Trekstock Cancer Support

England & Wales · Charity number 1132421

Details

Other names	TREKSTOCK LIMITED, TREKSTOCK
Status	Registered
Legal form	Charitable company
Company number	06919669
Registered	2009-11-03
Register	View on the Charity Commission register

Contact

Address	Trekstock Cancer Support The Barn Kings Newton Hall Main Street Kings Newton Derbyshire DE73 8BX
Phone	02073881200
Email	sophie.epstone@trekstock.com
Website	www.trekstock.com

Activities

Objects: 1. To advance the education of the public, in particular people in their 20s, 30s and 40s, in the subject of cancer and their needs post cancer2. The relief of sickness and the promotion of health and wellbeing amongst those living through and beyond cancer in their 20s, 30s and 40s with a view to improving their conditions of life.

Activities: TREKSTOCK AIMS TO PROVIDE PHYSICAL AND MENTAL WELLBEING SUPPORT FOR YOUNG ADULTS DIAGNOSED WITH ANY TYPE OF CANCER IN THEIR 20S, 30S & 40S, PROVIDING THEM WITH THE TOOLS THEY NEED TO HELP GET THEM MOVING AGAIN.

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Classification

- **How:** Makes Grants To Organisations, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science
- **Who:** Children/young People, People With Disabilities

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, NATIONAL AND OVERSEAS
- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£412,748	£391,276	-	-
2024-05-31	£441,087	£530,962	-	-
2023-05-31	£521,762	£462,139	£297,578	6
2022-05-31	£421,808	£474,048	-	-
2021-05-31	£430,050	£424,030	-	-

Trustees

Name	Role	Appointed
Rachel Roxburgh	Chair	2023-10-01
Alison Stephanie Hill		2023-07-01
Christopher Anthony De Marco		2023-07-01
Dr Gemma Pugh		2023-10-01
Julie Jeancolas		2023-10-01
SIMON LOWE		2011-07-29
Tony Dallas		2022-04-06

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Trekstock Cancer Support

England & Wales - Charity number 1132421

Accounts

TREKSTOCK.
CANCER SUPPORT

Annual Trustees Report & Accounts for the year ending May 2025

Registered Charity No. 1132421
www.trekstock.com



Image of Jack: by Michael Leckie for Fujifilm UK, 2026

Report of the Trustees for the Year Ended 31 May 2025

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2025.

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). The financial statements are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

Additionally, the accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts. The charity is a company limited by guarantee, incorporated on 29 May 2009 (number 06919669) and registered as a charity on 3 November 2009 (number 1132421). The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association.

In May 2025, Trekstock made an application to change its name to Trekstock Cancer Support and to expand its age range to support the 20s, 30s, and 40s, this change will be reflected in the 25/26 accounts.



Intro from our Chair

Having cancer is one thing; navigating life alongside and beyond cancer presents challenges that are too often left unaddressed by the medical world. That is why Trekstock Cancer Support exists.

This year marked a period of consolidation and progress. We strengthened our foundations, sharpened our focus, and continued to evolve our programmes using insight, evidence and lived experience. Our work is increasingly centred on supporting physical and mental wellbeing, recognising that recovery and resilience extend far beyond clinical care.

Trekstock's voice within the cancer sector has continued to grow. Through active engagement with networks such as Cancer52 and partnerships with Teenage Cancer Trust, Young Lives vs Cancer and Macmillan Cancer Support, we are recognised as a credible and respected contributor to improving outcomes for people with cancer in their 20s and 30s, a group whose needs are too often overlooked. This is a group which faces unique challenges, from disrupted life stages to financial strain and isolation.

Trekstock bridges these gaps by listening to our community and delivering support that meets people where they are, both online and in person.

Central to this is the guidance of our Ambassadors, whose lived experience shapes what we deliver and ensures our services remain relevant, compassionate and impactful.

We are grateful for the continued backing of National Lottery Community Fund, Macmillan Cancer Support, Foux Foundation, St. James's Place Foundation, Bernard Sunley Foundation, Embers and other funders, whose confidence has placed Trekstock on a solid financial footing and enables us to plan with greater assurance. Alongside this, we strengthened governance by tightening Board structures and establishing a Finance and Risk Committee, ensuring we are well positioned as we scale our work.

As we look ahead, Trekstock remains ambitious and grounded. By listening closely to our community, strengthening governance and continuing to evolve our programmes, we are building an organisation capable of supporting our community not just during cancer, but through and beyond it. I would like to thank our staff team, Trustees, Ambassadors, funders, partners and supporters for their continued commitment. Together, we are creating a stronger, more supportive future for people in their 20s and 30s living with and beyond cancer.



Rachel Roxburgh (pictured right)
Chair of Trustees, Trekstock



Welcome from Natalie

Before joining Trekstock as our Community & Operations Lead in 2025, Natalie was diagnosed with stage 4 bowel cancer at age 36.

She underwent an aggressive course of chemo and radiation and although this appeared to be working, the cancer started growing back. She then had a pelvic exenteration to remove everything that the tumours were touching. Her cancer led her to Trekstock and our services, and ever since then she has been an incredible advocate of our work. Trekstock supported her through Cancer Rehab Instructor Training. In 2024, she used her experience as a dancer to lead a movement class, helping people to reconnect with their bodies during and after cancer treatment.

"My cancer was initially inoperable as it was growing into my spinal nerves. I went through an aggressive course or chemo and radiation which worked well, but my cancer started growing back really quickly after the first lot of treatment, so I had to have a pelvic exenteration.

Nat has brought expertise, knowledge and a whole lot of joy to our Meet & Move programme, playing an instrumental role in developing and delivering our wellbeing events. Now that she has joined us permanently, she continues to enhance the programme's ongoing success across London and strengthen our community engagement nationwide, while working closely with clinical leads and healthcare professionals to present our work and improve the referral pathway.

Trekstock was such an important part of my own cancer journey when I was diagnosed with stage 4 cancer at the age of 36. I cannot really stress how important the work that they do is; the support, the knowledge, the community.

In my experience, I couldn't find any other community support for people my age going through cancer."

Natalie Woodward, Community & Operations Lead



A note from Sophie, our CEO

Every day, 99 people in their 20s and 30s hear the words no one ever expects: "It's cancer." Careers, relationships, identity, plans and confidence are suddenly shaken. The impact is profound, yet too often, the support available simply does not reflect the realities of this age group.

For 16 years, Trekstock has been responding to this gap. And this year, as we sharpen our focus, we are more determined than ever to redefine what support looks like. We know that movement, rest, nutrition and rehabilitation can change lives. They can ease treatment side effects, boost mood, rebuild strength and confidence, and help people step back into life on their own terms. But too many people are still being left behind.

Fear, misinformation, financial strain, digital exclusion, and a lack of accessible services prevent thousands from accessing the support they urgently need and deserve. That is why we are setting our sights higher, investing in new expertise and forging deeper partnerships across healthcare, industry and the charity sector. A central part of our future strategy is the development of a scalable digital platform and personalised rehabilitation pathway designed specifically for our community. The clinical evidence is clear: targeted exercise and wellbeing support significantly improve outcomes, yet access remains fragmented and inconsistent.

Our platform aims to change this by offering 24/7 access to cancer-specific exercise and wellbeing content, live and on-demand specialist-led classes, and a one-to-one triage service that creates personalised rehabilitation plans. This model is built for scale, with strong potential to reach tens of thousands of people nationally in its early phases, particularly as we develop signposting pathways for healthcare professionals.

Phase one will focus on digital scale in years 1–3, with additional community-based delivery services built in through years 4–5. This is a bold and ambitious development for Trekstock, rooted in lived experience, clinical insight and a deep commitment to reaching those who currently fall through the cracks.

We are building towards a future where personalised, trusted exercise and wellbeing support is available to everyone diagnosed with cancer in their 20s and 30s, wherever they live, whatever their circumstances, whatever their starting point. A future shaped by our community, powered by our expertise and strengthened by the belief that no one should have to rebuild their life alone.

It is a future where support is not just available, but accessible. Not just helpful, but transformative. Not just for some, but for all. This is the change we are working towards. With your help, this is the movement we are building.



Sophie Epstone, CEO & Founder (centre)



Image of Anj: by Michael Leckie for Fujifilm UK, 2026

Who is Trekstock Cancer Support?

Across the UK, people in their 20s and 30s are often described as a forgotten cohort. They are not children, yet they are also not part of the older demographic that most mainstream clinical cancer services and charities are designed to support. This group faces a distinct mix of physical, emotional and practical challenges, but age-appropriate care is still limited and inconsistent.

Trekstock exists to change this.

"Trekstock is an amazing charity that helped me a huge amount when I was going through chemotherapy. They saved me just as much as the doctors did."
Lucy, 28

We help those we support stay active, access expert advice that relates directly to their stage of life and meet others who understand their experience. All of our services are free and created specifically for people navigating cancer during the prime years of adulthood.

Too often, people in this age group fall into the gap that exists between an overstretched NHS and services focused on older patients. Many feel isolated, misunderstood, and unsupported at a time when careers, relationships and family life are in motion. Trekstock fills this gap and is committed to reaching even more people who need us.

Our vision is a future where everyone in their 20s and 30s who hears the words "it's cancer" receives personalised, age-appropriate support at the right time.

In 2026, this vision will take an important step forward with the launch of our new website and online support platform, alongside the opening of our inaugural Wellbeing Room at University College London Hospital, generously funded by The Jane Goodman Charitable Trust.

This dedicated space will allow us to introduce patients to Trekstock's support within the hospital setting and create more opportunities for healthcare professionals to connect their patients with our services.

Objectives & Achievements

This year, we've brought greater clarity to our priorities. We continued to place lived experience and community collaboration at the heart of our work, as well as amplifying our voice through strategic partnerships.

The last 12 months have been defined by three key themes: Focus & Growth, Engaging our Community, and Raising Awareness. Taken together, these are a reflection of how Trekstock has strengthened our delivery, deepened our connection with the community that we serve, and increased our reach and visibility.

Our work remains profoundly aligned with the lived experiences of people with cancer in their 20s and 30s; and these experiences continue to provide more insight into the unique challenges which they face including life-stage disruptions, financial strain, isolation, and long-term physical and emotional impacts of cancer.

We've set our sights on an ambitious goal: to get more people in their 20s and 30s living with and beyond cancer more active safely, thus supporting their treatment, recovery and long-term health. We have begun designing and developing the next evolution of our support: a pioneering online platform and personalised care offering unlike anything currently available for people living with or beyond cancer.

Building on the success and impact of our life-changing programmes, this work aims to expand our reach, improve accessibility, and ensure that everyone who needs us can connect with tailored support, wherever they are in the UK.





The increased expertise within our team has significantly strengthened our capacity for outreach, enabling us to cultivate new partnerships and deepen existing ones. At the same time, the development of our services and the diversification of how we deliver them mean that more members of our community than ever before are now able to access the support they need, in ways that work for them.

Collectively, these developments have amplified our visibility, broadened our reach, and positioned Trekstock to support even more people in the years ahead.

Together, we will focus on:

- **Combating Isolation:** Peer support programmes like "Find Your Voice" and regional community meet ups foster connection, build skills and resilience.
- **Enhancing Accessibility:** Online and in-person: offerings ensure support is available regardless of location or circumstances, supporting people through cancer treatment and beyond.
- **Providing Tailored Information:** Support with finance, employability, and menopause is offered as life-stage-specific guidance, written by experts and young people with lived experience.
- **Advocating for Representation:** Focus groups and Ambassador-led initiatives amplify the voices of young people, ensuring their needs are heard in healthcare and policy discussions. Over the past 12 months, support from trusts, foundations, corporate partners, and public fundraising events has helped drive forward a year of real momentum for Trekstock. We've seen a marked increase in enthusiasm and appetite to take part in fundraising from our community and corporate partners, with more people recognising the importance of supporting people in their 20s and 30s as they navigate life with and beyond cancer.



