

Charity Registration No. 1122393

Company Registration No. 06324356 (England and Wales)

THE MARY HOW TRUST FOR CANCER PREVENTION
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

THE MARY HOW TRUST FOR CANCER PREVENTION

LEGAL AND ADMINISTRATIVE INFORMATION

| | | |
|-----------------------------|---|------------------------|
| Trustees | M A C Follis B P Lavin J A Ross J H Barder S Cemm M C Wratten S L Trownson D P Mathieson | (Appointed 1 May 2022) |
| Charity number | 1122393 | |
| Company number | 06324356 | |
| Principal address | Unit 1 & 2 The Colonnades 17 London Road Pulborough West Sussex RH20 1AS | |
| Registered office | Unit 1 & 2 The Colonnades 17 London Road Pulborough West Sussex RH20 1AS | |
| Independent examiner | Carpenter Box Amelia House Crescent Road Worthing West Sussex BN11 1RL | |
| Bankers | Barclays Bank PLC Leicester LE87 2BB | |
| Fund Managers | Quilter Cheviot 1 Kingsway London WC2B 6AN | |

THE MARY HOW TRUST FOR CANCER PREVENTION

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THE MARY HOW TRUST FOR CANCER PREVENTION

CHAIRMAN'S STATEMENT

FOR THE YEAR ENDED 31 MARCH 2022

I am delighted to introduce the Annual Report and Financial Statements for The Mary How Trust for Cancer Prevention ('The Mary How Trust') for the year ended 31 March 2022.

The financial year that this report details closed whilst still in the midst of challenging times. The global pandemic crisis has proved one of the most significant challenges that our charity has faced since its founding back in 1988. My fellow trustees and I are extremely proud of the dedication and hardworking ethos that our employees and volunteers have displayed during these extraordinary times.

As we move through and hopefully beyond the pandemic, I am confident that we have the team and infrastructure in place to continue to support our beneficiaries and adapt to meet the changing needs of our health screening services. In the year ahead, it will be vitally important that we continue to develop our services and fundraising efforts for a post-pandemic world and think creatively about how we generate vital resources that enable us to continue to deliver and develop our health screening services to the community.

Now we are settling into our new premises, the Board looks forward to embarking on the next chapter of The Mary How Trust's journey with strong foundations including a robust financial plan, a solid framework for a culture of excellence, a new strategic plan allowing us to work towards continually being outstanding, and a growing reputation for our good work across the community. Next year heralds our 35th Anniversary and I continue to be excited to be working with the Board, our CEO and the wider team in taking The Mary How Trust forward, putting in place the next key steps for the charity to thrive for a further 35 years and beyond.



Michael Follis

Chairman

Dated:

14/11/2022

THE MARY HOW TRUST FOR CANCER PREVENTION

WELCOME FROM THE CHIEF EXECUTIVE

FOR THE YEAR ENDED 31 MARCH 2022

As I write this welcome the day-to-day reality of COVID is still stark in our minds, now it seems part of our daily experience. The lasting impact on our health is yet to be fully experienced. Today, more than ever, health screening is an important consideration to help improve our health outcomes and enable informed decisions.

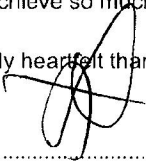
We are committed to our core beliefs that:

- Prevention is better than cure.
- Far too many people are needlessly dying from illness and disease which, if caught early, may be treatable.
- People can make a difference to their health and wellbeing.

Throughout the year we have worked hard to ensure our health screening services are available to all. Moving to larger premises, we are incredibly proud of our new clinic and the availability of our appointments.

Of course, none of our achievements would have been possible without the commitment of our Board of Trustees, employees, volunteers and supporters. It is thanks to their passion that we have been able to achieve so much in such challenging times.

My heartfelt thanks to all those who have supported us during the year,



.....
Lynda Vowles

Chief Executive Officer

Dated: 14/11/22

THE MARY HOW TRUST FOR CANCER PREVENTION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their report and financial statements for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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)".

Since the charitable company qualifies as small under section 3838, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

Objectives and activities

The objects of the charitable company as set out in its Memorandum and Articles of Association are:

- To prevent sickness, in particular but not exclusively, by providing a Health Screening service to the general public with the aim of detecting all types of cancer in particular, life-threatening diseases in general, and to make this service available to all.
- To advance public education in general health matters, and in the prevention, and detection, of cancer and other life-threatening diseases.

Activities for achieving objectives

The charity aims to achieve these objectives by providing a comprehensive health screening and advisory service with particular emphasis on early detection of cancers and other life-threatening diseases for self-referred, asymptomatic, adults over the age of 18 years old. The clinical team provides health screening consultations, including ultrasound scans, to people from all walks of life. The service moved to more comprehensive facilities, some 250 yards away from its previous home, in September 2021 to ensure it was able to continue and expand its health screening services to more people in the community, whilst reducing its waiting list.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Main activities undertaken to further the charity's purposes for the public benefit

When reviewing the charity's activities, planning its future strategic direction and making decisions, the Board of Trustees registers, and refers to, the Charity Commission's general guidance on public benefit as in guides PB1, PB2 and PB3.

As a not-for-profit organisation, our charitable activities are planned to ensure we are delivering public benefit and we thus continue to place great emphasis on our charitable objectives. The charity's screenings cost the charity in the region of £350 per person. Instead of a fixed fee, the charity invites donations that reflect a client's financial position and ability to pay. The balance of the charity's overheads and capital needs are met by its charity shop, fundraising activities, its supporters and by grants, donations, and legacies. The charity's mission is to make health screenings and healthy living advice accessible to all those in the community providing the facility to everyone, without discrimination, ensuring the widest benefit to the whole community.

