

Charity registration number 1122393

Company registration number 06324356 (England and Wales)

**THE MARY HOW TRUST FOR CANCER PREVENTION**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2024**

# THE MARY HOW TRUST FOR CANCER PREVENTION

## LEGAL AND ADMINISTRATIVE INFORMATION

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<b>Trustees</b>	J A Ross J H Barder D P Mathieson C Meeking N Stanbury C Scaramanga J H G Ellis	(Appointed 16 October 2023)
<b>Charity number</b>	1122393	
<b>Company number</b>	06324356	
<b>Principal address</b>	Unit 1 & 2 The Colonnades 17 London Road Pulborough West Sussex RH20 1AS	
<b>Registered office</b>	Unit 1 & 2 The Colonnades 17 London Road Pulborough West Sussex RH20 1AS	
<b>Independent examiner</b>	Carpenter Box Amelia House Crescent Road Worthing West Sussex BN11 1RL	
<b>Investment advisors</b>	Quilter Cheviot 1 Kingsway London WC2B 6AN	

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# 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 2024**

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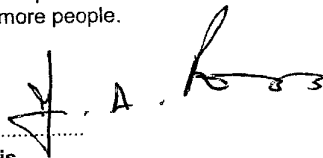
I am pleased to present the annual report and financial statements for The Mary How Trust for Cancer Prevention ('The Mary How Trust') for the year ended 31 March 2024. It has been another very successful year for our charity.

This year is our 35<sup>th</sup> anniversary and you will see from the enclosed financial statements that we reached two significant milestones this year. We screened a record number of over 2,800 people a near 50% increase over the previous year, and consequently referred more, who showed potential signs of early disease, to their GPs thus furthering our mission to promote health and wellbeing across all sections of our community. For the first time, the charity's income came in at around £1m, largely made up from donations and other fund-raising initiatives, and this gives us the robust financial platform that we will need as we look to expand further and help more people.

As a result of our continuing strong performance, the Board of Trustees has reassessed the longer-term goals and agreed an ambitious five-year growth plan for The Mary How Trust, which will see us expand our coverage and launch new complimentary services and I look forward to working with the team to deliver these goals.

The success of Mary How is the result of the exceptional commitment of our staff and volunteers led by Lynda Vowles our CEO. The Trustees are immensely grateful to them for their hard work and ongoing dedication.

We would also like to thank all for you for your continued support for this very special charity. We believe we are in an excellent position to continue to expand our reach and the services we offer, thereby improving health outcomes for even more people.

  
PP John Ellis  
Chairman  
Dated: 29/11/2024

# THE MARY HOW TRUST FOR CANCER PREVENTION

## WELCOME FROM THE CHIEF EXECUTIVE FOR THE YEAR ENDED 31 MARCH 2024

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As we close the financial year to 31 March 2024, we do so with an overwhelming sense of pride and accomplishment. This year has marked an outstanding period of progress for The Mary How Trust, both in terms of our financial stability and the strides we have made towards achieving our mission. It is with great pleasure that we share the highlights of our achievements and financial performance with our valued supporters, partners, and stakeholders during what has also been a very special year - our 35th Anniversary.

Our unwavering commitment to improving the health outcomes of individuals in our community remains at the heart of everything we do. The importance of early detection and prevention through health screening cannot be overstated. Our mission is firmly rooted in the belief that "prevention is better than cure," a principle that has guided us for over three decades and continues to inspire every action we take. This year, we have again expanded our health screening services, reaching more individuals and saving more lives through earlier diagnosis and intervention.

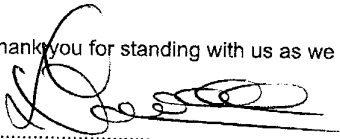
In our 35th year, The Mary How Trust has not only sustained its critical health screening services but also educated, inspired, and empowered even more people. We believe that knowledge is the foundation for making informed health decisions, and through our screenings, we aim to empower individuals to take control of their health and well-being. It has been incredibly rewarding to witness the positive outcomes of our work, knowing that our efforts are contributing to a healthier and more informed society.

Looking ahead, we are excited to continue with our 5-year plan that will see us grow, expand our reach, and further develop our impact. The road ahead is filled with opportunities, and we are fully committed to realising our vision of a future where early detection and prevention are accessible to all. We know the challenges we face, but we are driven by the knowledge that our work saves lives, and with your support, we will continue to do just that.

None of this year's success would have been possible without the unwavering support of our team and community. I would like to express my thanks to all those who have supported us over the past year. Our achievements are a testament to the dedication of our Board of Trustees, the hard work and commitment of our employees, the invaluable contributions of our volunteers, and the generosity of our donors and supporters. Your support fuels our mission and strengthens our resolve to make a positive difference in the lives of those we serve.

As we enter another phase of growth, we are eager to continue our life-saving work with the knowledge that together, we are making a lasting impact. The Mary How Trust remains deeply committed to the health and well-being of our community, and I look forward to our continued partnership as we strive for a healthier, more informed future.

Thank you for standing with us as we save lives through earlier diagnosis and prevention.



**Lynda Vowles**

Chief Executive Officer

Dated: 25/10/24

# THE MARY HOW TRUST FOR CANCER PREVENTION

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

### FOR THE YEAR ENDED 31 MARCH 2024

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The trustees present their report and financial statements for the year ended 31 March 2024.