Why we do what we do

At Trekstock, we drive change through empowerment - giving people in their 20s and 30s the confidence and strength they need to live well through and beyond cancer. We are the UK's only charity specifically providing physical and mental wellbeing support services for this age group who are diagnosed with, living with, and surviving any type of cancer.

Evidence shows that exercise is vital for recovery, reducing fatigue and pain, and lowering the risk of recurrence. Despite this, many people tell us they are discouraged from exercising during treatment: in many cases they feel excluded, while others simply cannot afford specialist instructors, or find the time to juggle life alongside cancer with work and family.

By providing people with the opportunity to be active, we are helping to overcome these barriers, and give people the space, time and consideration they need to benefit from physical activity alongside treatment.

When we asked our community about their relationship with physical activity after a cancer diagnosis. The response was shocking:

- 27% reported that they felt their cancer excluded them from engaging in exercise.
- 44% reported that they were worried that exercise would cause pain.
- Only 38% knew what exercise they could do.

Receiving a cancer diagnosis at this pivotal life stage turns people's lives upside down: these are the years associated with career growth, independence, starting a family, and simply enjoying life. While there is no "right" age for a diagnosis, the people in this group who are diagnosed every day are forced to adapt their lives in a radically different way – and to do so without adequate specialist, age-appropriate support.

That's where Trekstock comes in: we address that service gap, ensuring that this growing group of people all have the support they need to thrive beyond their diagnosis – whatever it looks like. Statistics show a rising number of people are receiving cancer diagnoses in their 20s and 30s, with the most recent data showing that **99 people in this group are diagnosed with cancer every day.**



Leading the way

We improve the physical and mental wellbeing of people with cancer in their 20s and 30s, providing tailored support, and connecting these individuals with others who share similar experiences. As the rates of cancer among under 50s, we want to reach more people, earlier in their diagnosis and make sure every person diagnosed with cancer in this group gets the support they need, at the point of diagnosis.

We provide direct support to patients dealing with cancer and its long-term impacts through a wide range of wellbeing programmes delivered free of charge, both in person and online. Our focus over the next 3 years is to scale up the following key programmes and services, developing previous service delivery, ensuring we reach a wider audience and meet the needs of minoritised and marginalised groups.

We aim to:

- Further expand our reach across the UK
- Engage a broader spectrum of communities, improving outreach to more men, LGBTIQIA+ individuals and marginalised groups
- Build stronger referral pathways with healthcare professionals and charities so there's no gap in support during and beyond treatment
- Develop partnerships across the UK to ensure our services are integrated with those supporting people with cancer in their 20s and 30s
- Further increased awareness of physical activity as a key wellbeing tool for those diagnosed with cancer, and be known as a champion for specific and relevant programmes devised by cancer rehabilitation experts
- Continue tackling health inequalities for our community, lobbying for change.

Throughout the years, our commitment to encouraging and supporting this community has remained unwavering. We provide crucial assistance and complimenting medical treatment along the cancer pathway. As a leading voice in cancer support, we've long championed the importance of physical activity in recovery, and its role has now been validated by clinical data, further emphasising the importance of our holistic approach.

We take pride in our accomplishments, including the prestigious GSK Impact Award in 2022, and in our partnerships with some of the UK's foremost cancer care experts and advocates. Our well-respected services have garnered recognition from the broader cancer charity sector, NHS England Cancer Team, and oncology teams nationwide, who confidently refer their patients to us.

Furthermore, **our work aligns seamlessly with the current NHS's Long-Term Plan for cancer**, underscoring the importance of our mission. This alignment with long-term national policy was highlighted in February 2025 when our CEO, Sophie Epstone MBE, represented Trekstock at roundtable discussions with the Secretary of State for Health & Social Care. This roundtable formed the basis for Trekstock's continued contributions to the new National Cancer Plan, which is scheduled for release in early 2026.

Our partnerships with organisations like the Teenage Cancer Trust and Macmillan Cancer Support allow us to expand our reach and provide even more support to people in their 20s and 30s facing cancer.

"The patients I refer get so much from their services, from a friendly voice at the end of the phone to comprehensive rehabilitation programmes post-cancer treatment."

Advanced Nurse Practitioner
Royal Marsden NHS Foundation Trust



Our 3 year priorities, 2023-2026

Priority 1 - Meeting the community where they are by developing a strong presence in a broader range of regions across the UK

Our Commitment: To develop our capacity for nationwide outreach, focusing on delivery in regions beyond the South-East, and partnering with local organisations in other cities to provide transformational community engagement.

Our Achievements: Since September 2025, we have continued to develop our collaboration with **Newcastle** HealthWorks to deliver award-winning, evidence-based, in-person exercise programmes for local cancer patients, thereby extending our reach into a region with recognised high levels of social deprivation. Our Programmes and Community Lead has led on this partnership; visiting the Newcastle team to manage onboarding and provide support. So far, one cohort has completed the 8-week course, and we are delighted with the progress and results.

We have additionally begun the London rollout of our new Community Connection and Wellbeing events (the "Meet & Move" programme). These events combine gentle, accessible, achievable, and achievable physical exercise with the opportunity to socialise and connect with other people like themselves. They involve low-impact, accessible and inclusive activities, delivered in multiple locations across London. These events are not only inherently beneficial to the attendees, but they also direct people to access our other support and services, thus helping to maximise our impact.

Alongside this significant progress, we have also identified a key challenge that we face in service delivery: achieving consistent engagement with in-person delivery. It has become increasingly clear that only focusing on in-person delivery does not meet the needs of all those we aim to support.

Many people experience ongoing health challenges, fatigue, anxiety, or practical barriers that make attending in-person sessions difficult. While we know that in-person sessions offer valuable connection, for some they unintentionally create barriers to engagement. As such, we have learned that a sole focus on in-person delivery, especially setting up and maintaining delivery in other cities with local partners, requires considerably more time and resources than we had first anticipated.

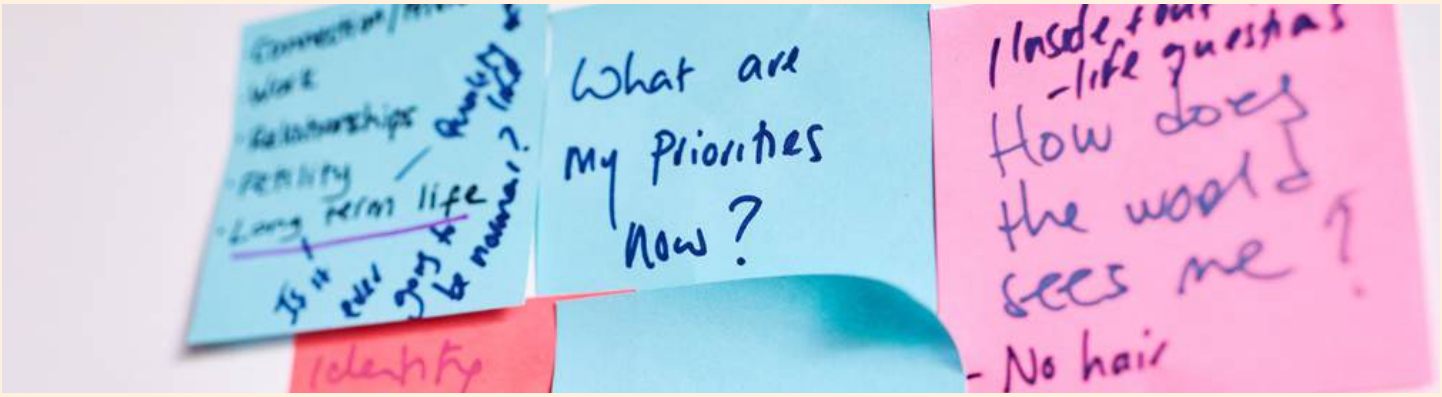
In response to this learning and to ensure we remain focused on making the biggest impact on the lives of those who need our support, we've focused on building our online exercise programme delivery, with an aim to provide more flexible, accessible support for both physical and mental wellbeing. This digital approach has proven highly effective, enabling us to reach people across the UK in a cost-efficient way while removing barriers related to geographical, mobility and financial barriers for those we support.

Priority 2 - Increasing our capacity to deliver our vital services.

Our Commitment: to extend our services to more beneficiaries by appointing a Programmes and Community Lead to enhance programme delivery nationwide, with a view to expanding outreach via both digital and in-person delivery channels, in alignment with our strategic goal of promoting diversity and inclusivity.

Our Achievements: Digital delivery is now a central pillar of our scaling-up plans. While our original intention was to expand through regional hubs, our evidence and learnings show that prioritising digital delivery is the best way to support our community at the present time.

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Our 3 year priorities, 2023-2026

To support growing our reach and delivery regionally in the future, we have embarked upon a major piece of work to increase the number of Ambassadors based across the UK. Additionally, the appointment of a Programmes and Community Lead has been invaluable in extending our in-person services and community outreach, and has yielded a marked increase in engagement with our programmes.

Experience has shown us that placing more emphasis on digital accessibility is an effective way to further increase our capacity to deliver our programmes. As part of this move toward digital delivery, we have extended our reach by sharing our nutrition resource through Macmillan Cancer Support centres and Teenage Cancer Trust wards, and by providing expert information via our website and YouTube channel – additionally working in partnership with Macmillan to produce our new, updated nutrition guide, which is scheduled for release in 2026. Over the course of 2026, the Trekstock website will become a central hub for live and on-demand support, with one of our key ambitions for the next year to be the continued improvement of service delivery and user experience.

In conjunction, we have continued to work with Dr Laura Dennison to carry out qualitative and quantitative research to better understand the evolving needs of our community and inform the ongoing development of our programmes. Alongside this heightened focus on digital delivery, we will continue to deliver our in-person Community & Wellness Events in both Newcastle and London. Since appointing new resource, we have succeeded in expanding both the reach and the scope of our community connections and services. This includes a series of 'Meet & Move' events, taking place over 12 months in locations across London.

We forecast that more than 280 people will take part in this series of events, with the intention of directing attendees to our other services to maximise our impact.

Priority 3 - Reaching diverse communities.

Our Commitment: Ensure all our programmes are co-designed and co-delivered with beneficiaries. We will address a more diverse audience, considering diverse cultures and unique needs of ethnically diverse groups. Our demographic breakdown shows that our beneficiaries are predominantly female (88%), white and from the South-East. We continue to work to meaningfully embed the voice of lived experience into all service delivery at every level of our charity. By working with key charities to collaborate on addressing specific needs of different communities, we will advance increase diversity, inclusivity and belonging across all our programmes, so that our service is accessible to all population cohorts across the UK.

Our Achievements: Recruitment of focus groups has been successful, advancing progress on our Community Engagement targets and further heightening the role of lived experience as one of our organisational key focus areas. These focus groups, hosted in collaboration with Newcastle-based Embers, have helped us better understand the experiences and specific needs of our community.

We were also pleased to recruit 24 members of our community, representing a diverse range of cancer diagnoses and treatment experiences, to take part in a series of AstraZeneca focus groups. Participants provided insight and feedback on the Cancer Project Zero initiative, which aims to one day eliminate cancer as a cause of death. Our community played an active role in challenging assumptions, sharing lived experiences, and contributing thoughtful, constructive feedback.



Our 3 year priorities – 2023-2026

Furthermore, we've continued to expand our **Ambassador programme**, welcoming two new Ambassadors to the network: Jak Howell and Cengizhan Sen. Together, our Community Ambassadors champion equity by representing diverse and often underserved communities in cancer care, including LGBTIQIA+, Black, Asian, disabled, and unemployed individuals. Their valuable insights shape our initiatives, ensuring we reach and support those who are often overlooked. Together, we create culturally relevant services and resources to guarantee that everyone has equitable access to our life-changing support.