Health advice is given, and reports are provided to both clients and, with the clients' consent, their GPs; the charity recommends that if further action is appropriate clients should contact their GP who will discuss the results with them and take matters forward as necessary.

The charity operates with a mix of three full time and 11 part-time paid clinical and administration employees, and a team of unpaid volunteers. Its charity shop in Pulborough has one paid manager supported, again, by a team of volunteers.

Operating five days a week, the charity offers its services directly to the general public from all walks of life, local groups, other charities and associations. We are proactive to ensure we maximise our public benefit.

THE MARY HOW TRUST FOR CANCER PREVENTION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Relationships with other organisations

The Mary How Trust seeks to work in partnership with other organisations wherever such partnerships can enable potential future collaborations, new and/or additional services. We also liaise closely with local GP practices, and we work hard to develop community partnerships, working together to further create benefit to all. We are vigilant with campaigns and issues affecting our clients' health and well-being, encouraging people to get involved.

We have a positive relationship with the Care Quality Commission, the wider community and services, including other charities. We continue to build strong and lasting relationships. This partnership approach enables our progress and development.

Environmental impact

Wherever possible, we work with environmentally conscious suppliers, we look to purchase equipment and products that use less energy, produce less waste, last longer, or promote a closed-loop process, where a product can be turned into a new product or converted back to raw materials. We manage our paper consumption, choosing not to print wherever possible, have very little waste and advise our clients to choose electronic means of communication. Our premises are as energy efficient as we can make them. We ensure lighting is turned off when rooms are not in use, reducing energy consumption wherever possible. Our usage of plastic is kept to a minimum and we recycle wherever possible. We promote environmentally friendly ways of working. Our employees all champion this cause. Our Environmental Policy is updated as and when the need arises, or as a minimum on an annual basis.

Achievements and performance

2021/2022 in summary

To say this year continued to be challenging is an understatement. Yet through every challenge that came our way, it never ceased to amaze how the team, volunteers, clients, and donors rallied together to show their support.

We all experienced the unprecedented disruption that the Covid pandemic brought to our lives. Some of those changes are undoubtedly here to stay. The charity sector has been no exception. Many charities have had to adopt new digital working practices, access alternative sources of funding, or change the services they provide in order to respond and meet new needs.

From a business perspective, the pandemic was hugely disruptive, but there has been much to learn from the experience. The unexpected slowdown in our operations gave us the time and the motivation to accelerate our efforts to strengthen our services, people, and infrastructure, creating new opportunities and efficiencies in a rapidly changing world. Time was taken to focus on our move to our new premises at the Colonnades. Trustees have an obligation to deliver its charitable services in line with Charity Commission governance. Due regard was given to this to ensure any alternative property was affordable in rent and that the lease ensured a continuity for the service for a minimum of a ten-year period. Furthermore, the adaption of the property would be within budget and, following the development and relocation, sufficient funds would still be available to meet the charity's reserves policy. The Colonnades provided this. The Trustees and CEO were mindful, during their search for alternative premises, of the above criteria along with ensuring its health screening clients and its employees were not unduly inconvenienced by location or facilities. The property had to ensure the charity was able to enhance its services to the community whilst delivering the mission of the charity.

Based on London Road Pulborough, just 250 yards from our previous clinic, our refurbished premises has given us four consultation rooms, a larger laboratory, spacious reception with waiting area, open plan administrative offices and two further offices, employees' rest room, client, disabled and employee toilets. The additional space at the Colonnades ensures a modern, purpose designed, facility enabling us to future proof the charity whilst offering more availability to our services, guaranteeing more client choice over appointments and easier access for the whole community, ensuring nobody is precluded from using our service by reason of finances. Additional clinical and laboratory employees, along with a Practice Manager, complemented our team to ensure extra appointments and a more streamlined process.

THE MARY HOW TRUST FOR CANCER PREVENTION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Extra administration space has meant the organisation works together, with more robust communication channels. Employee morale has been boosted due to the enhanced work environment the new premises has afforded. Furthermore, we have been able to ensure we upheld our level of service and are able to enhance and develop it further. The layout of the premises has helped with the overall health screening experience. The reception area is bright, welcoming, well ventilated, and well laid out, ensuring the client is relaxed prior to their screening. Information displays for dissemination and information sharing are now easily accessible. We are delighted by the way the clinic has been received by our clients and supporters, testament to the efforts and hard work of all those involved.

During the year, we have been mindful of how people perceive our place in society and how much trust the public place in charities. Research undertaken confirms they continue to believe that charities are an important part of society, and trust in charities remains higher than in most other sectors – a reflection of the value the public believes charities can bring and have brought.

We are committed to uphold the four public expectations:

- That a high proportion of charities' money is used directly for charitable activity
- That charities are making the impact they promise to make
- That the way they go about making that impact is consistent with the spirit of 'charity'
- That all charities uphold the reputation of charity in adhering to these.

Charity shop

Our charity shop transforms unwanted goods into funds, which help and contribute towards our screening services enabling all those in our community the access to preventative health.

The pandemic had an enormous impact on our shop income in 2020/2021. However, despite the challenging conditions faced by most, our sales performance after lockdown was more resilient than we expected, both in terms of sales and stock generation. In fact, we are pleased to report 2021/2022 was our best year to date. Thank you to our team of employees and volunteers who look after the shop, for their hard work and resilience. We continue to recognise the vital requirement for dedicated volunteers and employees and understand that our charity shop would not succeed without this support.

It is almost certain that the challenging climate we are experiencing will have at least some lasting consequences for the way people volunteer and donate, though the full extent and nature of those changes will only become clear in the course of time.

Financial review

Going concern

The trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

Investment policy

At year end, the trustees reviewed the charity's Investment Policy and appointed the services of an investment manager to maximise the return on investments with a level of risk that is commensurate with the charity's financial position. The investment policy sets clear guidelines for the investment manager, and these are reviewed quarterly.