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 382, 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 by providing a Health Screening service with the aim of detecting all types of cancer in particular, life-threatening diseases in general, and to make this service available to all adults.
- 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 is dedicated to fulfilling its mission by offering a thorough health screening and advisory service, with a special focus on early detection of cancers and other life-threatening conditions. This service is extended to self-referred, asymptomatic adults aged 18 years and above. Our clinical team conducts health screening consultations, which encompass ultrasound scans, catering to individuals from diverse backgrounds. To better accommodate the growing demand and minimise waiting times, our service has transitioned to more expansive facilities, allowing us to continue and broaden our health screening services within the community.

The Board of Trustees has considered the guidance provided by the Charity Commission when determining the activities that the charity should undertake.

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

The Board of Trustees has taken a proactive approach in aligning our activities with the Charity Commission's guidance on public benefit as outlined in PB1, PB2, and PB3. Our charitable initiatives are planned to have a meaningful and positive impact on the lives of our diverse community.

In accordance with our charitable objectives, we offer health screenings that cost approximately £350 per person to deliver. Instead of charging a fixed fee, we invite donations based on individual financial capacities, ensuring accessibility for all. Our overheads and capital needs are effectively supported through our charity shop, various fundraising activities, and the generous contributions of our supporters, including grants, donations, and legacies.

Our mission is to provide health screenings and wellness advice to every adult in the community without bias or discrimination, maximising benefits for all. We offer comprehensive health advice and reports to our clients and, with their consent, share relevant information with their GPs to facilitate further action when necessary. We encourage clients to seek personalised guidance and referrals from their GPs.

Our dedicated team consists of two full-time, sixteen part-time and 3 self employed clinical staff and administrative staff, complemented by a committed group of volunteers. The charity shop in Pulborough operates six days a week, with a skilled management team supported by enthusiastic volunteers.

We are dedicated to ensuring that our services are accessible to the public, including local groups, fellow charities, and associations. Our commitment to maximising public benefit ensures that we continue to make a significant impact through our essential screening services.

# THE MARY HOW TRUST FOR CANCER PREVENTION

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

**FOR THE YEAR ENDED 31 MARCH 2024**

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### **Relationships with other organisations**

We actively seek and embrace collaborations with various organisations, recognising that these partnerships are crucial for expanding our services and enhancing our impact. Our ongoing work with several charities dedicated to supporting vulnerable individuals and those in deprived areas reflects our commitment to this collaborative approach. We are excited about the potential of these partnerships, which are expected to come to fruition in the upcoming financial year, bringing new opportunities to enrich our community's well-being.

Our engagement with like-minded entities and local GP practices is integral to our strategy. By fostering close relationships within the community, we aim to unite efforts to improve overall health outcomes. We remain vigilant in monitoring campaigns and issues affecting our clients, advocating for their active participation and encouraging a collective approach to health and well-being.

We value the positive relationships we have built with stakeholders such as the Care Quality Commission, our community, and fellow charities. These connections are fundamental to our progress and development. Our dedication to partnership working not only guides our strategy but also serves as a proven method for continuously strengthening and expanding our impact.

### **Environmental impact**

In our commitment to environmental stewardship, we take strategic measures to minimise our ecological footprint. We prioritise partnering with suppliers who align with our eco-conscious values, choosing those that implement sustainable practices. Our procurement strategy focuses on acquiring equipment and products that are energy-efficient, durable, and designed to minimise waste, supporting a circular economy where materials are repurposed or recycled.

Paper usage is managed, and we have adopted a paperless approach, avoiding printing whenever possible to significantly reduce paper waste. We encourage our clients to utilise electronic communication channels, reinforcing our commitment to sustainability.

Energy efficiency within our premises is a top priority. We ensure that lighting is switched off in unoccupied areas, a straightforward yet effective measure to cut down on energy consumption. We minimise plastic use and actively engage in recycling initiatives to manage waste. Our charity shop is dedicated to recycling and repurposing unwanted and unsaleable goods, transforming them into valuable resources and reducing waste.

We are also committed to promoting eco-friendly practices among our employees, who are enthusiastic advocates of our environmental initiatives. Our Environmental Policy is regularly reviewed and updated, at least annually, to ensure it reflects our ongoing commitment to responsible and sustainable operations.

### **Achievements and performance**

#### **2023/2024 in summary**

The main topics dominating the headlines during the year have been the impact of inflation and the increasing Bank of England Bank base rates. Despite the uncertain economic climate and the anticipation of a general election, our charity has continued its vital work. The future for some charities is on the line, and a new government could mean significant changes for the sector. We will closely monitor the outcomes and explore the potential transformations that may develop. However, so far, we have navigated these challenges with resilience and dedication, achieving significant milestones in preventative health screening, whilst maintaining financial stability.

The Mary How Trust has had a successful year in delivering preventative health screenings, a service that lies at the heart of our mission. Early detection of life-limiting conditions, particularly cancer, has been a cornerstone of our work. This year, we are proud to report that we have identified several cases of early-stage cancer and other serious health conditions. Many of these individuals have since received timely treatment, potentially saving their lives and allowing them to enjoy a better quality of life.

Preventative health screening is an essential tool in combating serious illnesses, particularly for those who might otherwise face barriers to accessing healthcare. Our services have reached a wide demographic, including individuals from vulnerable backgrounds who are at higher risk of late diagnosis due to systemic healthcare inequalities.