Over the past 12 months, we have created meaningful opportunities for Ambassadors and community members to take part in enriching activities that raise awareness of our services. Ten community members volunteered at Glastonbury Festival, gaining valuable skills while enjoying a unique experience. Many in our community feel that cancer has taken away opportunities for joy and connection; experiences like this are therefore particularly powerful.

Priority 4 - Developing UK wide partnerships.

Our Commitment: We will develop relationships with stakeholders to ensure our services are embedded in their work. We want to ensure that every young adult in their 20s and 30s diagnosed with cancer hears about Trekstock's services at the point of diagnosis.

Our Achievements: We have developed and nurtured relationships with oncologists, allied Healthcare Professionals and NHS trusts. These partnerships – amongst many others – have been instrumental in expanding our reach and impact, and we couldn't be more grateful to have their support as we continue our expansion.

2025 has also been a highlight for Trekstock in terms of campaigning and influencing national policy. In addition to our contributions to the upcoming 2026 National Cancer Plan, we have also worked consistently and closely with other national and regional charities within the cancer space. These close ties with the broader community are exemplified by our participation in the One Cancer Voice Coalition, as well as our role within the All-Party Parliamentary Group for Children and Young People with Cancer, and the Children and Young People's Cancer Coalition.

This collaborative approach to driving national change has always been vital to Trekstock, and we're honoured to have worked with the following organisations this year:

- HealthWorks Newcastle
- Alike
- Young Lives vs Cancer
- Macmillan Cancer Support
- Menopause and Cancer
- Embers
- Robin Cancer Trust
- Teenage Cancer Trust
- Cancer52 Alliance
- One Cancer Voice Coalition
- The Children and Young People's Cancer Coalition (CYPCC)
- The All-Party Parliamentary Group on Children Teenagers and Young Adults with Cancer (APPGC)





Our Impact

Our overall objective is to increase access to our services for people in their 20s and 30s, improving their mental and physical wellbeing, and their overall quality of life.

We aim for 60% of people being treated for cancer in our age group to find Trekstock and engage with our services. Our programmes are designed so that people living with and beyond cancer feel less isolated, more connected, and more confident in navigating life after their diagnosis.

Through our wellbeing initiatives, we want people to feel better informed about their options, long-term health, and the realities of life after treatment. Equally, through our digital and in-person exercise programmes, we strive to ensure that young adults feel confident and safe to get active, both during treatment and in recovery.

Our Results: This year, we strengthened our ability to measure impact and are pleased to share quantitative data demonstrating the tangible and immediate benefits our programmes deliver. These results reflect the progress we are making toward the priorities outlined above.

- 91% felt less isolated after a community event
- 87% felt more confident after a Meet & Move event
- 65% said we helped them become active again
- 100% were more optimistic after the Navigating Menopause programme
- 88% feel we support them in the ways they need
- 76% of Meet & Move participants felt happy, hopeful and relaxed afterwards
- 61% signed up for other Trekstock services or started another type of physical activity

“"I don’t think I have ever felt so seen in my life.” Natalie, event participant



Fundraising

We have continued to diversify and grow our income through strategic partnerships with corporate partners, grant giving bodies and organisations; including successfully securing support from the pharmaceutical industry to launch our newly updated Food and Nutrition Guide. Additionally, our corporate partners and community are helping to raise funds through fundraising and awareness-boosting activities; including treks, runs and bike rides.

Fundraising in 2024/25 took place against a backdrop of continued sector-wide challenges, including changes in how people support charity and increased competition for corporate and trust funding. In response, we've worked to both broaden our income streams and strengthen relationships with funders and supporters, creating greater visibility and stability for the future. We are incredibly grateful to our dedicated team and Trustees whose resilience, adaptability and commitment enabled us to respond positively to these pressures and continue delivering strong results.

Investment in fundraising capacity has been a key priority this year, embedding professional and lived experience within the team. With this additional expertise in place, we have expanded our capacity and strengthened our pipeline. Our focus on securing new strategic partnerships is already showing results, with warm introductions and growing interest from organisations that share our values.

We maintained a strong focus on trust and foundation funding, while continuing to grow corporate partnerships and harness the passion of our committed community through challenge events. Initiatives such as Merch for Good – which continues to raises funds by selling exclusive band merchandise provided by major musicians - provided an innovative way to collaborate with talented artists, reach new audiences, and inspire more people to support our work. Together, these efforts are helping to create a more resilient and balanced fundraising portfolio for the years ahead.

Future Growth

Looking ahead to 2025/26, our focus is on building on the momentum we have created and ensuring it is sustained, while continuing to adapt confidently to an evolving fundraising landscape. We need to strengthen long term income by developing multi-year partnerships, deepen our strategic collaborations, and create greater efficiencies in how we deliver our projects and programmes.

Our priorities include:

1. Strengthen trust & foundation support
Maintain and grow income from trusts & foundations by nurturing strong relationships with existing funders, while proactively identifying new opportunities that align with our mission and impact.

2. Align programme delivery with funding
Continue refining and evolving our programmes so they meet the changing needs of our community, and ensure each project is supported by the most appropriate and committed funding partners.



Fundraising

3. Deepen strategic corporate and pharmaceutical partnerships

Strengthen relationships with corporate and pharmaceutical stakeholders to secure multi-year support, unlock pro-bono expertise, and create greater efficiency across project and programme delivery.

4. Drive collaborative cross-sector working
Build cross-sector partnerships that support shared delivery models, reduce duplication, and extend the reach, quality and impact of our services.

5. Grow Trek This City
Develop Trek This City , our flagship mass-participation challenge event, to attract a wider audience, engage corporate teams and communities through volunteering and participation, and deliver significant, fundraising growth.

6. Expand our challenge events portfolio
Grow our challenge events programme, including the London Marathon places we have for 2026-2029, to create powerful supporter engagement opportunities and strengthen our community fundraising pipeline. At the same time, nurture our 3rd third party fundraisers and grow our legacy income.

7. Develop Merch for Good
Expand our e-commerce initiative, using collaborations with artists and brand partners to reach new audiences, increase online store sales, and generate unrestricted income in creative and cost-effective ways.

We aim to build a more resilient, efficient and partnership-led fundraising model that supports long-term sustainability and maximises impact.

Trusts & Foundations

Our work simply would not be possible without the generosity of the Trusts & Foundations who choose to support our community and help us scale our work. In 2024/2025, their support enabled meaningful progress and lasting impact. We offer our heartfelt thanks to the following funders:

- AKO Foundation
- Bernard Sunley Foundation
- Embers
- Foux Foundation
- Garfield Weston
- Macmillan Cancer Support
- The National Lottery Reaching Communities
- St. James's Place Foundation

Looking ahead to 2026, we will continue to nurture strong relationships with existing grant funders while seeking new opportunities that align with our programmes and the impact we aim to achieve. This year we have increased our fundraising capacity, which will be invaluable as we engage a growing number of external funders with a focus on digital interventions, health and wellbeing, and cancer.

Our priorities for funders include enhancing confidence among those we support to resume safe, appropriate exercise that improves both physical and mental wellbeing, and increasing access to inclusive movement and wellbeing support for underserved groups who face barriers including geographical, financial and tech poverty.



Corporate Partnerships

Developing strategic corporate partnerships requires significant time and resources, but it yields meaningful results. This year, our focus in this area has led to support from a growing group of forward-thinking organisations, including:

- AstraZeneca
- Hamilton Hodell
- The Harrodian School
- Lawrence Stephens
- Revcap

We are incredibly grateful for their support, which has helped us expand our outreach and increase our impact for people in their 20s and 30s living with and beyond cancer.

Why organisations choose to partner with us:

Our partners want to make societal impact. They tell us they choose Trekstock because we offer:

- A trusted charity brand with strong credibility in the cancer support sector
- A service that enables companies to offer meaningful support to employees affected by cancer, whether personally or through someone they care for
- National reach into an underserved working-age cancer community
- A highly engaged audience across digital channels and in-person programmes
- Agility and genuine partnership working, making us easy to activate and collaborate with
- Clear values alignment, centred on care, empowerment, inclusion and innovation

"Like many of my team, I've fallen in love with the charity's innovative approach to fundraising." Desmond, Legal & General

Our focus for the year ahead: to build on this momentum, we will strengthen our corporate stewardship, proactively generate high-quality partnership opportunities, and launch a refreshed set of corporate offerings focused on employee engagement, sponsorship, purpose-aligned collaboration and long-term partnerships.

Our aim is clear: to make partnering with us straightforward and meaningful, while delivering lasting impact for our community. We have already seen success on this front, having secured a multi-year partnership with Fujifilm UK, who will be supporting us across multiple fundraising and awareness campaigns beginning in early 2026.

Community Fundraising

Continues to be a vital part of our income in, fueled by the passion and commitment of those directly affected by cancer and the friends, families and colleagues who rally behind them. This year, we saw growing momentum across events, challenges and merchandise sales, with more people choosing to support Trekstock in meaningful, personal and creative ways. Over the course of 2024 and 2025, we fully sold out of invested events, filling 31 places across three events and exceeding fundraising targets for each. As we look to 2026, this area represents one of our strongest opportunities for sustainable growth and deeper engagement with our brilliant community.

We have worked hard to mobilise and engage our community and their networks in supporting our work. This has resulted in increased interest in taking part in challenge events for Trekstock. Building on the strong performance of 2025, we made a strategic decision to invest in 12 charity places in the London Marathon each year from 2026–2029. This marks a major step forward for Trekstock and has the potential to raise unprecedented income from a single event. This sits alongside a growing roster of challenge events for 2026.



Governance & Leadership

Governance & Leadership

Our Board of Trustees has worked tirelessly to provide strategic oversight and support the executive team. We remain committed to maintaining the highest standards of governance, ensuring transparency, and upholding our mission to improve the lives of people in their 20s and 30s living with cancer. This year we added an additional sub-committees to our existing Finance & Risk group, including a new Programmes committee chaired by Louise Soanes, Chief Nurse at Teenage Cancer Trust.

Thanks & Acknowledgements

This year's successes are a testament to the unwavering dedication of our staff, volunteers, partners, and supporters. To the Trekstock team and our Board of Trustees led by Rachel Roxburgh, thank you for your passion, vision, and commitment. To our community of young people, your strength and stories inspire everything we do.

Structure, Governance and Management:

Our Board must consist of no less than three elected members, who are concurrently Directors under company law. Trustees regularly review the membership of the Board to ensure that the necessary skills and perspectives needed for effective governance are in place, taking account of the need for political impartiality, gender balance and representation of the demographics of the UK.

All new members of the Board undergo an induction programme that includes a briefing on their role and responsibilities, a meeting with all Trekstock staff, one or more beneficiaries, a comprehensive set of governance documents in addition to general guidance such as 'The Essential Trustee' published by the Charity Commission. The Board of Trustees ensures the charity has a clear vision, mission and strategic direction and is focused on achieving its annual plans and objectives signed off by the Board. This involves monitoring and acting to ensure that performance and impact are achieved, as well as being the guardians of the fundamental values and ethos of the charity. Sub-committees, comprising trustees and non-trustees, meet more regularly with key staff.





Our Chair & Trustees

Trekstock's Board of Trustees is comprised of experts from a range of sectors, including not for profit, finance, marketing, legal, healthcare, cancer care and importantly those with lived experience. We are fortunate to have renowned cancer specialists on our board, including Louise Soanes, the Chief Nurse at Teenage Cancer Trust, Dr Gemma Pugh, Research Lead at Anthony Nolan and Alison Hill from Barts Health NHS Trust.