Principal risks and uncertainties

The Management Operations Committee continues to be vigilant to the risks associated with not only the pandemic, the prevailing cost of living crisis but also changing legislation, CQC, Charity Commission, safeguarding and GDPR regulations. The financial position is constantly evaluated against forecasts to reduce any possibility of financial risk. The Trustees have conducted a review of the effectiveness of the charity's internal financial controls, using the Charity Commission financial controls checklist, CC8. This review concludes that the controls are relevant, appropriate to the charity and are not too onerous or disproportionate.

THE MARY HOW TRUST FOR CANCER PREVENTION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Reserves

The charity's policy is that the charity holds reserves equivalent to at least 6 months' expenditure. Following the move to The Colonnades reserves are expected to be £350,000 for the year 2022/2023. This judicious level of reserves helps ensure the ongoing delivery of the charity's charitable objectives.

The reserves policy is reviewed half-yearly by the Management Operations Committee, and annually at the Trustees' Autumn meeting.

Review 2021/22

We delivered exceptional financial performance during this period. While the pandemic has thwarted many industries and companies, our hard work and unique model continued to thrive, enabling the charity to navigate this period of heightened uncertainty. The results are testimony to our resilient team and supporters.

Despite the COVID19 pandemic, and inflationary predications, our financial agility has continued. Our accounts, below, show the financial affairs of the charity for the year ended 31 March 2022. We started the year with strong reserves and available funds to enhance and adapt our charitable activities, namely, to move premises and to carry out the necessary works on those premises to create a clinic suitable for our health screening requirements. Despite all the uncertainty of the economic outlook, the charity had an excellent financial year, with the unexpected receipt of legacy income, total funds were increased to £651,416 (2021: £553,215), of which £151 (2021: £10,793) are restricted.

After allowing for the funds tied up in Fixed Assets, Intangible Assets, Designated Funds and Restricted Funds, Free Reserves equal £445,759 (2021: £533,499). The results continue to ensure we are able to maintain the correct level of reserves available for the charity's use.

In the year 2020/2021, £274,000 was allocated to support the development of the charity in its move to The Colonnades, upgrading the charity's outdated IT systems, the acquisition of essential new and replacement clinical equipment, and to cover the charity's working capital needs. This was achieved during 2021/2022.

Given that the charity is seeking to double its screening numbers by 2023/24, it has designated £150,000 to help in this further development. However, there will also be the need to undertake fundraising campaigns with the objective of raising at least £75k during 2022/23, and at least £120k in each of the following two years. This fundraising objective will enable the charity to expand its services as planned and meet the growing demand from the community.

The majority of our funds are unrestricted. Where funds are received that are restricted in their application to specific purposes or activities, these are held in a restricted fund and spent accordingly.

The charity's free reserves are held in a combination of M&G Charibonds and (more recently) in the Quilter Cheviot Global Income & Growth Fund for Charities. This more diverse approach helps ensure that investments deliver the best overall financial return, within a risk profile that is commensurate with the charitable objectives and financial circumstances, whilst providing a reasonable and sustainable level of income.

The charity will continue to hold sufficient cash with their bankers, Barclays Bank plc, to meet immediate cash-flow requirements. The longer-term investment portfolio is invested in assets that are easily realisable within a maximum of three months.

Fundraising activities, including events, continued to be impacted during the year. The Trustees foresaw this impact continuing to curtail most of its fundraising events, until at least the fourth quarter of 2022. In addition, possible further waves of Covid19 may reduce the charity's screening services during the winter period.

The level of donations made via standing order remained resilient, however it is felt standing orders will start to dip with a one-off donation being increasingly preferred. Donor retention will continue to be paramount. We believe Charity Shop income will remain on track and increase slightly before levelling out. We are going to continue apace with our developments, improved services, and facilities.

After many years with the charity's previous accountants, the Trustees believed that it was time for review. Carpenter Box were appointed as the charity's new accountants, taking on the Independent Examination from the 2021/22 accounts.

THE MARY HOW TRUST FOR CANCER PREVENTION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

We remain prudent in our financial approach to ensure growing costs have a manageable impact on our charity and subsequently those who use our services.

Our thanks to everyone for their continued support, donations, and legacies. Without this support our health screening services would not be possible.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Plans for future periods

Looking forward to the year ahead, we will continue to work through every challenge that comes our way. To support the organisation on this journey, we are refreshing our Business Plan and focussing our immediate efforts into the 'living with' COVID19 World.

Existing and unpredictable conditions, along with the predicted cost of living crisis, highlight the need to maximise our organisational flexibility and to respond effectively and positively to changing circumstances. We will continue to review our operating model and central costs to permit an ever-more effective and efficient management, enabling us to focus on areas that generate the greatest level of contribution for our beneficiaries.

We are continually looking to improve the experience of working and volunteering in our charity. We know that in order to offer our health screenings to more people in our communities, we need a talented and ambitious community of people working for and with us and are focusing on key areas to continue to make this happen. These areas include unlocking our people's full potential, ensuring the provision of excellent training and induction programmes and a safe and trusted environment for all. A further employee will be recruited, dedicated to the reception area, to ensure first point of contact and more continuity in the appointment, screening and results process. An additional nurse is also to be recruited to help us continue to expand our screening process.

Over the next three years, our aim is to more than double the number of annual screenings we undertake, from around 1,100 in 2021/22 to over 2,500 by 2024/25. This strategy will allow us to tackle our current waiting list and, additionally, to help more of the local community which could derive so much value from having the benefits of comprehensive health screening.