# THE MARY HOW TRUST FOR CANCER PREVENTION

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

### FOR THE YEAR ENDED 31 MARCH 2024

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We progressed the development of our 5 year' strategy. As forecasted, we achieved more health screenings from 1924 in 2023 to 2658 screenings in the 2024 financial year, seeing more people and ensuring more of our community were able to access a service available to all adults irrespective of their financial means. Thus, ensuring early detection of cancer and other life-threatening illnesses is available to all. During the year, we made a considered decision to close our in-house laboratory and establish a partnership with St Richard's NHS Trust in Chichester for our laboratory services. This collaboration will ensure we remain at the forefront of advancements in blood testing and diagnostic analysis, enhancing our ability to provide progressive services.

Looking back on this year's accomplishments, it is evident that our charity has made significant progress in broadening its impact and deepening our connection with the community. These achievements lay a strong foundation for future growth, and we are committed to building on this momentum.

The successes of this past year are a direct result of the leadership provided by our CEO, Lynda Vowles, and her team. Their unwavering dedication to our mission and their adeptness at overcoming any challenges have been crucial to our achievements. We also extend our profound gratitude to our volunteers, whose relentless efforts and passionate commitment are the lifeblood of our charity. Their dedication is invaluable, and we are deeply appreciative of their ongoing support.

#### **Charity shop**

This year, our charity shop has faced a challenging trading environment, marked by shifts in consumer behaviour and increased competition from both high street retailers and online platforms. These challenges are not unique to us; many charity shops across the UK have experienced similar pressures, with the Charity Retail Association reporting fluctuations in footfall and increased competition for donations. However, in the face of these industry-wide difficulties, our shop team has risen to the challenge, delivering the best financial performance on record.

We are proud of what has been accomplished and deeply thankful for the hard work, resilience, and resourcefulness of our shop staff and volunteers. Their efforts have not only supported our financial stability but have also reinforced the critical role charity shops play in local communities.

As we look ahead, we remain committed to offering high-quality products at affordable prices, while continuing to adapt to the evolving retail landscape, ensuring our shop remains a vital source of funding for our mission to save lives through early detection and prevention.

#### **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**

The trustees adhere to a prudent investment policy in full compliance with the Charity Commission's guidelines. This policy entails monthly monitoring and quarterly reviews of our investments, ensuring that our financial assets are managed responsibly and in alignment with the charity's objectives. The investment policy provides clear and comprehensive guidance to our investment manager, reflecting our commitment to the sound and strategic stewardship of our resources.

##### **Principal risks and uncertainties**

The Trustees remain committed to managing and mitigating risks, particularly considering the evolving economic landscape and anticipated changes in government policy. With a new UK government and the economic challenges of early 2024, including the rising cost of living, the Trustees are vigilant in addressing potential risks. These include adjustments required by evolving legislation and regulations related to the Care Quality Commission, Charity Commission, safeguarding, and GDPR (General Data Protection Regulation).



# THE MARY HOW TRUST FOR CANCER PREVENTION

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

**FOR THE YEAR ENDED 31 MARCH 2024**

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Our financial position is under constant scrutiny to ensure proactive risk management, and the Trustees have carried out a comprehensive assessment of all charity operations. This includes a thorough review of internal financial controls, utilising the Charity Commission's financial controls checklist, CC8. This rigorous evaluation has confirmed that our controls are appropriate, effectively tailored to the charity's needs, and balanced in their implementation.

### **Reserves**

In response to the challenges posed by the cost-of-living crisis and potential fluctuations in donations, the charity conducted a review of its reserves policy during the year. As a result of this evaluation, a decision was made to bolster the charity's reserves to a level equivalent to at least 9 months' budgeted expenditure, amounting to £555,000 for the upcoming year, 2024/25. This prudent approach to reserve management plays a pivotal role in safeguarding the sustained fulfilment of the charity's charitable objectives. To ensure the ongoing relevance and effectiveness of this policy, the Management Operations Committee conducts biannual reviews, and the Trustees revisit the policy annually at their Autumn meeting.

### **Review 2023/2024**

The past year has been characterised by economic volatility, with rising inflation and interest rates creating uncertainty across all sectors. Charities have faced unique challenges because of these conditions, with increased demand for services coinciding with tightened budgets and a more competitive environment for securing funding. The Mary How Trust, like many other charities, has had to adapt swiftly to these changes.

Looking ahead, we recognise that economic uncertainty may persist, posing further challenges. However, our strong financial management, coupled with clear strategic direction, places us in a good position to continue growing and reaching more people.

### **During 2023/2024**

At the end of the 2023/2024 financial year, the charity has demonstrated strong financial stewardship, reflecting our ongoing commitment to strategic cost management and operational efficiency. Our total funds have increased to £983,000 (2023: £718,337), with £1,905 (2023: £nil) allocated to restricted purposes. After accounting for funds designated for Fixed Assets, Intangible Assets, and Restricted Funds, our Free Reserves stand at £379,246 (2023: £339,089).

This year, we have invested in equipping an additional screening room and expanding our clinical team to enhance our screening capabilities. We plan to allocate further reserves towards securing a second premises and scaling up our screening operations, with the aim of significantly increasing capacity.

Most of our funds are unrestricted, allowing us flexibility in their application. Restricted funds are managed separately and spent in accordance with their designated purposes.

