer programme activities.

Lupton Tower Trust 30 1:1 sessions to provide support for children aged over 3 bereaved or affected by cancer in the Kendal area.

NL Community Fund to fund 13 hrs Youth Action Research post.

Nationwide Barrow 2023 funding towards Youth Worker salary to develop ReFresh project in Barrow.

Anonymous funding to go to towards upgrading our Integrated Management System (IMS) which holds all our client information

Notes to Financial Statements

Year ended March 31, 2023

19 RESTRICTED INCOME FUNDS: PRIOR YEAR

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
Restricted funds					
Slynedales building fund	461,112	-	(26,197)	25,159	460,074
Lakes centre building fund	352,535	-	(7,423)	1,568	346,680
Barrow building fund	198,718	-	(3,091)	1,642	197,269
Morecambe building fund	4,681	-	(1,342)	2,212	5,551
YPS Development - South Lakes	11,663	-	(1,447)	-	10,216
Domiciliary Care Service	11,379	-	-	-	11,379
Sir John Fisher Foundation fund	2,913	20,000	(23,014)	101	-
Tesco Centenary	1,567	6,250	(7,965)	148	-
Francis C Scott	11,496	14,000	(12,083)	(117)	13,296
Lymphedema	1,885	-	(1,875)	(10)	-
Children in Need	-	10,000	(2,197)	-	7,803
Nationwide	-	9,093	(8,680)	(400)	13
Rosemere/Bay Hosp Charity	-	33,307	(33,447)	-	(140)
Discovery Grant (Digital)	3,875	2,634	(137)	(6,372)	-
YWCA	4,405	-	(2,548)	-	1,857
Global	7,315	29,691	(32,260)	-	4,746
Pappagallino Fund	50,000	-	(49,976)	(24)	-
NL Reaching Communities	-	15,000	(4,998)	-	10,002
Hospital Saturday	-	2,000	(1,997)	(3)	-
Holiday Activities & Food	-	25,200	(9,504)	(6,556)	9,140
Walney Fund	-	12,500	(24,759)	-	(12,259)
Pink Ribbon Foundation	-	4,800	(4,799)	(1)	-
Cumbria Community	-	5,000	-	-	5,000
National Lottery	523	-	-	-	523
Merck (GTR)	7,334	-	(7,334)	-	-
St James Place	7,060	10,000	(8,502)	-	8,558
Duchy of Lancaster	-	2,475	(2,468)	-	7
Lancaster Urgent Response	-	960	(312)	-	648
Skelton Bounty	-	1,234	(1,217)	(17)	-
Cumbria Community (Furness Grants)	-	5,120	(5,099)	(21)	-
Arnold Clarke	-	1,000	(977)	(23)	-
Souter Foundation	-	3,000	(2,997)	(3)	-
Morecambe Town Council	-	10,000	(8,831)	-	1,169
Hadfield Trust	-	5,000	(1,960)	-	3,040
February Foundation	-	5,000	-	-	5,000
Masonic Charitable Foundation	-	1,000	(1,004)	4	-
Areti Charitable Trust	-	2,500	(863)	-	1,637
Banks Lyon	-	5,000	(980)	-	4,020
Nationwide Barrow YP	-	9,639	(620)	-	9,019
Nationwide Lancaster Bereavement	-	9,900	(3,206)	-	6,694
D'Oyly Carte	-	4,352	-	-	4,352
Total funds	1,138,461	265,655	(306,109)	17,287	1,115,294

Funds that still remain in place at the balance sheet date are detailed in note 18, all other previously held funds are detailed below:

The Tesco Centenary fund represents funding for counselling for young people, activities and sessions and transport costs.

Notes to Financial Statements

Year ended March 31, 2023

19 RESTRICTED INCOME FUNDS: PRIOR YEAR (continued)

The Lymphedema fund represents funding for decongestive lymphatic therapy to people suffering from lymphedema.

CAST Discovery Grant is a grant towards the development of new digital services for young people.

Pappagallino Fund funding for one-to-one sessions and helpline costs in Cumbria.

Hospital Saturday Fund to provide 1:1 therapy at our Morecambe Centre.

Merck GTR Fund awarded for research into health inequalities and improving cancer survival rates in the Gypsy, Traveller, Roma community.

Skelton Bounty Fund helped to fund some hours of the Case Worker who supports our ReFresh project.

Cumbria Community Fund funding to go towards extending our counselling provision to two new groups of clients; those bereaved by or during the Covid pandemic and NHS staff who are coping with the additional pressure of the virus.