Continuing with our developments, we will look at fundraising appeals and seek restricted funds to continue to improve our services and facilities. High on our agenda are the following projects:

- To equip our fourth consulting room at The Colonnades as a dual-purpose room for either nurses or ultrasound clinics to take place.
- To develop an outreach project for those in the community who are less likely to use preventative health services and have a high disease burden compared to the general population. This will play a critical role in improving and extending the reach of health care through health screening, education and facilitating access to other services. We will directly and indirectly improve health outcomes of individuals and communities.
- To form corporate partnerships with the business community. We envisage that building links by working in conjunction with corporate partners will not only raise awareness of our charity and ensure their employees continue to enjoy good health and well-being but will also create invaluable Corporate Social Responsibility and Public Relations opportunities for those companies involved.
- To reach our ambitious target for the year-end 31 March 2023 at the charity shop. Increasing the capacity to take advantage of the HMRC gift-aid scheme from the donations made.
- The success of our charity depends greatly on our volunteers. Therefore in 2022/23 we will place a strong emphasis on volunteer recruitment. We want to encourage people, with a diverse range of skills and backgrounds, to consider volunteering for us.
- To continue to work towards reducing the charity's environmental footprint.

THE MARY HOW TRUST FOR CANCER PREVENTION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

As we look to the future, it is likely that 2022/2023 will be less influenced by the pandemic. However, we will need to closely monitor financial performance with the move to larger premises and the predicted inflation will be at its highest level in decades, matters such as the continuance of Brexit and possible associated problems, a new government on the horizon and the continuing war in Ukraine will all have a significant impact on us, and we must plan for uncertain times.

We will review our processes and ensure our planned direction of travel is relevant in the current climate whilst remaining focused on meeting the needs of our health screening clients which remains, as always, central to the decision making of our Board of Trustees.

Structure, governance and management

Constitution

The Mary How Trust, founded in June 1988, is a charitable company limited by guarantee, incorporated on 25 July 2007. It is governed by the Memorandum and Articles of Association of the charitable company and is controlled by a board of trustees whose members are elected at the Annual General Meeting and are directors for the purposes of company law and trustees for the purposes of charity law. Registered charity number 1122393; Company Registration No: 06324356.

The vision, mission and values of The Mary How Trust guide us and remain as important today as they were when the charity was first formed back in 1988.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

M A C Follis

B P Lavin

J A Ross

J H Barder

S Cemm

G A Leonard

(Resigned 31 March 2022)

D Kirby

(Resigned 17 May 2021)

M C Wratten

S L Trownson

D P Mathieson

(Appointed 1 May 2022)

Appointment and election of Trustees

The management of the charity is the responsibility of the Trustees, who all bring their own knowledge, skills and passion to benefit the charity. They ensure the continued strategic direction of the charity. Elected and co-opted under the terms of the Articles of Association, the Trustees have the power to appoint new or additional Directors/ Trustees.

Deborah Kirby resigned from the Board in May 2021. Her active involvement and contribution to the charity will be greatly missed. We wish her well in her retirement. Due to ill health, Guy Leonard, who was a long-standing Trustee, resigned in March 2022. We are eternally grateful for his input, guidance and sound advice over many years. Sadly he subsequently died on 14 September 2022. Dee Mathieson was co-opted to the Board on 1 May 2022.

Induction and training of Trustees

The Board looks to recruit trustees who have particular skills helpful to the charitable company. Potential new trustees/directors are required to write to the Chair of the Board, attaching a full curriculum vitae. A Trustee Information Pack is issued. Following initial discussions, they are interviewed and become observers for a period. Trustees are offered a probationary period before being appointed. Appointments are ratified at the next scheduled AGM. All new trustees undertake a full induction procedure, including being made aware of their legal obligations under charity and company law, the contents of the Memorandum and Articles of Association, the committee, decision-making process and the recent financial performance of the charity. They are also given Charity Commission booklet 'CC3': 'The Essential Trustee'. Board members are encouraged to attend appropriate external and online training events, at the expense of the charity, to help them fulfil their Board role more effectively.

THE MARY HOW TRUST FOR CANCER PREVENTION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

All charities are subject to regulatory requirements which can be onerous. Trustee responsibilities are not taken lightly. We believe good governance is fundamental to our success.

Organisational structure and decision making

The Board of Trustees regularly reviews the direction of the charity. The full Board of Trustees meet four times a year.

The Management Operations Committee is responsible for oversight of the charity and meets monthly (except for those months where a quarterly Board meeting is held) to review and guide the operational and financial position of the charitable company. The Chair, Deputy Chair, Finance Director and three Trustees sit on this committee, along with the Chief Executive Officer and Practice Manager/Head of Operations. The Board delegate to this committee all day-to-day issues with a single spend limit of £20,000. All financial controls are delegated to the Finance Director on an annual basis.

Meetings follow an agreed agenda with various standing matters, including full reporting of management accounts, risk, health & safety, incidents, and safeguarding. It also participates in subgroups, as and when necessary. Day-to-day management of the charity is delegated to the Senior Management Team. The charity has continued to maintain governance and effective controls during the COVID19 pandemic by both face-to-face and virtual meetings.

Risk management

The trustees and management are committed to the active management of risk and have given due thought and consideration to the major risks to which the charity may be exposed. Systems are in place which have been designed to mitigate the charity's exposure to major risks; this includes a risk management matrix and a business continuity plan, both of which are reviewed on a regular basis. Risk is an agenda item and discussed at the Management Operations Committee and Trustee meetings. The risk COVID19 still poses to the charity is assessed on a regular basis and the trustees are confident actions to minimise the financial and operational effects of the virus are in place and remain manageable.

The charity is regulated by the Charity Commission, Companies House and the Care Quality Commission.