Our Free Reserves continued to be invested in M&G Charibonds and the Quilter Cheviot Global Income & Growth Fund for Charities. The newly formed Investment Committee is evaluating opportunities to increase financial returns on our investments within a policy/ risk profile aligned with our charitable objectives.

To ensure liquidity, we maintain adequate cash reserves with Barclays Bank PLC to cover immediate cash flow needs. Our longer-term investments are held in assets that can be easily liquidated within one, three, or twelve months.

We have established a robust funding and financial plan to navigate the evolving financial landscape. The consistent support from donations via standing orders has provided a stable income source, critical to our financial stability and mission continuity. Retaining donor support remains a key priority to sustain our services.

The charity shop income has generally been increasing despite the increasingly tough environment. The revenue stream from it remains key to supplementing our resources, and we continue to look for a suitable site for a second shop.

In response to rising costs and potential economic instability, we maintain a cautious financial approach to ensure the long-term sustainability of the charity and the continued well-being of those we serve.

# THE MARY HOW TRUST FOR CANCER PREVENTION

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

### FOR THE YEAR ENDED 31 MARCH 2024

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Our thanks to everyone who continues to support us through their donations, legacies, fundraising and grants. Your contributions are the lifeblood of our health screening services and without them our mission would not be possible.

#### **Plans for future periods**

Our plans are firmly anchored in our five-year strategy, which remains a dynamic working document guiding significant initiatives to drive the charity's growth and enhance our services.

*Community Engagement:* We remain committed to deepening our engagement with the community, highlighting the importance of our health screening services. Our focus is on raising public awareness and educating individuals about the crucial role early detection and prevention play in maintaining health.

*Financial Growth:* We understand the vital role of securing the necessary funding is in expanding our services to meet growing demand. Financial sustainability remains pivotal as we continue to provide and expand access to health screenings for more people within our community.

*Commitment to Growth:* Our dedication to expanding our services and facilities remains unwavering. We are focused on offering the highest level of support to our beneficiaries, constantly seeking ways to enhance the value of our services.

*Risk Mitigation:* The trustees have conducted a thorough assessment of the key risks facing our charity. We want to reassure our stakeholders that we have robust systems in place to mitigate these risks, ensuring the continuity and quality of our services.

#### **Key Objectives for the Future**

As part of our ongoing pursuit of excellence and growth, we have set out several key objectives for the upcoming periods:

*Capacity Expansion:* We aim to increase the number of health screenings at our Pulborough site, with a target of approximately 3,500 screenings for 2024/2025. Beyond this, we plan to expand our services to a second location, with the goal of reaching an additional 3,500 screenings between 2025-2027.

*Community Awareness:* We will continue to build awareness of the Mary How Trust's services, ensuring that everyone who needs them has access to our screenings and health support.

*Accessibility and Inclusivity:* We are committed to assessing and implementing strategies to make our services accessible to all adults, regardless of geographic location, diversity, or socioeconomic status. Special attention will be given to ensuring inclusivity for disadvantaged and underrepresented groups.

*Service Enhancement:* We are dedicated to continuously improving our screening services by incorporating new medical technologies and innovations. The establishment of a Medical Advisory Board (MAB) will help us stay at the forefront of medical advancements, ensuring the highest standard of services for our clients.

*Data Utilisation:* We plan to maximise the use of collected data to support our marketing, brand development, and medical insights. This will always be done in strict adherence to GDPR guidelines, ensuring the privacy and security of all individuals.

*Healthcare Professional Collaboration:* We will continue to build stronger relationships with local healthcare professionals, relevant charities, and community organisations. The completion of our Medical Advisory Board (MAB) will provide us with expert guidance and knowledge to ensure best practices are followed and help us achieve our goals.

#### **Looking to the Future**

As we look ahead, we are confident in our ability to continue delivering on our mission. Our five-year strategy is focused on increasing the number of health screenings, particularly for vulnerable populations. We are preparing to launch pilot schemes in several areas, extending our services to adults at higher risk of serious illness, especially in deprived areas where health inequalities are most severe.

Our long-term objectives are clear, and with the continued support of our community, we are poised to make an even greater impact in the coming years.

# THE MARY HOW TRUST FOR CANCER PREVENTION

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

FOR THE YEAR ENDED 31 MARCH 2024

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### Conclusion

Despite the economic challenges, the Mary How Trust has had an exceptional year and achieved some significant milestones. We remain confident in our ability to provide essential health screening services and grow our reach. We thank all who have contributed to our success and look forward to another year of making a lasting difference in the lives of those we serve.

### 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	(Resigned 20 November 2023)
J A Ross	
J H Barder	
S Cemm	(Resigned 3 October 2023)
M C Wratten	(Resigned 24 June 2024)
D P Mathieson	
C Meeking	
N Stanbury	
C Scaramanga	
J H G Ellis	(Appointed 16 October 2023)

#### Appointment and election of Trustees

The management of our charity rests with our dedicated Trustees, each contributing their unique knowledge, skills, and passion to advance the charity's mission. They bear the critical responsibility of steering the charity, ensuring its continued growth and impact. Guided by the provisions outlined in the Articles of Association, our Trustees, whether elected or co-opted, possess the authority to appoint new Directors/Trustees, when necessary, thus reinforcing our commitment to the charity's long-term success.