Our Chair, Rachel Roxburgh, brings over 30 years of experience in the charity sector, including leadership roles at Cancer Research UK, Dallaglio Rugby Works and The Duke of Edinburgh's Award. With Rachel's leadership and the continued expertise of our Board of Trustees, Trekstock is well-positioned to continue providing exceptional support to people in their 20s and 30s facing cancer and to expand our reach even further. In 2026, we will also begin the active recruitment of a Vice Chair to strengthen our governance and ensure the Board is equipped to guide the charity through its next phase of growth.

Our Team

At Trekstock, we are fortunate to have a small but mighty staff team of passionate and driven individuals who work closely with an inspirational group of Young Adult Ambassadors. These Ambassadors have experienced cancer firsthand and input their valuable insights and feedback into all aspects of Trekstock's programme delivery.

This collaborative approach ensures that our programmes and services are tailored to the specific needs and experiences of our community and that we remain true to our mission of providing support that resonates with those we serve. Our Young Adult Ambassadors are an integral part of our organisation, and their voices help shape and guide our work, ensuring that we continue to provide the best possible support to people in their 20s and 30s affected by cancer.

Board Meetings & Recruitment

On average, the Board meets four times per year with the charity's operational executive team. Each meeting has a formal agenda and minutes are taken by one member of the Board. Members of the Board also meet more regularly and sit on sub committees to review and approve the medium-term strategic plans and goals, receive and examine reports on the charity's financial position, monitor and support service delivery and fundraising activities and consider policies and procedures in areas such as risk management and legal and regulatory compliance. Informal meetings such as these will be held as regularly as required and may happen on the telephone or via video conference.

Each year the Trustees review the skills and expertise of the Board. All members, in addition to the Executive team, can recommend a Trustee to the current Chair. A candidate will go forward for Board approval only if both the Chair and CEO agree they are appropriate. We are grateful to Reach Volunteering for supporting us pro bono with new Trustee recruitment in 2024.





Dedicated to the Memory of Rob Challis

We would like to dedicate this report to the memory of our much-loved Trustee and friend, Rob Challis, who died this May. Rob was truly one of life's great characters. Endlessly kind, deeply sincere and a true friend.

Married with five grown-up children, Rob's remarkable career spanned over 50 years. His experiences as a senior director and CEO in global financial institutions and dedication to philanthropy are a testament to his extraordinary character. Rob was a passionate supporter of many charities, generously sharing his time, energy, and expertise to help them grow and thrive. His invaluable guidance and encouragement made him an unforgettable mentor and friend to many.

"Rob was not only a dedicated Chair but a true friend and mentor, whose generosity, wisdom and belief in our mission shaped Trekstock in countless ways. His support went far beyond what was ever asked of him, and his legacy continues to guide us. I miss him greatly" Sophie, CEO & Founder

Trekstock was truly fortunate to have been touched by Rob's tireless efforts and unwavering support. His relentless determination to help us through challenges and celebrate successes will always be cherished. Rob's final fundraising effort (after 50 years of fundraising) with his faithful companion, Daisy, trekking through the Surrey hills for Trekstock, remains a poignant reminder of his indomitable spirit.

As we remember our dear friend and champion, we celebrate the profound impact Rob Challis made on Trekstock and the countless lives he touched. He will be greatly missed, but his legacy will live on through the work and friendships he cultivated throughout his extraordinary life.

"It is with heavy hearts that we share the passing of Rob Challis, an exceptional Trustee of Trekstock. Rob's kindness, sincerity and friendship touched us all. His four years as Chair of the Board demonstrated unwavering dedication and wisdom, leaving an indelible mark on Trekstock." Chair of the Board of Trustees, Rachel Roxburgh

TREKSTOCK.
CANCER SUPPORT

TREKSTOCK CANCER SUPPORT LTD

FORMERLY TREKSTOCK LTD

COMPANY NO. 6919669 (ENGLAND AND WALES)

A COMPANY LIMITED BY GUARANTEE
AND NOT HAVING A SHARE CAPITAL

REGISTERED CHARITY NO. 1132421

FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31ST MAY 2025

KING LOOSE & CO
INDEPENDENT EXAMINERS

ST JOHN'S HOUSE
5 SOUTH PARADE
SUMMERTOWN
OXFORD OX2 7JL

TREKSTOCK.
CANCER SUPPORT

TREKSTOCK CANCER SUPPORT LTD

FORMERLY TREKSTOCK LTD

FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31ST MAY 2025

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TREKSTOCK CANCER SUPPORT LTD

FORMERLY TREKSTOCK LTD

FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31ST MAY 2025

ADMINISTRATIVE INFORMATION

Directors and Trustees	Dr G Pugh J Jeancolas R Roxburgh (Chair) R O Challis C A de Marco A S Hill Dr A Batla T Dallas E Reynolds L Soanes S Lowe
Company Number	6919669 (England and Wales)
Charity Number	1132421
Registered Office	The Barn, Kings Newton Hall Main Street, Kings Newton Derbyshire DE73 8BX
Independent Examiner	Mrs H C Fanthome FCA King Loose & Co St John's House 5 South Parade Summertown Oxford OX2 7JL

TREKSTOCK CANCER SUPPORT LTD

FORMERLY TREKSTOCK LTD

ANNUAL REPORT FOR THE PERIOD ENDED 31ST MAY 2025

The Directors and Trustees present their annual report and financial statements, for the period ended 31st May 2025. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's memorandum and articles of association, the Companies Act 2006, the Charities Act 2011, 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 – Charities SORP (FRS 102); and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Objects of the Charity, Principal Activities and Public Benefit Statement

The Charity is constituted as a company limited by guarantee and is, therefore, governed by a memorandum and articles of association. Charitable status was obtained on 3rd November 2009.

The Charity's object and its principal activity is that of providing tailored information, practical and social support for young adults diagnosed with cancer in their twenties and thirties. The Charity aims to provide them with the tools they need to help get them moving again.

In carrying out these objects and activities, the Trustees have read and considered the Charity Commission guidelines for Public Benefit and consider that the Charity continues to operate fully in accordance therewith.

Organisation of Our Work

The Charity is organised so that the Trustees meet and converse regularly to manage its affairs.

Developments and Achievements

The Trustees consider that the performance of the Charity has been satisfactory. The Charity has set the building blocks for the promotion of its objects and liaises with other charitable organisations to this end.

Future Developments

The Trustees hope to continue to build upon the foundations laid in these initial periods of activity.

Transactions and Financial Position

The statement of financial activities shows net incoming general (i.e.unrestricted) resources of £21,742 for the period (year to 31st May 2024: outgoing £89,875). The general unrestricted fund balance carried forward at 31st May 2025 stood at £229,175.

Funds Available

The present level of funding is believed adequate to support the continuation of the work programs envisaged, although further support is necessary for future projects to be undertaken.

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TREKSTOCK CANCER SUPPORT LTD

FORMERLY TREKSTOCK LTD

ANNUAL REPORT FOR THE PERIOD ENDED 31ST MAY 2025

Directors and Trustees

All Directors of the Company are also Trustees of the Charity, and there are no other Trustees. All of the Trustees named on page 1 served during the period. The Board has the power to appoint additional Trustees as it considers fit to do so, and, as the need arises, appropriate training will be given to any new Trustees taking up office.

Risk Management

The Trustees have examined the major strategic, business and operational risks which the Charity faces or may face, and confirm that systems are in place to enable regular reports to be produced, so that the necessary steps can be taken to lessen any such risks.

Independent Examiners

Mrs H C Fanthome of King Loose & Co, has agreed to offer herself for appointment as Independent Examiner to the Charity.

Small Companies Regime

This report has been prepared in accordance with the small companies regime of the Companies Act 2006

Approval

This report was approved by the Board of Directors and Trustees on 26th February 2026

Mrs R Roxburgh (Trustee)

TREKSTOCK CANCER SUPPORT LTD
FORMERLY TREKSTOCK LTD
STATEMENT OF TRUSTEES' RESPONSIBILITIES
FOR THE PERIOD ENDED 31ST MAY 2025

The Trustees are required by law to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the Charity, and of its results for that period. In preparing those financial statements, the Trustees are required to:

* Select suitable accounting policies and then apply them consistently;
* Observe the methods and principles in the applicable Charities SORP;
* Make judgements and estimates that are reasonable and prudent;
* State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
* Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity, and to enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities Act 2011 and the applicable Charities SORP. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

By Order of the Board of Directors
and Trustees

Mrs R Roxburgh (Trustee)

REPORT OF THE INDEPENDENT EXAMINER TO THE TRUSTEES OF

TREKSTOCK CANCER SUPPORT LTD
FORMERLY TREKSTOCK LTD

I report to the charity trustees on my examination of the accounts of the company, for the period ended 31st May 2025, which are set out on pages 27 to 35.

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

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

Basis of independent examiner's report
My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity, and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view', and the report is limited to those matters set out in the statement below.

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

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

(4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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

King Loose & Co
St John's House
5 South Parade
Summertown
Oxford OX2 7JL

Heather C. Fanthome
H.C. Fanthome FCA

27th February 2026
Dated

TREKSTOCK.
CANCER SUPPORT

TREKSTOCK CANCER SUPPORT LTD
FORMERLY TREKSTOCK LTD
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD ENDED 31ST MAY 2025
SUMMARY INCOME AND EXPENDITURE ACCOUNT

	Note	Unrestricted Funds 2025	Restricted Funds 2025	Total Funds Year to 31/05/25	Unrestricted Funds 2024	Restricted Funds 2024	Total Funds Year to 31/05/24
Income and endowments from:		£	£	£	£	£	£
General Donations and Grants		412,744	-	412,744	441,084	-	441,084
Investment Income		4	-	4	3	-	3
Total Income and endowments		412,748	-	412,748	441,087	-	441,087
Expenditure on:							
Raising Funds	2	174,976	-	174,976	219,863	-	219,863
Charitable Activities	3	216,300	-	216,300	311,099	-	311,099
Total Resources Expended		391,276	-	391,276	530,962	-	530,962
Net Income/(Expenditure) for the period before transfers		21,472	-	21,472	(89,875)	-	(89,875)
Transfers between Funds	6	-	-	-	-	-	-
Net Movement in Funds		21,472	-	21,472	(89,875)	-	(89,875)
Fund Balances B/fwd		207,703	-	207,703	297,578	-	297,578
Fund Balances C/fwd		229,175	-	229,175	207,703	-	207,703

There were no other recognised gains or losses in respect of 2025 and 2024, other than those reflected in the statement of financial activities.
The notes on pages 29 to 35 form part of these accounts.

TREKSTOCK.
CANCER SUPPORT

TREKSTOCK CANCER SUPPORT LTD

FORMERLY TREKSTOCK LTD

BALANCE SHEET AS AT 31ST MAY 2025 (COMPANY NO:6919669)

	Note	£	31st May 2025 £	£	31st May 2024 £
Fixed Assets					
Tangible assets	7		2,184		3,320
Investments	15		100		100
Current Assets					
Debtors	8	125,180		116,347	
Cash at Bank		123,227		108,490	
		248,407		224,837	
Creditors: Amounts Falling Due in One Year	9	21,516		20,554	
Net Current Assets			226,891		204,283
Total Assets less Current Liabilities, being Net Assets			229,175		207,703
Funds					
Unrestricted Funds			229,175		207,703
Restricted Funds			-		-
Total Funds			229,175		207,703

The directors are satisfied that the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 and that members have not required an audit in accordance with Section 476.

The directors acknowledge their responsibilities for:-

1. ensuring that the company keeps accounting records which comply with Section 386; and
2. preparing accounts which give a true and fair view of the state of affairs of the charitable company as at the end of the financial period and of its profit or loss for the financial period in accordance with the requirements of Section 396 and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the charitable company.