Arnold Clark Fund 30 sessions of Counselling across all sites.

Souter Charitable Foundation provided 90 sessions of 1:1 therapy.

Cumbria Freemasons funded additional woodwork sessions at our Kendal Centre.

Notes to Financial Statements

Year ended March 31, 2023

20 UNRESTRICTED INCOME FUNDS: CURRENT YEAR

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	Gains/ (losses) £	At 31 March 2023 £
Designated Funds						
Barrow service provision	-	-	(59)	59	-	-
IT upgrade	45,442	-	(3,954)		-	41,488
YP Project	99,704	-	(14,754)	(84,950)	-	-
Capital Improvement	60,000	-	(5,333)	-	-	54,667
Research fund	13,307	-			-	13,307
Therapists CPD	8,610	-	(2,881)		-	5,729
General Funds	618,106	1,557,257	(1,440,448)	42,384	(52,742)	724,557
Unrestricted funds	845,169	1,557,257	(1,467,429)	(42,507)	(52,742)	839,748

Designated funds are set aside by the Trustees for the following purposes:

Barrow service provision to meet the predicted deficit during the early stages of service provision in Barrow and the surrounding areas which has now concluded.

IT upgrade to fund ongoing IT upgrade projects.

YP Project to meet ongoing project costs associated with research and development of our service provision for young people.

Capital Improvements Fund to meet the cost of an essential capital improvements program including full refurbishment of several therapy rooms, replacement gutters and fascias for Kendal and Lancaster centres and new PVC front door for Kendal.

Research Fund to undertake research projects in line with CancerCare's aims and objectives.

Therapists Continuing Professional Development Fund (CPD) to support therapists with their CPD. This will allow therapists to undertake training which is out of their reach financially but will benefit our clients significantly.

Notes to Financial Statements

Year ended March 31, 2023

21 UNRESTRICTED INCOME FUNDS: PRIOR YEAR

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	Gains/ (losses) £	At 31 March 2022 £
Designated Funds						
Barrow service provision	116,478	-	(105,529)	(10,949)	-	-
IT upgrade	-	-	-	45,442	-	45,442
YP Project	68,358	-	(13,654)	45,000	-	99,704
Capital Improvement	-	-	-	60,000	-	60,000
Research fund	13,307	-	-	-	-	13,307
Therapists CPD	-	-	(1,390)	10,000	-	8,610
General Funds	749,405	1,215,497	(1,223,890)	(166,780)	43,874	618,106
Unrestricted funds	947,548	1,215,497	(1,344,463)	(17,287)	43,874	845,169

Designated funds at the balance sheet date are described in note 20.

22 ANALYSIS OF NET ASSETS BETWEEN FUNDS: CURRENT YEAR

	Tangible fixed assets £	Fixed asset investments £	Net current assets/ liabilities £	Long term liabilities £	Total £
Restricted Income Funds	1,007,772	-	107,512	-	1,115,284
Designated Funds	-	115,191	-	-	115,191
General Funds	-	507,877	216,680	-	724,557
Total funds	1,007,772	623,068	324,192	-	1,955,032

Notes to Financial Statements

Year ended March 31, 2023

23 ANALYSIS OF NET ASSETS BETWEEN FUNDS: PRIOR YEAR

	Tangible fixed assets	Fixed asset investments	Net current assets/ liabilities	Long term liabilities	Total
	£	£	£	£	£
Restricted Income Funds	1,012,213	-	103,081	-	1,115,294
Designated Funds	-	227,063	-	-	227,063
General Funds	-	448,747	169,359	-	618,106
Total funds	1,012,213	675,810	272,440	-	1,960,463

24 CONTROL AND RELATED PARTY TRANSACTIONS

The charity was under the control of the Board of Trustees' who are also directors for the purposes of company law in both the current and prior period.

No employee benefits were paid to any of the Trustees' during the current or period year except for the payment for services as Chief Executive in the prior year as detailed per note 13.

Travel and related expenses of £nil (2022: £nil) were reimbursed to nil (2022: nil) trustee during the year.

Insurance costs include £7,776 (2022: £7,764) to cover Trustees' and officer insurance.

25 COMPANY LIMITED BY GUARANTEE

The company is limited by guarantee. In the event of the company being wound up or dissolved, each member undertakes to contribute such amount as is required, not exceeding £10, for payment of any debts or liabilities.