#### Induction and training of Trustees

In alignment with the Charity Commission's guidance on trustees' induction and training, our Board places great emphasis on recruiting trustees with specific skills that can significantly contribute to the charitable company. Prospective trustees or directors are required to initiate their engagement by writing to the Chair of the Board and providing a comprehensive curriculum vitae. To support their integration, we provide a Trustee Information Pack and facilitate initial discussions, followed by interviews. Newly appointed trustees undertake a probationary period before their formal confirmation, which is ratified at the next scheduled Annual General Meeting (AGM).

In adherence to regulatory requirements and good governance principles, all new trustees undergo an induction process. This includes providing detail of their legal obligations under charity and company law, as well as familiarity with the contents of the Memorandum and Articles of Association. Additionally, we ensure that they are well-informed about the committee structure, decision-making processes, and the recent financial performance of the charity. To further enhance their knowledge, they are provided with the Charity Commission booklet 'CC3': 'The Essential Trustee'. We also encourage our Trustees to engage in relevant external and online training events, which are financially supported by the charity, enhancing their effectiveness in fulfilling their roles.

# THE MARY HOW TRUST FOR CANCER PREVENTION

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

### FOR THE YEAR ENDED 31 MARCH 2024

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Trustees do not hold any beneficial interest in the company and all of them are members of the company. We believe that good governance is fundamental to our success and take our trustee responsibilities seriously.

Our organisational structure and decision-making processes are continually reviewed by the Board of Trustees. The Board convenes six times a year to discuss and determine the charity's direction. In addition, we have established an Investment Committee, which meets quarterly, whilst financial controls are entrusted to the Finance Director.

Trustee meetings follow a structured agenda that includes standing items such as comprehensive management account reporting, risk assessments, health and safety considerations, incident management, and safeguarding. Additionally, we engage subgroups as needed. The day-to-day management of the charity is delegated to Lynda Vowles and the Senior Management Team.

We are committed to active risk management, addressing the major risks to which the charity may be exposed. Our systems are designed to mitigate these risks, incorporating a risk management matrix and a business continuity plan, both of which undergo regular reviews. Risk is a recurring agenda item at the Trustee meetings.

The charity operates under the oversight of regulatory bodies, including the Charity Commission, Companies House, and the Care Quality Commission.

#### Personnel

The Mary How Trust is dedicated to attracting and retaining a highly skilled workforce. Our commitment to our employees is reflected in our comprehensive approach to communication, performance management, and professional development. We prioritise keeping our employees well-informed about our organisational strategy and objectives, conducting regular performance reviews throughout the year, and fostering a culture of continuous learning and personal development.

Our management team includes the Chief Executive Officer, the Practice Manager/Head of Operations, the Lead Health & Wellbeing Screening Nurses, the Ultrasound Lead, the Charity Shop Manager and the Accounts Lead. We also engage volunteers for specific tasks, ensuring that we manage administration, charity shop coverage, and fundraising effectively.

As part of our dedication to our employees' financial well-being, we contribute a specified amount to a workplace pension scheme. Additionally, our employees enjoy the benefit of access to our health screening service, promoting their well-being and overall health.

Michael Follis announced his retirement as Chair of the Board of Trustees and stood down in November. We extend our deepest gratitude to him, for his remarkable 10 years of unwavering dedication and support to our charity. Michael was instrumental in guiding our progress, and his leadership has left an indelible mark on our charity. His commitment and vision were pivotal in shaping the charity's success, and we are profoundly thankful for everything he has done.

We would also like to express our heartfelt thanks to Mary Wratten, who, after 10 years of dedicated service on our Board of Trustees, has announced she will be stepping down in July 2024. During her time as Trustee, Mary made invaluable contributions to the charity, for which we are grateful. We are, however, delighted that she will continue to support us as a volunteer, and we look forward to her ongoing involvement.

#### Remuneration of key personnel

The annual review of the Chief Executive Officer's salary is conducted by the Board of Trustees. For all other salary rates, the CEO assesses and formulates recommendations for potential pay reviews. These recommendations are presented to the Board of Trustees for their approval.

Recognising the importance of our dedicated employees, Trustees place great emphasis on maintaining competitive remuneration packages within our sector. To achieve this, we regularly benchmark our pay scales against those of other charities and local companies providing comparative services and/or roles.

# THE MARY HOW TRUST FOR CANCER PREVENTION

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

**FOR THE YEAR ENDED 31 MARCH 2024**

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### **Diversity**

Diversity and inclusivity are cornerstones of our charity's values. We are resolute in our commitment to promoting equality across all dimensions, including but not limited to gender, race, sexual orientation, religious beliefs, and socioeconomic status. We embrace our duty to provide services that are not only open but also inclusive, catering to the multifaceted needs of our diverse society.

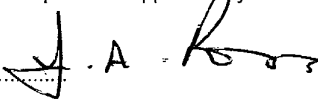
Our dedication to diversity extends to every facet of our charity. Our aim is to have a workforce, volunteer base, and board of trustees that mirror the communities we serve. We invest in the development of recruitment and retention policies and processes that are equitable, allowing us to create a more representative team.

Our employees and volunteers receive support in championing fairness and inclusivity in all aspects of our work. As a charity that interacts with a diverse cross-section of society, we have implemented mechanisms to ensure the preservation of respect and dignity in every interaction. In embracing diversity, we enrich the quality of our service and strengthen our bonds with the communities we are privileged to serve.