Approved by the Board of Directors and Trustees on 26/2/2026 and signed on its behalf by:

Mrs R Roxburgh (Chair)

The notes on pages 29 to 35 form part of these accounts.

TREKSTOCK CANCER SUPPORT LTD

FORMERLY TREKSTOCK LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31ST MAY 2025

1. Accounting Policies

(a) General Information
These financial statements have been presented in Pounds Sterling as this is the currency of the primary economic environment in which the Charity operates.

(b) Basis of preparation
The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) – Charities SORP (FRS 102); and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102); the Charities Act 2011 and the Companies Act 2006.

The charity constitutes a public benefit entity as defined by FRS 102.

The charity has taken advantage of the exemption to prepare a cash flow statement, as contained in Financial Reporting Standard 1, on the grounds that it is a small charity.

(c) Activities
The financial statements include the results of the charity's operations as described in the directors' and trustees' annual report.

(d) Income recognition
Income of all kinds is accounted for when receivable, i.e. in the period in which the charity is entitled to receipt, it is probable that the income will be received and the amount of income receivable can be measured reliably.

No permanent endowments have been received in the period.

(e) Expenditure recognition
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be reliably measured.

Expenditure is included on an accruals basis and has been classified under headings that aggregate all costs related to the category.

All core cost categories are regarded as being of a support nature to the Charity's principal activity, as described in the Annual Report. It is anticipated that any future specific projects will be covered by restricted funds – i.e. funds raised specifically for that project.

TREKSTOCK CANCER SUPPORT LTD

FORMERLY TREKSTOCK LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31ST MAY 2025

1. Accounting Policies (cont'd)

(f) Grants payable
Grants payable are payments made to third parties, either individuals or other charitable organisations, in the furtherance of the charity's objects. In the case of unconditional grant offers, these are accrued once the recipient has been notified of the award. Conditional grants are only accrued when the conditions have been fulfilled and the recipient notified.

No multi-year grants are made, other than where additional funding has been received through a restricted fund.

(g) Value added tax
Value added tax is not recoverable by the Charity, and as such is included in the relevant costs in the statement of financial activities.

(h) Financial assets – classified as basic financial instruments

i) Cash and cash equivalents
Cash and cash equivalents include cash in hand, deposits held with banks, and other short term highly liquid investments with original maturities of three months or less.

ii) Trade and other receivables
Trade and other receivables that are receivable within one year are measured at the undiscounted amount of the cash expected to be received, net of any impairment.

iii) Trade and other payables
Trade and other payables that are payable within one year are measured at the undiscounted amount of the cash expected to be paid.

(i) Fund accounting
Unrestricted funds comprise those funds which the trustees are free to use in accordance with the objects of the charity, as defined in the constitution.

Restricted Funds are those given for particular purposes and projects.

(j) Going concern
The financial statements have been prepared on a going concern basis.

The current economic conditions present increased risks for all businesses. In response to such conditions, the directors/trustees have carefully considered these risks, including an assessment of uncertainty on future trading projection for a period of at least 12 months from the date of signing the financial statements, and the extent to which they might affect the preparation of the financial statements.

The directors/trustees have concluded that the going concern basis remains appropriate.

TREKSTOCK CANCER SUPPORT LTD

FORMERLY TREKSTOCK LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31ST MAY 2025

1. Accounting Policies (cont'd)

(k) Translation of Foreign Currencies

Monies received and expended in foreign currencies are accounted for at the rate of exchange prevailing at the date of the transaction.
Assets and liabilities denominated in foreign currencies, which are held or owed at the balance sheet date, are converted at the exchange rate prevailing at that date. Differences on foreign exchange are reported in the Income and Expenditure Account.

(l) Operating Leases
Rentals applicable to operating leases where substantially all the benefits and risks of ownership remain with the lessor, are reflected in the statement of financial activities as incurred.

(m) Tangible Fixed Assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life - Office equipment – 25% on cost

Tangible Fixed assets are initially measured at cost, net of depreciation and any impairment losses. The gain or loss on the disposal of an asset is determined as the difference between sales proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

(n) Pension Costs
The charity operates a defined contribution pension scheme. The scheme and its assets are supervised and controlled by independent managers. The charge for the year, reflected in the Statement of Financial Activities, is the amount paid by the charity to the scheme in respect of the year.

(o) Group Accounts
The charity has a 100% subsidiary – Trekstock UK Ltd.
The charity has taken advantage of the exemption contained in Section 398 Companies Act 2006 to produce consolidated accounts.

2. Raising Funds

	Unres-tricted Funds	Restricted Funds	Total 2025	Unres-tricted Funds	Restricted Funds	Total 2024
	£	£	£	£	£	£
Program Costs						
Staff costs	132,226	-	132,226	186,891	-	186,891
Other fundraising costs	42,534	-	42,534	30,071	-	30,071
Support costs	216	-	216	2,901	-	2,901
	174,976	-	174,976	219,863	-	219,863

TREKSTOCK CANCER SUPPORT LTD

FORMERLY TREKSTOCK LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31ST MAY 2025

3. Charitable Activities

	Unrestricted Funds	Restricted Funds	Total 2025	Unrestricted Funds	Restricted Funds	Total 2024
	£	£	£	£	£	£
Staff costs	96,949	-	96,949	91,982	-	91,982
Direct programme costs	48,055	-	48,055	126,377	-	126,377
Support costs	71,296	-	71,296	92,740	-	92,740
	216,300	-	216,300	311,099	-	311,099

4. Staff Costs

The average number of personnel employed by the charity was as follows:

	2025 No.	2023 No.
Charitable Activities	3	3
Fundraising	2	3

The aggregate payroll costs of these employees was as follows:-

	2025 £	2024 £
Salary costs	205,643	252,320
Employer's National Insurance	17,998	21,258
Pension contributions	5,534	5,295
	229,175	278,873

a) No employee received emoluments in excess of £60,000 pa.

b) No expenses are paid to any Trustees; reimbursements are made where overhead items have been initially expended by the Trustees on behalf of the Charity.

5. Result for the Period

	2025 £	2024 £
The surplus of income over expenditure/ (expenditure over income) is stated after charging:		
Independent Examiners Remuneration	2,500	2,400
Depreciation – owned assets	1,136	1,108

TREKSTOCK CANCER SUPPORT LTD

FORMERLY TREKSTOCK LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31ST MAY 2025

6. Transfer between Funds

There were no transfers for either of the 2025 or 2024 years.

7. Tangible Fixed Assets

	Office Equipment	Total
Cost	£	£
Brought forward 01.06.24	5,322	5,322
Additions	-	-
Disposals	-	-
Carried forward 31.05.25	5,322	5,322
Depreciation		
Brought forward 01.06.24	2,002	2,002
Charge for the period	1,136	1,136
Depreciation on disposals	-	-
Carried forward 31.05.25	3,138	3,138
Net Book Value at 31.05.25	2,184	2,184
at 31.05.24	3,320	3,320

All tangible fixed assets are used directly for charitable purposes.

8. Debtors: Amounts Falling Due in One Year

	2025	2024
	£	£
Amounts owed by group undertakings	115,663	111,471
Trade debtors	475	2,700
Other debtors	-	-
Prepayments and accrued income	9,042	2,176
	125,180	116,347

The Trustees consider the debt due by the subsidiary to be of a long term nature.

TREKSTOCK CANCER SUPPORT LTD

FORMERLY TREKSTOCK LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31ST MAY 2025

9. Creditors: Amounts Falling Due in One Year

	2025	2024
	£	£
Trade Creditors	12,502	11,155
Social security and other taxes	3,881	4,113
Other creditors	-	1,086
Accruals and deferred income	5,133	4,200
	21,516	20,554

11. Share Capital

Trekstock Cancer Support Ltd is a charitable company limited by guarantee and does not have a share capital.

12. Analysis of Net Assets between Funds

	Fixed Assets	Invest-ment	Net Current Assets	Total
	£	£	£	£
Restricted Funds	-	-	-	-
Unrestricted Funds	2,184	100	226,891	229,175
	2,184	100	226,891	229,175

There were no restricted fund movements in the 2025 year.

13. Commitments
In the opinion of the Trustees, there were no outstanding commitments at 31st May 2025.

14. Related Party Disclosures
At the balance sheet date the company was owed £115,663 (2024: £111,471) by Trekstock UK Limited.

TREKSTOCK CANCER SUPPORT LTD

FORMERLY TREKSTOCK LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31ST MAY 2025

15. Subsidiary Undertakings

Trekstock Cancer Support Ltd has a wholly-owned subsidiary undertaking, Trekstock UK Limited, a company incorporated and registered in England and Wales (registered no. 06824023). The principal activities of the company are merchandising and retail. The charity owns the entire share capital of 100 ordinary shares of £1 each.

The aggregate capital and reserves and the result for the year of the subsidiary excluded from consolidation was as follows:
Loss £9,167
Capital and Reserves £105,088 deficit.

The Trustees consider the debt due by the subsidiary to be of a long term nature.

TREKSTOCK.
CANCER SUPPORT

Trekstock Ltd

Financial Statements

For the period ended 31st May 2025
Administrative information

Directors and Trustees:

Dr G Pugh
J Jeancolas
R Roxburgh
R O Challis
C A DeMarco
A S Hill
Dr A Batla
T Dallas
E Reynolds
L Soanes
S Lowe

Company Number 6919669 (England and Wales)

Charity Number 1132421

Registered Office:

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Main Street, Kings Newton
Derbyshire
DE73 8BX

Independent Examiner:

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5 South Parade
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Oxford
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Trekstock Cancer Support

England & Wales - Charity number 1132421

Accounts

TREK STOCK

Life alongside cancer

Annual Report and Accounts 2024



Report of the Trustees for the Year Ended 31 May 2024

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2024.

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). The financial statements are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

Additionally, the accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts. The charity is a company limited by guarantee, incorporated on 29 May 2009 (number 06919669) and registered as a charity on 3 November 2009 (number 1132421). The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association.

Our Chief Executive and Chair's Introduction



Having cancer is one thing, but then to look at how you navigate life alongside cancer presents so many challenges not always addressed by the medical world, and that is why Trekstock exists. We support and listen to this community and have reinforced our mission to empower young adults living with cancer. With the extraordinary support of our dedicated team and vibrant community, we have tackled challenges head-on and celebrated significant achievements.

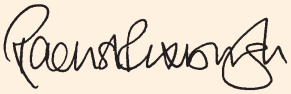
Our work remains firmly rooted in the cancer landscape for young people aged 20-40 in the UK. By contributing to organisations like Cancer52 and partnering with organisations such as Teenage Cancer Trust, Young Lives vs Cancer, and Macmillan Cancer Support, we ensure our voice—and the voices of the young people we support—shapes the conversation around better care. This demographic faces unique challenges, from life-stage disruptions to financial strain and isolation. Trekstock continues to bridge these gaps by listening to our community and delivering services that meet their needs, both online and in person.

A cornerstone of our success lies in the courage and passion of our Ambassadors, whose voices amplify the experiences of young people with cancer, influencing healthcare and policy. Their bravery is instrumental in driving forward the change this community deserves.

Even in tough economic times, we were humbled by the steadfast support of our donors and thrilled to welcome The National Lottery Community Fund as a vital new partner, alongside new corporate supporters. Their belief in our mission fuels our ability to deliver impact where it is most needed.

As we look ahead, Trekstock remains resolute. We stand shoulder-to-shoulder with our community, continually refining our programmes, strengthening partnerships, and broadening our reach. Together, we are creating a brighter, more supportive future for young adults living with cancer.