Personnel

The Mary How Trust is committed to recruiting and retaining talented employees. Employees are kept fully informed of the organisation's strategy and objectives, and individual performance is reviewed throughout the year. Learning and continuing personal development is a priority. The key management personnel comprise the Chief Executive Officer, Practice Manager/Head of Operations, Lead Health & Wellbeing Screening Nurses, and Ultrasound Lead. Temporary personnel and/or volunteers are recruited for specific tasks to ensure a balanced approach to managing administration, charity shop cover and fundraising.

We contribute a defined amount to either a workplace scheme, The People's Pension, or to an individual employee's personal pension.

Remuneration of key personnel

The Chief Executive Officer's salary is reviewed annually by the Board of Trustees. The Management Operations Committee review all other salary rates and present their recommendations for any pay reviews to the Board for approval, and subsequent implementation. The Mary How Trust Board understands that its employees are its greatest asset, and therefore is keen to ensure remuneration packages remain competitive within the sector. To achieve this, pay scales are bench marked against other organisations offering similar services.

THE MARY HOW TRUST FOR CANCER PREVENTION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Diversity

The charity is committed to diversity in terms of equality, gender, race, sexual orientation, religious beliefs, and socioeconomic status. We recognise our responsibility to ensure our services are open and inclusive and meet the needs of a diverse society. We are committed to developing our employees, volunteers and trustee recruitment and retention policies and processes to ensure we reflect the communities we serve. Employees and volunteers are supported to uphold equity in all our work. The charity interacts with a diverse cross-section of society and has mechanisms in place to ensure that respect and dignity are maintained.

Appointment of Independent Examiners

Carpenter Box have expressed their willingness to stand for reappointment and a resolution proposing their reappointment will be put forward at the annual general meeting of the charity.

The Trustees' report was approved by the Board of Trustees.



M A C Follis

Trustee

Dated: 14/11/2022

THE MARY HOW TRUST FOR CANCER PREVENTION

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE MARY HOW TRUST FOR CANCER PREVENTION

I report to the trustees on my examination of the financial statements of The Mary How Trust For Cancer Prevention (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

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

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

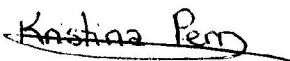
Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ACCA, which is one of the listed bodies.

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

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

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



Kristina Perry FCCA

Amelia House
Crescent Road
Worthing
West Sussex
BN11 1RL

Dated: 29/11/22.

THE MARY HOW TRUST FOR CANCER PREVENTION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2022

| | Notes | Unrestricted funds 2022 £ | Restricted funds 2022 £ | Total 2022 £ | Unrestricted funds 2021 £ | Restricted funds 2021 £ | Total 2021 £ |
|------------------------------------|-------|------------------------------------|----------------------------------|--------------------|------------------------------------|----------------------------------|--------------------|
| Income and endowments from: | | | | | | | |
| Donations and legacies | 3 | 698,732 | 14,800 | 713,532 | 364,756 | 6,510 | 371,266 |
| Other trading activities | 4 | 112,252 | - | 112,252 | 47,900 | - | 47,900 |
| Investments | 5 | 7,748 | - | 7,748 | 9,835 | - | 9,835 |
| Other income | 6 | - | - | - | 25,000 | - | 25,000 |
| Total income | | 818,732 | 14,800 | 833,532 | 447,491 | 6,510 | 454,001 |
| Expenditure on: | | | | | | | |
| Raising funds | 7 | 53,832 | - | 53,832 | 114,283 | - | 114,283 |
| Charitable activities | 8 | 467,140 | 2,500 | 469,640 | 281,366 | - | 281,366 |
| Material other expenditure | 12 | 170,914 | 22,912 | 193,826 | - | - | - |
| Total resources expended | | 691,886 | 25,412 | 717,298 | 395,649 | - | 395,649 |
| Net gains/(losses) on investments | | (18,033) | - | (18,033) | 474 | - | 474 |
| Net movement in funds | | 108,813 | (10,612) | 98,201 | 52,316 | 6,510 | 58,826 |
| Total funds brought forward | | 542,452 | 10,763 | 553,215 | 490,136 | 4,253 | 494,389 |
| Total funds carried forward | | 651,265 | 151 | 651,416 | 542,452 | 10,763 | 553,215 |

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

THE MARY HOW TRUST FOR CANCER PREVENTION

BALANCE SHEET

AS AT 31 MARCH 2022

| | Notes | 2022 £ | £ | 2021 £ | £ |
|---|-------|-----------------|----------------|-----------------|----------------|
| Fixed assets | | | | | |
| Tangible assets | 14 | | 55,506 | | 8,953 |
| Investments | 15 | | 499,991 | | 408,024 |
| | | | <u>555,497</u> | | <u>416,977</u> |
| Current assets | | | | | |
| Debtors | 16 | 7,215 | | 6,498 | |
| Cash at bank and in hand | | <u>131,146</u> | | <u>140,179</u> | |
| | | 138,361 | | 146,677 | |
| Creditors: amounts falling due within one year | 17 | <u>(42,442)</u> | | <u>(10,439)</u> | |
| Net current assets | | | 95,919 | | 136,238 |
| Total assets less current liabilities | | | <u>651,416</u> | | <u>553,215</u> |
| Income funds | | | | | |
| Restricted funds | 19 | | 151 | | 10,763 |
| <u>Unrestricted funds</u> | | | | | |
| Designated funds | 20 | 150,000 | | - | |
| General unrestricted funds | | <u>501,265</u> | | <u>542,452</u> | |
| | | | 651,265 | | 542,452 |
| | | | <u>651,416</u> | | <u>553,215</u> |

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006.

The trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 14/11/2022



M A C Follis
Trustee

Company Registration No. 06324356

THE MARY HOW TRUST FOR CANCER PREVENTION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2022

| | Notes | 2022 £ | £ | 2021 £ | £ |
|---|-------|-----------|-----------|-----------|----------|
| Cash flows from operating activities | | | | | |
| Cash generated from operations | 24 | | 154,892 | | 58,759 |
| Investing activities | | | | | |
| Purchase of tangible fixed assets | | (61,673) | | - | |
| Purchase of investments | | (160,000) | | (60,000) | |
| Proceeds on disposal of investments | | 50,000 | | 39,771 | |
| Investment income received | | 7,748 | | 9,835 | |
| Net cash used in investing activities | | | (163,925) | | (10,394) |
| Net cash used in financing activities | | | - | | - |
| Net (decrease)/increase in cash and cash equivalents | | | (9,033) | | 48,365 |
| Cash and cash equivalents at beginning of year | | | 140,179 | | 91,814 |
| Cash and cash equivalents at end of year | | | 131,146 | | 140,179 |

THE MARY HOW TRUST FOR CANCER PREVENTION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

The Mary How Trust for Cancer Prevention is a private limited company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member.

The registered address of the charitable company is Units 1&2, The Colonnades, 17 London Road, Pulborough, West Sussex, England RH20 1AS.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Charities SORP (FRS 102), the Companies Act 2006 and "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £1.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

The financial statements have been prepared on a going concern basis. The trustees have considered relevant information, including the annual budget and the impact of subsequent events in making their assessment. In response to the COVID-19 pandemic, the trustees have performed a robust review of the charity's operations and have taken action where necessary.

Based on these assessments and having regard to the resources available to the entity, the trustees have concluded that there is no material uncertainty in relation to the appropriateness of continuing to adopt the going concern basis in preparing the annual report and accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

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

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

THE MARY HOW TRUST FOR CANCER PREVENTION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

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

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive 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 the 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.

Expenditure on raising funds includes all expenditure incurred by the company to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

1.6 Tangible fixed assets

Tangible fixed assets costing £10,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

| | |
|------------------------|---|
| Leasehold improvements | On a straight line basis, to the lease break date |
| Plant and equipment | 33.3% straight line basis |
| Fixtures and fittings | 33.3% straight line basis |

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

THE MARY HOW TRUST FOR CANCER PREVENTION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of financial activities.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.10 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 the 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 set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments 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, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations 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. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

THE MARY HOW TRUST FOR CANCER PREVENTION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount 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.

3 Donations and legacies

| | Unrestricted funds | Restricted funds | Total | Unrestricted funds | Restricted funds | Total |
|---------------------|--------------------|------------------|---------|--------------------|------------------|---------|
| | 2022 | 2022 | 2022 | 2021 | 2021 | 2021 |
| | £ | £ | £ | £ | £ | £ |
| Donations and gifts | 388,803 | 1,000 | 389,803 | 173,905 | 6,510 | 180,415 |
| Legacies receivable | 221,585 | - | 221,585 | 30,000 | - | 30,000 |
| Grants | 30,074 | 13,800 | 43,874 | 124,495 | - | 124,495 |
| Other | 58,270 | - | 58,270 | 36,356 | - | 36,356 |
| | 698,732 | 14,800 | 713,532 | 364,756 | 6,510 | 371,266 |

During the year, government grants of £11,726 (2021- £72,384) were received in relation to the Coronavirus Job Retention Scheme and £15,809 (2021 - £47,911) in relation to local authority grants.

THE MARY HOW TRUST FOR CANCER PREVENTION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

4 Other trading activities

| | Unrestricted funds | Unrestricted funds |
|--------------------|-----------------------|-----------------------|
| | 2022 | 2021 |
| | £ | £ |
| Fundraising events | - | 25 |
| Shop | 104,877 | 45,660 |
| Other | 7,375 | 2,215 |
| | <u>112,252</u> | <u>47,900</u> |

There was no restricted income from other trading activities in the current or comparative period.

5 Investments

| | Unrestricted funds | Unrestricted funds |
|---------------------|-----------------------|-----------------------|
| | 2022 | 2021 |
| | £ | £ |
| Bank interest | 290 | 261 |
| Interest receivable | 7,458 | 9,574 |
| | <u>7,748</u> | <u>9,835</u> |

There was no restricted income from investment activities in the current or comparative period.

6 Other income

| | Unrestricted funds | Unrestricted funds |
|--------------|-----------------------|-----------------------|
| | 2022 | 2021 |
| | £ | £ |
| Other income | - | 25,000 |

There was no restricted other income in the current or comparative period. The income in the comparative period relates to an insurance claim.

THE MARY HOW TRUST FOR CANCER PREVENTION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

7 Raising funds

| | Unrestricted funds | Unrestricted funds |
|----------------------------------|-----------------------|-----------------------|
| | 2022 £ | 2021 £ |
| <u>Fundraising and publicity</u> | | |
| Other fundraising costs | 7,399 | 6,061 |
| Staff costs | 30,947 | 82,540 |
| | <hr/> | <hr/> |
| Fundraising and publicity | 38,346 | 88,601 |
| | <hr/> | <hr/> |
| <u>Trading costs</u> | | |
| Operating charity shops | 15,486 | 25,682 |
| | <hr/> | <hr/> |
| | 53,832 | 114,283 |
| | <hr/> | <hr/> |

There was no restricted expenditure on raising funds in the current or comparative period.