### **Appointment of independent examiner**

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.

pp   
.....  
J H G Ellis  
Trustee  
Dated: ..... 29/11/2024

# THE MARY HOW TRUST FOR CANCER PREVENTION

## INDEPENDENT EXAMINER'S REPORT

### TO THE TRUSTEES OF THE MARY HOW TRUST FOR CANCER PREVENTION

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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 2024.

#### **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.



**Carpenter Box**

Amelia House  
Crescent Road  
Worthing  
West Sussex  
BN11 1RL

Dated: 12/12/2024.

# THE MARY HOW TRUST FOR CANCER PREVENTION

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes						
<b>Income from:</b>							
Donations and legacies	3	841,342	11,829	853,171	596,872	10,944	607,816
Other trading activities	4	121,463	-	121,463	111,923	-	111,923
Investments	5	21,948	-	21,948	10,786	-	10,786
Other material income	6	-	-	-	8,542	-	8,542
<b>Total income</b>		<b>984,753</b>	<b>11,829</b>	<b>996,582</b>	<b>728,123</b>	<b>10,944</b>	<b>739,067</b>
<b>Expenditure on:</b>							
Raising funds	7	86,090	5,643	91,733	52,747	-	52,747
Charitable activities	8	671,478	2,878	674,356	585,413	11,095	596,508
<b>Total expenditure</b>		<b>757,568</b>	<b>8,521</b>	<b>766,089</b>	<b>638,160</b>	<b>11,095</b>	<b>649,255</b>
Net gains/(losses) on investments	12	34,170	-	34,170	(22,891)	-	(22,891)
<b>Net income</b>		<b>261,355</b>	<b>3,308</b>	<b>264,663</b>	<b>67,072</b>	<b>(151)</b>	<b>66,921</b>
Transfers between funds		1,403	(1,403)	-	-	-	-
<b>Net movement in funds</b>		<b>262,758</b>	<b>1,905</b>	<b>264,663</b>	<b>67,072</b>	<b>(151)</b>	<b>66,921</b>
<b>Reconciliation of funds:</b>							
Fund balances at 1 April 2023		718,337	-	718,337	651,265	151	651,416
<b>Fund balances at 31 March 2024</b>		<b>981,095</b>	<b>1,905</b>	<b>983,000</b>	<b>718,337</b>	<b>-</b>	<b>718,337</b>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

# THE MARY HOW TRUST FOR CANCER PREVENTION

## BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
<b>Fixed assets</b>					
Tangible assets	13		56,443		69,248
Investments	14		604,565		445,395
			<u>661,008</u>		<u>514,643</u>
<b>Current assets</b>					
Debtors	15	7,033		12,710	
Investments	16	165,406		160,000	
Cash at bank and in hand		182,057		92,333	
		<u>354,496</u>		<u>265,043</u>	
<b>Creditors: amounts falling due within one year</b>	17	(32,504)		(61,349)	
Net current assets			<u>321,992</u>		<u>203,694</u>
<b>Total assets less current liabilities</b>			<u>983,000</u>		<u>718,337</u>
<b>Income funds</b>					
Restricted funds	18		1,905		-
<u>Unrestricted funds</u>					
Designated funds	19	545,406		310,000	
General unrestricted funds		435,689		408,337	
			<u>981,095</u>		<u>718,337</u>
			<u>983,000</u>		<u>718,337</u>

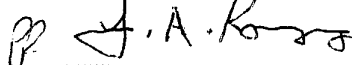
The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006.

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 29/11/2024



J H G Ellis  
Trustee

Company Registration No. 06324356



# THE MARY HOW TRUST FOR CANCER PREVENTION

## STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
<b>Cash flows from operating activities</b>					
Cash generated from operations	24		198,182		98,606
<b>Investing activities</b>					
Purchase of tangible fixed assets		-		(19,910)	
Purchase of investments		(125,000)		(588,295)	
Proceeds on disposal of investments		-		460,000	
Investment income received		16,542		10,786	
<b>Net cash used in investing activities</b>			(108,458)		(137,419)
<b>Net cash used in financing activities</b>			-		-
<b>Net increase/(decrease) in cash and cash equivalents</b>			89,724		(38,813)
Cash and cash equivalents at beginning of year			92,333		131,146
<b>Cash and cash equivalents at end of year</b>			182,057		92,333

# THE MARY HOW TRUST FOR CANCER PREVENTION

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE YEAR ENDED 31 MARCH 2024

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#### 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 historical cost convention, modified to include investments 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.

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.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors or grantors 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 2024

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### 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. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

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 the statement of financial activities.

# THE MARY HOW TRUST FOR CANCER PREVENTION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

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### 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 2024

### 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 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	624,077	8,540	632,617	492,042	9,547	501,589
Legacies receivable	100,000	-	100,000	8,200	-	8,200
Grants	-	3,289	3,289	-	1,397	1,397
Other	117,265	-	117,265	96,630	-	96,630
	<u>841,342</u>	<u>11,829</u>	<u>853,171</u>	<u>596,872</u>	<u>10,944</u>	<u>607,816</u>

### 4 Income from other trading activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising events	7,499	565
Shop	105,137	104,122
Other	8,827	7,236
Other trading activities	<u>121,463</u>	<u>111,923</u>

# THE MARY HOW TRUST FOR CANCER PREVENTION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

### 4 Income from other trading activities

(Continued)

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

### 5 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Bank interest	1,172	357
Interest receivable	20,776	10,429
	<u>21,948</u>	<u>10,786</u>

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

### 6 Other material income

Other material income in the comparative period relates to the retentions returned from the remedial repairs to the property.