A final thanks to the Board of Trustees time and commitment; we have strengthened the Board welcoming Julie Jeancolas, Dr Gemma Pugh and Chris DeMarco. Thanks also to the team for their passion and hard work, and of course our incredible community who inspire us daily.



Rachel Roxburgh (pictured right)
Chair of Trustees, Trekstock

Welcome from Ellen in Our Community



My name is Ellen and I was first diagnosed with Acute Promyelocytic Leukaemia when I was just 9 years old and I had 6 months of intensive chemotherapy to save my life. Luckily, I went into remission but just under 3 years later the cancer was back.

At this time I also had a massive stroke and I was told that I may never walk or talk again, so I'd gone from an A Star student to someone who couldn't even say my own name. I had to have daily rehabilitation of physiotherapy, speech and language therapy and occupational therapy whilst also being on intensive chemotherapy to save my life. I was fortunate that with support I started to regain my strength and speech but I have been left with right sided weakness and memory issues.

I have now been left with late effects from the treatment that I initially had and these include intracranial hypertension (which I've had 13 brain surgeries for), postural orthostatic tachycardia syndrome, epilepsy and heart failure, to name a few. Cancer really has impacted every aspect of my life but one thing that has brought me so much joy is musical theatre.

My love of musical theatre began whilst I was in Great Ormond Street Hospital where every week I looked forward to Saturday evenings when I would watch Andrew Lloyd Webber's 'I'd Do Anything' and cheer on my two favourite performers Samantha Barks and Jodie Prenger. As soon as I was well enough my aunt arranged for me to meet the wonderful Jodie Prenger, and from here I started going to musicals with my aunt and meeting musical theatre performers at the stage doors.

In a sliding doors scenario I met Michael Xavier who invited me to speak and share my story at his annual Christmas with the Stars fundraiser in aid of Children with Cancer UK, a charity I credit with saving my life due to the research they fund. Through Michael I became connected further with musical theatre performers and ultimately the first 'Monday at the Musicals' was produced to and the rest is history as they say!

Trekstock are a small but mighty charity that support people in their 20s and 30s who have had a cancer diagnosis. They have been supporting me through my late effects and have built my confidence and through their programmes allowed me to meet others who have had a similar experience to myself. They've shown me how to live life alongside my late effects, I don't know where I'd be without them! I would not be thriving the way that I am today and that's why I wanted Trekstock to benefit from this event.

Thank you to Trekstock for sharing my story in your annual report. Ellen Bisci, Trekstock Ambassador, 'Monday at the Musicals' fundraiser extraordinaire.

Annual Report 2023/2024



for the Year Ended 31 May 2024

It is my privilege to present this year's Annual Report for Trekstock and formally welcome and thank Rachel Roxburgh for joining Trekstock as our new Chair of Trustees.

Rachel's invaluable support and extensive experience have greatly benefited Trekstock over the last year. Her guidance and leadership have been instrumental in helping us navigate the challenges we faced and celebrate our achievements. Under Rachel's stewardship, we have remained steadfast in our commitment to redefine life alongside cancer for people in their 20s and 30s. Our comprehensive range of support services and resources, including information on exercise, wellbeing, nutrition, and more, continue to empower our community. Thanks to the collective efforts of our dedicated team, generous funders, and passionate supporters, Trekstock has continued to make a meaningful impact in the lives of young people affected by cancer. Thanks to the collective efforts of our dedicated team, generous funders, and passionate supporters, Trekstock has continued to make a meaningful impact in the lives of young adults affected by cancer.

Sophie Epstone.

Sophie Epstone, CEO & Founder



Our Objectives and Achievements

This year, we redefined our programmes under four pillars: Get Connected, Get Informed, Get Active, and Get Heard. This clarity has enhanced accessibility and impact, with new initiatives like "Find Your Voice" and "Renew" empowering a greater number of participants to build skills, confidence, and foster connections both online and in-person.

Our work is deeply aligned with the cancer landscape for young people aged 20-40 in the UK. We know this demographic faces unique challenges, including life-stage disruptions, financial strain, isolation, and long-term physical and emotional impacts of cancer.



Trekstock continues to address these gaps by:

- **Combating Isolation:** Peer support programmes like "Find Your Voice" and regional community meet ups foster connection, build skills and resilience.
- **Enhancing Accessibility:** Online and in-person offerings ensure support is available regardless of location or circumstances, supporting people through cancer treatment and beyond.
- **Providing Tailored Information:** Support with finance, employability, and menopause is offered as life-stage-specific guidance, written by experts and young people with lived experience.
- **Advocating for Representation:** Focus groups and Ambassador-led initiatives amplify the voices of young people, ensuring their needs are heard in healthcare and policy discussions.

Despite economic challenges, we diversified income streams and embraced innovative fundraising events which continue to unite and inspire our supporters. We were also proud to have received 3-year funding to support the scaling up of our work from The National Lottery Community Fund.

TREK STOCK Life alongside cancer

COMMUNITY FUND



Why we do what we do

At Trekstock, we don't save lives by raising money for treatments or research. We change lives by empowering those in their 20s and 30s to live their best life alongside cancer.

We are the UK's only charity providing physical and mental wellbeing support services for this age group who are diagnosed with, living with, and surviving any type of cancer. Hearing the words "you have cancer" changes everything. And when it happens in your 20s or 30s, it's a hugely unexpected curveball.

"Trekstock was my lifeline when I was totally lost in this cancer world. It's thanks to them that I found my cancer humans and my confidence" Joe, 32

Cancer is hard to cope with at any age, but harder still at an age of possibility and promise; a time for ticking off milestones such as building a career, becoming independent, starting a family and navigating life as a young person. Trekstock exists to make sure those on the receiving end of those lifechanging words have the support they need to thrive beyond their diagnosis – whatever it looks like. Statistics show a rising number of people are receiving cancer diagnoses in their 20s or 30s, the latest data highlighting a significant increase over the last 20 years from 34 to a staggering 38 a day.

We have supported over 40,000 young people over the last 15 years, and we know our approach works. From providing expert information, inspiring events and impactful coaching to our award-winning Menopause exercise support and RENEW programmes, we provide support that is tailored to the unique needs of those in their 20s and 30s:

- 100% feel more optimistic about the future having completed our menopause programme
- 100% of our event attendees feel informed and empowered
- 97% say that our RENEW exercise programme helped get them moving again
- 91% feel less isolated through our events and online community
- 86% feel we support them in the ways they need

"There's no other charity like it. They provide invaluable support when the fallout from cancer is ongoing." Callum, 24



Trekstock Leading the Way

We improve the physical and mental wellbeing of young people with cancer, providing tailored support, and connecting individuals with others who share similar experience.

Our Goal: as the rates of cancer in young people rise, we want to reach more people, earlier in their diagnosis and make sure every person diagnosed with cancer in their 20s or 30s gets the support they need, at the point of diagnosis.

We provide direct support to patients dealing with cancer and its long-term impacts through a wide range of wellbeing programmes delivered in person and online provided free of charge to our beneficiaries. We are not prescriptive. Our focus over the next 3 years is to scale up the following key programmes and services, developing previous service delivery, ensuring we reach a wider audience and meet the needs of minoritised groups.

We aim to:

- Expand our reach across the UK.
- Engage a broader spectrum of communities, improving outreach to a greater number of men, LGBTIQ+ individuals, and marginalised groups.
- Build stronger referral pathways with healthcare professionals and charities, so there's no gap in support during and beyond treatment.
- Develop partnerships across the UK to ensure our services are integrated with those supporting young people living with cancer.
- Further increased awareness of physical activity as a key wellbeing tool for those diagnosed with cancer and be known as a champion for specific and relevant programmes devised by cancer rehabilitation experts.
- Continue tackling health inequalities for our community, lobbying for change.



Throughout the years, our commitment to encouraging and supporting this community has remained unwavering, providing crucial assistance beyond medical treatment.

We take pride in our accomplishments, including the prestigious GSK Impact Award in 2022, and in our partnerships with some of the UK's foremost cancer care experts and advocates. Our well-respected services have garnered recognition from the broader cancer charity sector, NHS England Cancer Team, and oncology teams nationwide, who confidently refer young adults to us. Furthermore, our work aligns seamlessly with the current NHS's Long-Term Plan for cancer, underscoring the importance of our mission.

"The patients I refer to Trekstock get so much from their services, from a friendly voice at the end of the phone to comprehensive rehabilitation programmes post-cancer treatment." Advanced Nurse Practitioner, Royal Marsden NHS Foundation Trust

Our partnerships with organisations like the Teenage Cancer Trust and Macmillan Cancer Support allow us to expand our reach and provide even more support to young adults facing cancer.

"Trekstock is so important because the charity makes young adults feel part of something at a time when they can feel most isolated." Teenage Cancer Trust Lead Nurse, Newcastle.



Why We're Different

Trekstock is an amazing charity that helped me a huge amount when I was going through chemotherapy. They saved me just as much as the doctors did." Lucy, 28

This 'forgotten cohort' of those diagnosed in their 20s or 30s is often overlooked as it comprises of neither children nor older cancer patients whose needs are met through dedicated mainstream cancer charities. We help them stay active, get the information they need on the topics that matter to them and meet others affected by the disease, and our services are also free.

Our vision is a future where everyone in their 20s or 30s hearing the words 'it's cancer' is given the age-appropriate support they need, at the right time.

With mainstream cancer services catering for an older demographic (50% of cancer diagnoses occur over the age of 70), our beneficiaries are often the youngest person on a ward by decades. They do not receive support that reflects their unique needs. Consequently, they feel isolated and unsupported by both mainstream services which are not age-appropriate, and by older patients whose concerns are markedly different from their own.

TREK STOCK Life alongside cancer



Key aspects of Trekstock's alignment include:

Get Active: Physical Recovery and Wellbeing: Trekstock's RENEW programme offers an 8-week exercise referral scheme, addressing the importance of physical activity in improving quality of life and countering long-term effects of cancer treatment.

- **Alignment:** By promoting physical activity through programmes like Renew alongside collaboration with partnerships organisations, Trekstock addresses the physical recovery needs of this group.
- **Example:** Online and in-person options ensure accessibility and flexibility, accommodating diverse lifestyles and geographical locations.

Get Connected: Peer Support and Community Building: Trekstock provides a platform for young people with or have had a cancer diagnosis to connect with others, creating a sense of belonging and reducing isolation through online and offline interactions.

- **Alignment:** This addresses the isolation faced by young adults by creating spaces for connection through workshops and Ambassador programmes.
- **Example:** Events like "Find Your Voice" foster empowerment and self-expression, helping individuals rebuild confidence and community after diagnosis.

Get Informed: Tailored Education and Resources: Trekstock offers resources and guidance on various aspects of life with cancer, including mental health, nutrition, and relationships, helping individuals navigate life alongside cancer more confidently.

- **Alignment:** Quarterly campaigns on topics like finance, employability, and menopause directly address gaps in practical and life-stage-specific cancer education.
- **Example:** Collaborations with organisations such as Macmillan ensure expert led resources are available nationally to young adults navigating complex challenges.

Get Heard: Advocacy and Representation:

- **Alignment:** Amplifying the voices of young people with cancer through focus groups and Ambassador-led campaigns fills a critical gap in public awareness and healthcare policy representation.
- **Example:** Focus groups with young people to understand the current needs of the people we support and how they would like to have their voices heard, through Trekstock.

By addressing these crucial areas, Trekstock's programmes and services are well-aligned with the needs and challenges faced by young people in the UK dealing with cancer.





Over three years from 2023-2026 – our priority areas include:

Meeting the community where they are by developing a strong regional presence in 3 key UK cities: London, Manchester, Newcastle

What we said we'd do: We will develop these three key regional hub cities chosen due to greatest need, population demographic, cancer diagnoses, engaged Healthcare Partners (HCPs) and existing clinical centres of excellence. We will partner with local organisations within each city to provide transformational community engagement.