THE MARY HOW TRUST FOR CANCER PREVENTION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

8 Charitable activities

| | Health screening and advice 2022 £ | Health screening and advice 2021 £ |
|---|--|--|
| Staff costs | 237,151 | 174,585 |
| Depreciation and impairment | 15,120 | 12,025 |
| Screening supplies | 76,616 | 27,707 |
| Accommodation costs | 48,060 | 20,531 |
| Insurance | 5,322 | 5,447 |
| Cleaning and medical waste disposal | 6,026 | 1,929 |
| Repairs to equipment | 6,182 | 445 |
| Printing, stationery, postage and telephone | 2,867 | 2,380 |
| Sundry | 21,863 | 4,466 |
| Screening | 2,016 | 1,391 |
| Bank interest and charges | 1,216 | 1,405 |
| Agency staff | 14,113 | 7,025 |
| | <u>436,552</u> | <u>259,336</u> |
| Share of support costs (see note 9) | 6,147 | 22,030 |
| Share of governance costs (see note 9) | 26,941 | - |
| | <u>469,640</u> | <u>281,366</u> |
| Analysis by fund | | |
| Unrestricted funds | 467,140 | 281,366 |
| Restricted funds | 2,500 | - |
| | <u>469,640</u> | <u>281,366</u> |

THE MARY HOW TRUST FOR CANCER PREVENTION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

| 9 Support costs | Support Governance costs | | 2022 Support costs | | Governance costs | | 2021 | | Basis of allocation |
|--------------------------|--------------------------|--------|--------------------|--------|------------------|---|--------|------------|------------------------|
| | £ | £ | £ | £ | £ | £ | £ | £ | |
| Staff costs | 6,147 | 15,655 | 21,802 | - | - | - | - | - | Time spent on activity |
| Accountancy | - | 936 | 936 | 1,914 | - | - | 1,914 | Governance | |
| Independent examiner fee | - | 2,600 | 2,600 | 2,040 | - | - | 2,040 | Governance | |
| Legal and professional | - | 7,750 | 7,750 | 18,076 | - | - | 18,076 | Governance | |
| | | | | | | | | | |
| | 6,147 | 26,941 | 33,088 | 22,030 | - | - | 22,030 | | |
| | | | | | | | | | |
| Analysed between | | | | | | | | | |
| Charitable activities | 6,147 | 26,941 | 33,088 | 22,030 | - | - | 22,030 | | |
| | | | | | | | | | |

The independent examiner's remuneration amounts to an independent examiner fee of £2,600 (2021 - £2,040) and payroll services and VAT advice of £936 (2021 - £1,914). Following a review of direct and support costs, it was identified that some of these costs related to governance. The amounts have been reflected in governance costs this year. The effect on the previous year is immaterial and therefore no reclassification adjustment has been made.

THE MARY HOW TRUST FOR CANCER PREVENTION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

10 Trustees

No trustees received any remuneration or other benefits, and no trustee expenses have been reimbursed by the charity, in either the current or comparative year.

11 Employees

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

| | 2022 Number | 2021 Number |
|-----------------------------|----------------|----------------|
| Average number of employees | 18 | 20 |
| <hr/> | | |
| | 2022 £ | 2021 £ |
| Employment costs | | |
| Wages and salaries | 266,498 | 241,649 |
| Social security costs | 14,318 | 10,544 |
| Other pension costs | 9,084 | 4,932 |
| | <hr/> | <hr/> |
| | 289,900 | 257,125 |
| | <hr/> | <hr/> |

The total redundancy payments for the year were £1,495 (2021 - £16,175).

There were no employees whose annual remuneration was £60,000 or more in the current or comparative year.

12 Material other expenditure

Material other expenditure relates to remedial repairs to the new property.

13 Intangible fixed assets

| | £ |
|------------------------------------|--------|
| Cost | |
| At 1 April 2021 and 31 March 2022 | 16,836 |
| <hr/> | |
| Amortisation and impairment | |
| At 1 April 2021 and 31 March 2022 | 16,836 |
| <hr/> | |
| Carrying amount | |
| At 31 March 2022 | - |
| <hr/> | |
| At 31 March 2021 | - |
| <hr/> | |

THE MARY HOW TRUST FOR CANCER PREVENTION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

14 Tangible fixed assets

| | Leasehold improvements £ | Plant and equipment £ | Fixtures and fittings £ | Total £ |
|------------------------------------|--------------------------------|-----------------------------|-------------------------------|------------|
| Cost | | | | |
| At 1 April 2021 | 2,919 | 77,806 | 37,339 | 118,064 |
| Additions | 61,673 | - | - | 61,673 |
| Disposals | - | (20,589) | (36,859) | (57,448) |
| At 31 March 2022 | 64,592 | 57,217 | 480 | 122,289 |
| Depreciation and impairment | | | | |
| At 1 April 2021 | 2,919 | 68,853 | 37,339 | 109,111 |
| Depreciation charged in the year | 6,167 | 8,953 | - | 15,120 |
| Eliminated in respect of disposals | - | (20,589) | (36,859) | (57,448) |
| At 31 March 2022 | 9,086 | 57,217 | 480 | 66,783 |
| Carrying amount | | | | |
| At 31 March 2022 | 55,506 | - | - | 55,506 |
| At 31 March 2021 | - | 8,953 | - | 8,953 |

15 Fixed asset investments

| | Listed investments £ |
|--------------------------|----------------------------|
| Cost or valuation | |
| At 1 April 2021 | 408,024 |
| Additions | 160,000 |
| Valuation changes | (18,033) |
| Disposals | (50,000) |
| At 31 March 2022 | 499,991 |
| Carrying amount | |
| At 31 March 2022 | 499,991 |
| At 31 March 2021 | 408,024 |

16 Debtors

| | 2022 £ | 2021 £ |
|---|-----------|-----------|
| Amounts falling due within one year: | | |
| Prepayments and accrued income | 7,215 | 6,498 |

THE MARY HOW TRUST FOR CANCER PREVENTION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

17 Creditors: amounts falling due within one year

| | 2022 £ | 2021 £ |
|------------------------------------|---------------|---------------|
| Other taxation and social security | 7,166 | - |
| Trade creditors | 27,069 | 6,913 |
| Other creditors | 3,754 | 1,486 |
| Accruals and deferred income | 4,453 | 2,040 |
| | <u>42,442</u> | <u>10,439</u> |

18 Retirement benefit schemes

Defined contribution schemes

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable by the charity to the fund. Contributions of £1,488 (2021 - £1,463) were payable to the fund at the balance sheet date and are included in creditors.