### 7 Expenditure on raising funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
<b>Fundraising and publicity</b>						
Other fundraising costs	13,326	37	13,363	5,819	-	5,819
Staff costs	59,003	-	59,003	33,220	-	33,220
	<u>72,329</u>	<u>37</u>	<u>72,366</u>	<u>39,039</u>	<u>-</u>	<u>39,039</u>
<b>Trading costs</b>						
Operating charity shops	13,761	5,606	19,367	13,708	-	13,708
Total costs	<u>86,090</u>	<u>5,643</u>	<u>91,733</u>	<u>52,747</u>	<u>-</u>	<u>52,747</u>

# THE MARY HOW TRUST FOR CANCER PREVENTION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

### 8 Expenditure on charitable activities

	Health screening and advice 2024 £	Health screening and advice 2023 £
<b>Direct costs</b>		
Staff costs	395,287	348,428
Depreciation and impairment	12,805	6,168
Screening supplies	123,622	115,507
Accommodation costs	40,423	37,903
Insurance	7,640	6,607
Cleaning and medical waste disposal	10,491	9,015
Repairs to equipment	15,659	11,596
Printing, stationery, postage and telephone	1,795	2,549
Sundry	21,986	21,453
Screening	3,449	2,222
Bank interest and charges	1,568	1,303
	<u>634,725</u>	<u>562,751</u>
<b>Share of support and governance costs (see note 9)</b>		
Support	16,599	11,826
Governance	23,032	21,931
	<u>674,356</u>	<u>596,508</u>
<b>Analysis by fund</b>		
Unrestricted funds	671,478	585,413
Restricted funds	2,878	11,095
	<u>674,356</u>	<u>596,508</u>

### 9 Support costs allocated to activities

	2024 £	2023 £
<b>Basis of allocation</b>		
Staff costs	16,600	11,826
Governance costs	23,031	21,931
	<u>39,631</u>	<u>33,757</u>
<b>Analysed between:</b>		
Health screening and advice	<u>39,631</u>	<u>33,757</u>

# THE MARY HOW TRUST FOR CANCER PREVENTION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

### 9 Support costs allocated to activities (Continued)

	2024	2023
	£	£
<b>Governance costs comprise:</b>		
Staff costs	16,126	16,047
Accountancy fees	6,522	5,606
Legal and professional fees	383	278
	<u>23,031</u>	<u>21,931</u>

The accountancy fees relate to an independent examiner fee of £1,920 (2023 - £1,680), remuneration to the independent examiner's for the preparation of financial statements £1,680 (2023 - £1,440) and payroll services of £2,922 (2023 - £2,486).

### 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:

	2024	2023
	Number	Number
Average number of employees	<u>20</u>	<u>19</u>

	2024	2023
	£	£
<b>Employment costs</b>		
Wages and salaries	405,950	344,752
Social security costs	27,072	22,923
Other pension costs	21,268	13,973
	<u>454,290</u>	<u>381,648</u>

Included within wages and salaries are agency staff costs totaling £65,535 (2023: £49,924).

There were no employees whose annual remuneration was more than £60,000 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 2024

### 11 Employees

(Continued)

#### Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2024 £	2023 £
Aggregate compensation	111,159	128,638

### 12 Gains and losses on investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Gains/(losses) arising on:		
Revaluation of investments	34,170	-
Sale of investments	-	(22,891)
	34,170	(22,891)

### 13 Tangible fixed assets

	Leasehold improvements £	Plant and equipment £	Fixtures and fittings £	Total £
<b>Cost</b>				
At 1 April 2023	64,592	77,127	480	142,199
At 31 March 2024	64,592	77,127	480	142,199
<b>Depreciation and impairment</b>				
At 1 April 2023	15,254	57,217	480	72,951
Depreciation charged in the year	6,168	6,637	-	12,805
At 31 March 2024	21,422	63,854	480	85,756
<b>Carrying amount</b>				
At 31 March 2024	43,170	13,273	-	56,443
At 31 March 2023	49,338	19,910	-	69,248

# THE MARY HOW TRUST FOR CANCER PREVENTION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

### 14 Fixed asset investments

	Listed investments £
<b>Cost or valuation</b>	
At 1 April 2023	445,395
Additions	125,000
Valuation changes	34,170
	<u>604,565</u>
At 31 March 2024	
<b>Carrying amount</b>	
At 31 March 2024	<u>604,565</u>
At 31 March 2023	<u>445,395</u>

### 15 Debtors

	2024 £	2023 £
<b>Amounts falling due within one year:</b>		
Trade debtors	395	175
Prepayments and accrued income	6,638	12,535
	<u>7,033</u>	<u>12,710</u>

### 16 Current asset investments

	2024 £	2023 £
Unlisted investments	<u>165,406</u>	<u>160,000</u>

### 17 Creditors: amounts falling due within one year

	2024 £	2023 £
Other taxation and social security	8,069	7,604
Trade creditors	13,230	43,247
Other creditors	2,212	5,275
Accruals and deferred income	8,993	5,223
	<u>32,504</u>	<u>61,349</u>