- **Our achievements:** We have rolled out our first city – Newcastle, partnering with Healthworks , both trusted voices in socially deprived areas, to reach marginalised groups with our physical activity programme 'Renew'. We have started to lay groundwork to replicate this approach in London.

Increasing our capacity to deliver our vital services

What we said we'd do: To extend our services to more beneficiaries, we will appoint a Programmes and Community Officer to enhance programme delivery within the 3 hub cities. This position will emphasise both online and offline community engagement through events, outreach, and beneficiary support. While initially focusing on the 3 hub cities, it will later expand across the entire UK. The Officer's focus will align with our strategic goal of promoting diversity and inclusivity. By addressing engagement barriers and building relationships with potentially underserved communities, this role will improve our service delivery and promote meaningful connections across the UK.

- **Our achievements:** We onboarded a Programmes Support Officer, kindly funded by The Foux Foundation, to bolster the delivery of the Programmes team and help recruit Ambassadors and support them in talking to new groups of young people.

Reaching diverse communities

What we said we'd do: Ensure all our programmes are co-designed and co-delivered with beneficiaries. Will we address a more diverse audience, considering diverse cultures and unique needs of ethnically diverse groups. Our demographic breakdown shows that our beneficiaries are female (88%), white and from the South-East. We continue to work to meaningfully embed the voice of lived experience into all service delivery at every level of our charity. By working with key charities to collaborate on addressing specific needs of different communities we will advance diversity, inclusivity and belonging across all our programmes, so that our service is accessible to all population cohorts across the UK.

- **Our achievements:** Our programmes team have been involved in the health inequalities working group for Cancer52 and have been building relationships with grassroots organisations and charities focused on minoritised communities, including Black Women Rising and OUTpatients, which serve the LGBTIQ+ communities. Lived experience is at the heart of everything that Trekstock does. As such our plans to reach a more diverse range of beneficiaries have seen us focus on recruiting more young people from different minority and ethnic backgrounds to become Ambassadors. They are helping spread the word about Trekstock and enabling us to speak to those harder-to-reach individuals. Currently, 40% of our Ambassadors identify as LGBTIQ+ or belong to non-white ethnic groups.

Trekstock's Ambassador programme looks to empower young people to raise awareness of important issues while increasing reach and impact. These Ambassadors come from a range of backgrounds and experiences. Each has their own unique story and passion, from helping those in the LGBTIQ+ family to speaking up about incurable cancer and proper end-of-life care.







Growing UK wide partnerships

What we said we'd do: We will develop relationships with stakeholders to ensure our services are embedded in their work. We want to ensure that every young adult in their 20s or 30s diagnosed with cancer hears about Trekstock's services at diagnosis. Central to this strategy is developing relationships with key oncology healthcare and allied healthcare professionals who raise awareness of Trekstock in their individual Trust and increase referrals to our services, widening our reach. We currently have 50+ NHS Trusts referring to our services. By strengthening relationships with partners, we will continue to identify the best roles along the cancer pathway to engage and signpost to our services.

- **Our achievements:** To increase male engagement, we have begun discussing collaborations with Movember, partnering with football clubs to deliver 'Renew' sessions, and are planning a male programme led by our Ambassador, Af Marseh. Partnerships with academic institutions, such as Loughborough University, have facilitated research into barriers to physical activity, helping us tailor future initiatives to meet community needs.

Filling the gaps in services for our community and campaigning for better care.

What we said we'd do: We will work to advocate for better services for menopause support post cancer. This will include advocating for better shared decision making and education of healthcare professionals on ways they can support their patients when dealing with early menopause because of a cancer diagnosis. The impact of long-term hormone deficit on young people is huge in terms of long-term health conditions and we are passionate to ensure young people get the right information at the right time.

- **Our achievements:** We are grateful for our partnerships with frontline healthcare professionals who refer young people to our services. We focused on strengthening our relationships with healthcare professionals and allied healthcare professionals across the UK, particularly in London, Manchester, and Newcastle. Over the year we have had the opportunity to engage with key groups, including:

The London Cancer Allied Health Professionals Network

The Royal College of Nursing (RCN)

The Royal Marsden Hospital

Manchester Foundation Trust, Manchester Royal Infirmary, Wythenshawe and North Manchester

The Freeman Hospital, Newcastle

The British Psychosocial Oncology Society (BPOS)

The Christie NHS Foundation Trust

UKONS

The Northern Centre for Cancer Care (NCCC)

These engagements allow us to share our expertise and build stronger connections with healthcare professionals, ultimately enabling us to increase our learnings and better serve young people affected by cancer. We are so proud to have partnerships with the following charities:

Teenage Cancer Trust

Macmillan Cancer Support

Young Lives vs Cancer

Ellen MacArthur Trust

Our national policy and influencing activities continued to grow with team members being active members of:

The Children and Young People with Cancer Coalition

Cancer 52 (a coalition of charities working to support and improve the care for people with cancer)

NHS Cancer Charity Forum

NHS England Task & Finish Group on Psychosocial Support recommendations of which go to the National Cancer Board

The All-Party Parliamentary Group on Children, Teenagers and Young Adults with Cancer (APPG CTYAC). This group aims to be the voice of young people with cancer and their families in the UK Parliament.

We would like to extend our thanks to all the experts who have contributed their knowledge and experience to Trekstock's work this year. Their insights and guidance have been instrumental in strengthening our programmes and ensuring we provide the best possible support to young people affected by cancer. Additionally, we have received significant funding from The Jane Goodman Trust to develop and launch the first wellbeing room specifically designed for young adult patients, launching at University College London Hospital in early 2025.



Driving forward physical activity offering as a key intervention during and post treatment

What we said we'd do: Continue getting young people active. The power of physical activity for those diagnosed with cancer is well documented. Trekstock is one of the only UK cancer charities to have conducted published research into specific interventions for 20s and 30s around cancer and physical activity. This confirms there are very few tailored interventions available when it comes to increasing or maintaining activity levels following a cancer diagnosis. Since 2014 Trekstock has been leading the way in providing programmes to keep people moving, with and beyond cancer.

- **Our achievements:** To make our services truly accessible 2023 saw us relaunching our ever popular 'Get Active' programme – helping people connect with their bodies, become stronger and gain confidence. Traditionally we had offered an 8-week, in person, exercise programme but following feedback from our community, we are now offering the course online. Additionally, we can now offer more flexibility for those whose health may prevent them attending every session and so providing a wider range of activities on an 'on demand' basis.

Notably, 100% of attendees at initial workshops reported feeling more empowered and connected.

Our Aims - Looking ahead, we are committed to:

Refining our offerings:
- Ensuring our services are needs-led and co-designed with our community
- Maintaining accessibility for all individuals seeking support

Strengthening partnerships:
- Advocating for young people with cancer through participation in working groups and key discussions
- Developing collaborations with like-minded charities, companies, and organisations

Improving our data
- Collaborating with our Programmes Committee to enhance monitoring and evaluation tools
- Upskilling our team in data literacy to facilitate data-driven decision-making

Expanding our reach:
- Adopting a digital-first approach to engage with a wider audience
- Utilising focus groups and community insights to shape the next phase of our services
- Supporting young people across the UK at every stage of their treatment

Our Impact



Our overall objective is to increase the number of young adults accessing our services, to improve their mental, physical wellbeing and quality of life.

- 60% of young people being treated for cancer will find Trekstock and engage with our services (an increase from 45% at present).
- Young people living with and beyond cancer who access our services will feel less isolated, more connected and confident to navigate life after a cancer diagnosis.
- Through our wellbeing programmes young people in their 20s and 30s living with and beyond cancer will feel more informed about their options, their long-term health and feel more hopeful.
- Through 'Renew' young people living with and beyond cancer will feel confident to get active safely during and after treatment.



Fundraising - Challenges and Opportunities

Our fundraising strategy focused on diversifying income through building multi-year support from corporate partners and grant funders, relationship fundraising and providing an excellent supporter experience across all fundraising opportunities. Our innovative Merch for Good merchandise store has innovatively combined fundraising with brand engagement, reinforcing our financial sustainability while raising awareness. We were thrilled to bring back Trekstock's signature event, "Trek This City," which united our community, fundraisers, and sponsors in a shared mission. We will continue to grow participation and fundraising through this event in future years.

While this year brought achievements, we also faced challenges, particularly in building back momentum for event participation post covid, and managing fluctuating cash flow. We navigated the challenges posed by the COVID-19 pandemic and the subsequent cost-of-living crisis by maintaining a dynamic, flexible and joined up approach to modifying our strategies as needed, to ensure the continued success of our fundraising efforts and delivery of our programmes. We are thankful for the resilience and dedication of our fantastic team and Trustees, who through hard work and dedication, ensured we adapted despite the challenges we faced.

Future Growth



Our aim fundraising is to ensure the financial stability and security of Trekstock to give us confidence in facing the ongoing challenges impacting the wider fundraising environment.

To achieve this, we've We'll focus on building diverse and sustainable income streams. We'll develop our fundraising activities to meet the changing habits of our valued supporters and adopt new approaches to drive new income. We'll also make strategic investment in fundraising capacity and skills to ensure we are fully resourced to deliver these plans.

We'll build a phased and balanced fundraising plan to provide predictable cash-flow and enable optimal management by our lean fundraising team. This income plan will include impactful and strategic partnerships with High Value Individuals, Trusts & Foundations, multi-year corporate partnerships and growing our community supporters. Trekstock is fortunate to have established relationships with several individuals who will support this work on a pro-bono basis.

Opportunities abound, we aim to:

- Maintain positive relationships with existing grant funders and grow support from Trusts and Foundations. Continue refining our programme offerings to meet evolving community needs and matching them with the right funding partner.
- Deepen partnerships with corporate and pharmaceutical stakeholders to secure multi-year funding and pro-bono support.
- Expand our reach through innovative campaigns and collaborations.
- Grow our portfolio of challenge and participation events to provide engagement opportunities for supporters and partners.

Trust & Foundations



2023/2024 was a strong year for fundraising from Trust & Foundations. Trekstock was successful in raising funds from the following sources, to whom we are most grateful:

- The National Lottery Community Fund
- Macmillan Cancer Support
- The Jane Goodman Trust
- Foux Foundation
- St. James' Place Foundation
- Bernard Sunley Foundation
- The Albert Hunt Trust
- The NEXT Foundation
- Schroder Charity Trust
- Unmask Cancer
- The Hospital Saturday Fund

Looking ahead, Trust & Foundation income will continue to be a core income stream as Trekstock strives to both focus on high value giving and ensure a more balanced fundraising portfolio. We'll invest in specialist resources and skills to ensure that we maintain and grow networks and secure build long-term relationships in this vital income stream.





Corporate Partnerships

Developing strategic partnerships requires significant time and resources, but we are pleased that during this year we've seen the results of our hard work. We've secured multi-year corporate partnerships, who share our passion for our mission.

They've taken part in Trek This City, provided employability advice and helped deliver some of our activity, including Whistles Style nights for our community. This year, we continued to work collaboratively with pharmaceutical companies with a focus on oncology, to improve the patient experience and secure vital funding towards our core services and programmes.

We would like to thank and acknowledge our corporate partners and supporters from the pharmaceutical industry throughout 2022/23;



- Whistles Limited
- MSD
- Lucy Locket
- Gunnercooke
- Hamilton Hodell
- Lawrence Stephens
- Dunnhumby

Looking ahead, we'll continue to improve our corporate stewardship strategy to deliver the best experience for our partners and their employees in supporting our work. We'll grow a portfolio of engagement opportunities, which will include fundraising campaigns/activities and volunteering/skills sharing to build long-term mutually beneficial partnerships that will support Trekstock's future growth. This will include the launch of a bespoke corporate World Cancer Day fundraising campaign in February 2025. We'll continue to work with the pharmaceutical industry to amplify the patient voice, improve experience and outcomes and provide funding for our vital programmes of work.