19 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

| | Movement in funds | | Movement in funds | | | |
|--------------------------------|----------------------------|-----------------------|----------------------------|-----------------------|-------------------------------------|-----------------------------|
| | Balance at 1 April 2020 | Incoming resources | Balance at 1 April 2021 | Incoming resources | Resources expended 31 March 2022 | Balance at 31 March 2022 |
| | £ | £ | £ | £ | £ | £ |
| P Barder Appeal | 4,253 | - | 4,253 | - | (4,253) | - |
| Billingshurst Lions | - | 1,750 | 1,750 | 1,000 | (2,599) | 151 |
| Sussex Community Foundation | - | 4,000 | 4,000 | - | (4,000) | - |
| Emma Lavender Fund | - | 760 | 760 | - | (760) | - |
| Bowerman Trust | - | - | - | 10,000 | (10,000) | - |
| Hendy Foundation | - | - | - | 1,300 | (1,300) | - |
| Together Against Cancer | - | - | - | 2,500 | (2,500) | - |
| | <u>4,253</u> | <u>6,510</u> | <u>10,763</u> | <u>14,800</u> | <u>(25,412)</u> | <u>151</u> |

THE MARY HOW TRUST FOR CANCER PREVENTION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

19 Restricted funds

(Continued)

P Barder Appeal

This fund was used for the purchase of equipment in the new premises.

Billingshurst Lions

This fund was used for the purchase of clinical equipment (ECG).

Sussex Community Foundation

This fund was used for the purchase of clinical equipment for the new premises.

Emma Lavender Fund

This fund was used for the purchase of clinical equipment.

Bowerman Trust

This fund was used for the purposes of Colonnades improvements.

Hendy Foundation

This fund was used for the purchases of new clinical equipment (BP monitor/Body Analysis scales/Information flyers).

Together Against Cancer

This fund was used for the purposes of health screenings.

THE MARY HOW TRUST FOR CANCER PREVENTION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

20 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

| | Movement in funds | | | Movement in funds | | | Movement in funds | | | Balance at 31 March 2022 £ |
|--|---------------------------------|----------------------------|----------------------------|-------------------|---------------------------------|----------------------------|----------------------------|----------------|----------------------------------|----------------------------------|
| | Balance at 1 April 2020 £ | Incoming resources £ | Resources expended £ | Transfers £ | Balance at 1 April 2021 £ | Incoming resources £ | Resources expended £ | Transfers £ | Balance at 31 March 2022 £ | |
| Fund to support increase in clinical accommodation to increase screening numbers | - | - | - | - | - | - | - | 150,000 | 150,000 | |
| | - | - | - | - | - | - | - | 150,000 | 150,000 | |

THE MARY HOW TRUST FOR CANCER PREVENTION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

21 Analysis of net assets between funds

| | Unrestricted funds 2022 £ | Restricted funds 2022 £ | Total 2022 £ | Unrestricted funds 2021 £ | Restricted funds 2021 £ | Total 2021 £ |
|--|------------------------------------|----------------------------------|--------------------|------------------------------------|----------------------------------|--------------------|
| Fund balances at 31 March 2022 are represented by: | | | | | | |
| Tangible assets | 55,506 | - | 55,506 | 8,953 | - | 8,953 |
| Investments | 499,991 | - | 499,991 | 408,024 | - | 408,024 |
| Current assets/(liabilities) | 95,768 | 151 | 95,919 | 125,475 | 10,763 | 136,238 |
| | <u>651,265</u> | <u>151</u> | <u>651,416</u> | <u>542,452</u> | <u>10,763</u> | <u>553,215</u> |

22 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

| | 2022 £ | 2021 £ |
|----------------------------|----------------|--------------|
| Within one year | 26,028 | 8,273 |
| Between two and five years | 104,112 | - |
| In over five years | 106,281 | - |
| | <u>236,421</u> | <u>8,273</u> |

23 Related party transactions

Aggregate donations received from trustees during the year amounted to £443 (2021 - £443).

Mrs S Ross, the wife of Mr J Ross, a representative on the board of trustees and the finance director, was employed as the lead shop manager and was paid £27,275 (2021 - £21,912) in salary and pension.

Mr M Follis, chair of the board of trustees, is also a trustee of The Bowerman Charitable Trust, which made a grant to the charity during the year of £10,000 (2021 - £nil).

There are no further related party transactions which require disclosure under FRS 102 SORP 2019.

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

| | 2022 £ | 2021 £ |
|------------------------|-----------|-----------|
| Aggregate compensation | 107,866 | 84,137 |

THE MARY HOW TRUST FOR CANCER PREVENTION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

| | | | |
|-----------|---|----------------|---------------|
| 24 | Cash generated from operations | 2022 | 2021 |
| | | £ | £ |
| | Surplus for the year | 98,201 | 58,826 |
| | Adjustments for: | | |
| | Investment income recognised in statement of financial activities | (7,748) | (9,835) |
| | Fair value gains and losses on investments | 18,033 | (474) |
| | Depreciation and impairment of tangible fixed assets | 15,120 | 12,025 |
| | Movements in working capital: | | |
| | (Increase)/decrease in debtors | (717) | 271 |
| | Increase/(decrease) in creditors | 32,003 | (2,054) |
| | Cash generated from operations | 154,892 | 58,759 |
| 25 | Analysis of changes in net funds | | |
| | The charity had no debt during the year. | | |