# THE MARY HOW TRUST FOR CANCER PREVENTION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2024

#### 18 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	Balance at 1 April 2022 £	Movement in funds		Balance at 1 April 2023 £	Movement in funds		Transfers 31 March 2024 £	Balance at 31 March 2024 £
		Incoming resources £	Resources expended £		Incoming resources £	Resources expended £		
Billingshurst Lions	151	2,105	(2,256)	-	-	-	-	-
Bowerman Trust	-	-	-	-	5,798	(5,606)	-	192
Equipment for Room 3	-	7,943	(7,943)	-	-	-	-	-
Defibtech	-	895	(895)	-	-	-	-	-
Shanly Foundation	-	-	-	-	2,742	(2,878)	136	-
HDC LEAP Grant	-	-	-	-	1,539	-	(1,539)	-
HDC Lottery Grant	-	-	-	-	1,000	-	-	1,000
HDC Community Grant	-	-	-	-	500	-	-	500
HDC Big Help Out	-	-	-	-	250	(37)	-	213
	151	10,943	(11,094)	-	11,829	(8,521)	(1,403)	1,905

## THE MARY HOW TRUST FOR CANCER PREVENTION

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

#### FOR THE YEAR ENDED 31 MARCH 2024

18	Restricted funds	(Continued)
	<u>Billingshurst Lions</u> This fund was used for the purchase of clinical equipment (ECG).	
	<u>Bowerman Trust</u> This fund was used for the purchase of a new EPOS system for the charity shop.	
	<u>Equipment for Room 3</u> This fund was used for the purchase of clinical equipment for the kit-out of room 3.	
	<u>Defibtech</u> This fund was used for the purchase of a AED defibrillator	
	<u>Shanly Foundation</u> This fund was used for the purchase of clinical equipment (ECG/trolley/electrodes).	
	<u>HDC LEAP Grant</u> This fund was used for the purchase of promotional materials. The transfer recognised within the grant relates to the recognition of costs incurred during the previous financial period.	
	<u>HDC Lottery Grant</u> This fund is to be used for the purchase of clinical equipment (bariatric scales/measuring stick).	
	<u>HDC Community Grant</u> This fund is to be used to create more screening slots	
	<u>HDC Big Help Out</u> This fund was used for the purchase of promotional materials.	

# THE MARY HOW TRUST FOR CANCER PREVENTION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2024

#### 19 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.

	Balance at 1 April 2022 £	Movement in funds			Balance at 1 April 2023 £	Movement in funds			Transfers £	Balance at 31 March 2024 £
		Incoming resources £	Resources expended £	Transfers £		Incoming resources £	Resources expended £	Transfers £		
Capacity expansion	150,000	-	-	-	150,000	-	-	-	180,000	330,000
Clinical IT Upgrade	-	-	-	160,000	-	-	-	-	50,000	50,000
Short term investments	-	-	-	-	160,000	5,406	-	-	-	165,406
	150,000	-	-	160,000	310,000	5,406	-	230,000	545,406	

#### Capacity expansion

This fund is to be used for the purchase of a second site, in order to increase screening levels by 3,500 between 2025, to 2027.

#### Clinical IT Upgrade

This fund is to be used for the purposes of upgrading clinical IT software and systems.

#### Short term investments

This fund was set up to show the value of the short term investments.

# THE MARY HOW TRUST FOR CANCER PREVENTION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2024

#### 20 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
<b>Fund balances at 31 March 2024 are represented by:</b>			
Tangible assets	56,443	-	56,443
Investments	604,565	-	604,565
Current assets/(liabilities)	320,087	1,905	321,992
	<u>981,095</u>	<u>1,905</u>	<u>983,000</u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
<b>Fund balances at 31 March 2023 are represented by:</b>			
Tangible assets	69,248	-	69,248
Investments	445,395	-	445,395
Current assets/(liabilities)	203,694	-	203,694
	<u>718,337</u>	<u>-</u>	<u>718,337</u>

#### 21 Operating lease commitments

##### Lessee

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:

	2024 £	2023 £
Within one year	26,837	26,028
Between two and five years	106,539	104,112
In over five years	54,914	80,253
	<u>188,290</u>	<u>210,393</u>

#### 22 Related party transactions

Aggregate donations received from trustees during the year amounted to £523 (2023 - £188).

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 £28,988 (2023 - £25,480) in salary and pension.

There are no further related party transactions during the financial year which require disclosure.

# THE MARY HOW TRUST FOR CANCER PREVENTION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

**FOR THE YEAR ENDED 31 MARCH 2024**

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### 23 Analysis of changes in net funds

The charity had no material debt during the year.

24 Cash generated from operations	2024 £	2023 £
Surplus for the year	264,663	66,921
Adjustments for:		
Investment income recognised in statement of financial activities	(21,948)	(10,786)
(Gain)/loss on disposal of investments	-	22,891
Fair value gains and losses on investments	(34,170)	-
Depreciation and impairment of tangible fixed assets	12,805	6,168
Movements in working capital:		
Decrease/(increase) in debtors	5,677	(5,495)
(Decrease)/increase in creditors	(28,845)	18,907
<b>Cash generated from operations</b>	<b>198,182</b>	<b>98,606</b>