References & Administrative Details

Trusts and foundation grants received in 2022/23

BAE GAYE Scheme Fund
Banks Lyon Memorial Trust
Barrow Borough Council
Children in Need
Cumbria Community Foundation (Furness Grant)
Cumbria Community Foundation (YP Opportunity Fund)
Duchy of Lancaster
Elizabeth & Richard Wilson Foundation
Freemasons
Holiday Activity & Food Programme (HAF)
Hospital Saturday Fund
Lancaster City Council

Morecambe Bay Trust (NHS)
Morecambe Town Council (Grant)
National Lottery Community Fund
Nationwide Colleague Grant
Pink Ribbon Foundation
Sir John Fisher Foundation
Skelton Bounty
Souter Charitable Trust
South Lakeland District Council
St James Place
The Areti Charitable Foundation
The February Foundation
The Hadfield Trust
Walney Extension Fund



References & Administrative Details

Trustees

The trustees who served office during the year and up to the date of signature of the financial statements were as follows:

Mr A.S Birchall (Chair) Registered: 08.04.14
Prof G.A Baynes (Vice Chair) 08.04.14
Dr D.J Eaton 04.10.14
Mr P.J Harrison 03.10.16
Mrs K.E Hodgson 03.10.16 (resigned 06.12.22)
Dr K Oliver 03.10.16
Mrs H.L Caldwell (Treasurer) appointed 05.04.22
Mrs S. Thompson 14.10.19
Ms A.R Scott (resigned 06.06.23)
Emma Edwards (appointed 07.02.23)
Mrs G Chesters (appointed 04.04.23)

Patron

Lady Ann Shuttleworth

President

Prof Malcolm McIlImurray

Vice-President

Mr Robert Webb

Chief Executive

Ms A Stainthorpe (appointed Jan 2021)

Company Secretary

Ms A Stainthorpe

Auditor

MHA Moore & Smalley
Priory Close, St Mary's Gate
Lancaster, LA1 1XE

Bankers

National Westminster Bank Plc
68 Church Street, Lancaster, LA1 1LN



Registered charity name:

CancerCare North Lancashire and South Cumbria

Charity registration number:

1120048

Company registration number:

6241210

Registered office:

Slynedales
Slyne Road
Lancaster
LA2 6ST

Acknowledgements

The Board of Trustees wish to thank the following for their support:

Our Patron, President &
Vice-President
Our Trustee Board & advisors
Our volunteers
Our individual donors and
fundraisers
Morecambe Bay Clinical
Commissioning Group
Ambleside Drop In group
Kendal Drop In group
Windermere Drop In Group
Members of all Cancer Support
Groups in Lancaster, Kendal &
Barrow
Phoenix Group

Our Corporate Supporters:

Lakeland Limited
FGH Security
Joseph A Jones
SCS Logistics
Guy Penn Ltd
MHA Moore and Smalley

Lancaster BID
BAE Systems
VolkerStevin
ASDA Lancaster, Kendal and
Barrow
Arnold Greenwood
Thomson Hayton Winkley
Morecambe Bay Wills & Estates
The Lawn Ranger
Factored/EXP
EDF
James Cropper Plc
R Leisure Hire
Oxley
HSBC
Nationwide
Citizen Card
Local Choice Magazine
Ian Hudson Car Sales
Morecambe Sainsbury's
Morecambe BID
The Farmers Ulverston
CaterKwik

The Gentry at Highgate
Ecojiko
Soul Bowl
Guide Over Sands Trust
Chadwick's Plastics
Plus all the other local businesses
who donated raffle and auction
prizes – thank you!

We received Gifts in Wills from the following people:

Joyce Anne Betton
Jean Patrica Edmondson
Mr W D Finney
Tim Fleming
Wendy Alfreda Graham
Janet McArthur Gribbin
Edna Hales
Mary J Jepson
Cora Jean Martin
Robert William McKittrick
Eunice & Ken Stevenson
Marian Taylor
Victor Clive Webster
Margaret Whiteley



Barrow Operatic & Dramatic Society's production of Calendar Girls at the Forum

Re-Fresh Young People's Peer Support Group on a country walk



“There is always a really respectful atmosphere which feels comfortable and encourages you to be open and talk about things.”

Kendal ReFresh Peer Support Group Member aged 14

Lancaster Centre

Slynedales, Slyne Road, LA2 6ST

Morecambe Centre

34 Northumberland Street, LA4 4AY

Kendal Centre

Blackhall Road, LA9 4BT

Barrow Centre

76 Duke Street, LA14 1RX

Tel: 03330 150 628

Web: cancercare.org.uk