Community Fundraising











Fundraising

Historically, community fundraising has been a core area of income generation for the charity. However, in the years following the Covid-19 pandemic there has been a downward trend in regular community fundraising. Recent fundraising trends show that appetite for participation events is growing back. We will meet this demand by developing our portfolio events and campaigns to support our incredible community of fundraisers who so generously donate their time and money towards our work. We'll also explore cost-effective fundraising technology to help our supporters safely and efficiently collect donations wherever they are.

As ever we remain incredibly grateful to all those fundraisers who continue to complete challenges and raise vital funds for our work such as Ellen Bisci who organised the musical showcase, Monday at the Musicals and Claire Sacco who hosted a gala dinner in Newcastle.

Merch for Good

Our innovative Merch for Good store remains on of Trekstock's most unique income generating activations. We remain indebted to the incredible roster of artists who have donated exclusive artwork and time to support our mission. Due to limited resources income and growth has been modest over the past year.

Looking ahead, we will engage new artists in 2024/5 with a view to launch a new collection in 2025. We'll invest to ensure that we have adequate team capacity to drive forward planned growth of this unique venture.



TREK STOCK Life alongside cancer

Looking Ahead to The Future



A New Cancer Care Paradigm

The pandemic catalysed a major reappraisal of the charity sector. Many organisations have had to question the relevance and effectiveness of their services. On top of this, the strain on UK healthcare is growing and cancer services continue to be overstretched. The urgency of this situation means that reliance on charities such as Trekstock for practical and emotional support is only set to grow. We will deliver a fresh new take on our brand in the new year and develop the next phase of our digital service provision.

At the heart of our new approach is the affirmation that navigating a cancer diagnosis in your 20s and 30s is a life of parallels. In an era that should be filled with exploration of early adulthood and personal milestones, a cancer diagnosis can be particularly devastating. The challenge will be to create a simple and confident brand that challenged the status quo of cancer care charities and established them as an authority in the space without alienating anyone within Trekstock's target demographic.

For Cengizhan, being part of a community like Trekstock, which accurately reflected his experience of cancer, was crucial. Seeing yourself reflected in the Trekstock brand, rather than encountering older people in other literature aimed at cancer patients, leads to a reduction of isolation.

Cengizhan explains: *"Having cancer can be isolating and reaching out or stepping into a community can be an nerve-wracking process. Finding the appropriate words to say, concerns about validity or having the 'right' outlook - can create a bit of insecurity. "But people need people. Attending meet-ups, going on trips and having conversations twisted the bulb until light began to flicker. Isolation, like cancer, breeds languishment but occupying spaces and conversations jolted revelation. The paranoia, the humour, the grief – it was all there. In moments where feelings weren't entirely mirrored by others, nods of community members - now whom I consider friends – validated my experience. The singularity and obscurity of experiences were understandable, for we have all dealt with our own."*

- Cengizhan, Trekstock

Trekstock's bold new identity will ensure they can reach and resonate with more young people, like Cengizhan, facing life after a cancer diagnosis, providing the vital support they need and deserve and marking the significant difference Trekstock makes.

"Given the evolving landscape in the cancer space and Trekstock's 15th anniversary, this feels like the right time to refresh our brand in collaboration with our community. By doing so, we can ensure that Trekstock remains a relevant and leading voice for individuals in their 20s and 30s living with cancer, whom we are dedicated to supporting." **- Rachel Roxburgh, Chair of Board of Trustees**

We are going to be redefining what life looks like alongside cancer for people in their 20s and 30s. We look forward to sharing this with you. Join our journey at www.trekstock.com

Governance and Leadership



Governance and Leadership

Our Board of Trustees has worked tirelessly to provide strategic oversight and support the executive team. We remain committed to maintaining the highest standards of governance, ensuring transparency, and upholding our mission to improve the lives of young adults living with cancer. This year we added an additional subcommittee's to our existing Finance & Risk group, including a new Programmes committee chaired by Louise Soanes, Chief Nurse at Teenage Cancer Trust.

Gratitude and Acknowledgments

This year's successes are a testament to the unwavering dedication of our staff, volunteers, partners, and supporters. To the Trekstock team and our Board of Trustees led by Rachel Roxburgh, thank you for your passion, vision, and commitment. To our community of young people, your strength and stories inspire everything we do.

As we reflect on the past year and look forward to the future, I am confident that Trekstock will continue to innovate, grow, and transform lives.

Sophie Epstone, CEO & Founder

Our Income and Expenditure



Structure, Governance and Management

Our Board

Our Board must consist of no less than three elected members, who are concurrently Directors under company law. Trustees regularly review the membership of the Board to ensure that the necessary skills and perspectives needed for effective governance are in place, taking account of the need for political impartiality, gender balance and representation of the demographics of the UK.

All new members of the Board undergo an induction programme that includes a briefing on their role and responsibilities, a meeting with all Trekstock staff, one or more beneficiaries, a comprehensive set of governance documents in addition to general guidance such as 'The Essential Trustee' published by the Charity Commission.

The Board of Trustees ensures the charity has a clear vision, mission and strategic direction and is focused on achieving its annual plans and objectives signed off by the Board. This involves monitoring and acting to ensure that performance and impact are achieved, as well as being the guardians of the fundamental values and ethos of the charity. Sub-committees, comprising trustees and non-trustees, meet more regularly with key staff.

Our Chair & Trustees

Trekstock's Board of Trustees is comprised of experts from a range of sectors, including finance, marketing, legal, healthcare, cancer care and importantly those with lived experience. We are fortunate to have renowned cancer specialists on our board, including Louise Soanes, the Chief Nurse at Teenage Cancer Trust, and during this report year welcomed Research Lead at Anthony Nolan Dr Gemma Pugh and Alison Hill from Barts Health NHS Trust to our Board, alongside Julie Jeancolas and Chris DeMarco.

Our long-standing Chairman, Rob Challis, stepped down as Chair in 2024 and will remaining of the Board as a Trustee, and we are delighted to announce that Rachel Roxburgh took over as Chair. Rachel brings over 30 years of experience working in the charity sector, including roles at Cancer Research UK, Dallaglio RugbyWorks, and The Duke of Edinburgh's Award. With Rachel's leadership and the continued expertise of our Board of Trustees, Trekstock is well-positioned to continue providing exceptional support to young adults facing cancer and to expand our reach even further.





Our Team

At Trekstock, we are fortunate to have a small but mighty staff team of passionate and driven individuals who work closely with an inspirational group of Young Adult Ambassadors. These Ambassadors have experienced cancer firsthand and input their valuable insights and feedback into all aspects of Trekstock's programme delivery. This collaborative approach ensures that our programmes and services are tailored to the specific needs and experiences of young adults facing cancer, and that we remain true to our mission of providing support that resonates with those we serve. Our Young Adult Ambassadors are an integral part of our organisation, and their voices help shape and guide our work, ensuring that we continue to provide the best possible support to young adults affected by cancer.

Frequency of Board Meetings

On average, the Board meets four times per year with the charity's operational executive team. Each meeting has a formal agenda and minutes are taken by one member of the Board. Members of the Board also meet more regularly and sit on sub committees to review and approve the medium-term strategic plans and goals, receive and examine reports on the charity's financial position, monitor and support service delivery and fundraising activities and consider policies and procedures in areas such as risk management and legal and regulatory compliance. Informal meetings such as these will be held as regularly as required and may happen on the telephone or via video conference.

Recruiting Trustees

Each year the Trustees review the skills and expertise of the Board. All members, in addition to the Executive team, can recommend a Trustee to the current Chair. A candidate will go forward for Board approval only if both the Chair and CEO agree they are appropriate. We are grateful to Reach Volunteering for supporting us pro bono with new Trustee recruitment in 2024.

Risk Policy

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The risk policy and risk register are overseen by the CEO and reviewed at Board meetings throughout the year.

Staff Team & Volunteers

The small team of staff and volunteers at Trekstock are the backbone of the charity. Their passion, dedication, and commitment are invaluable in helping us achieve our goals and allowing us to extend our reach in the most effective way possible.

The rest of the Trekstock team, including programme staff and fundraisers, have worked hard to develop relationships with key supporters and influencers, driving the charity's growth. They have also ensured that our services are delivered effectively, allowing us to reach more young adults than ever before. The staff remuneration is set and reviewed annually by the CEO and Board of Trustees to ensure that it remains competitive and aligns with the charity's values and objectives.

trekstock
for young adults with cancer

TREKSTOCK LTD

ANNUAL REPORT FOR THE PERIOD ENDED 31ST MAY 2024

The Directors and Trustees present their annual report and financial statements, for the period ended 31st May 2024. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's memorandum and articles of association, the Companies Act 2006, the Charities Act 2011, 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 – Charities SORP (FRS 102); and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Objects of the Charity, Principal Activities and Public Benefit Statement

The Charity is constituted as a company limited by guarantee and is, therefore, governed by a memorandum and articles of association. Charitable status was obtained on 3rd November 2009.

The Charity's object and its principal activity is that of providing tailored information, practical and social support for young adults diagnosed with cancer in their twenties and thirties. The Charity aims to provide them with the tools they need to help get them moving again.

In carrying out these objects and activities, the Trustees have read and considered the Charity Commission guidelines for Public Benefit and consider that the Charity continues to operate fully in accordance therewith.

Organisation of Our Work

The Charity is organised so that the Trustees meet and converse regularly to manage its affairs.

Developments and Achievements

The Trustees consider that the performance of the Charity has been satisfactory. The Charity has set the building blocks for the promotion of its objects and liaises with other charitable organisations to this end.

Future Developments

The Trustees hope to continue to build upon the foundations laid in these initial periods of activity.

Transactions and Financial Position

The statement of financial activities shows net outgoing general (i.e.unrestricted) resources of £89,875 for the period (year to 31st May 2023: incoming £80,555). The general unrestricted fund balance carried forward at 31st May 2024 stood at £207,703.

Funds Available

The present level of funding is believed adequate to support the continuation of the work programs envisaged, although further support is necessary for future projects to be undertaken.

TREKSTOCK LTD

ANNUAL REPORT FOR THE PERIOD ENDED 31ST MAY 2024

Directors and Trustees

All Directors of the Company are also Trustees of the Charity, and there are no other Trustees. All of the Trustees named on page 1 served during the period. The Board has the power to appoint additional Trustees as it considers fit to do so, and, as the need arises, appropriate training will be given to any new Trustees taking up office.

Risk Management

The Trustees have examined the major strategic, business and operational risks which the Charity faces or may face, and confirm that systems are in place to enable regular reports to be produced, so that the necessary steps can be taken to lessen any such risks.

Independent Examiners

Mrs H C Fanthome of King Loose & Co, has agreed to offer herself for appointment as Independent Examiner to the Charity.

Small Companies Regime

This report has been prepared in accordance with the small companies regime of the Companies Act 2006

Approval

This report was approved by the Board of Directors and Trustees on 27/02/2025

Rachel Roxburgh, Chair (Trustee)

TREKSTOCK LTD

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE PERIOD ENDED 31ST MAY 2024

The Trustees are required by law to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the Charity, and of its results for that period. In preparing those financial statements, the Trustees are required to:

* Select suitable accounting policies and then apply them consistently;
* Observe the methods and principles in the applicable Charities SORP;
* Make judgements and estimates that are reasonable and prudent;
* State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
* Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity, and to enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities Act 2011 and the applicable Charities SORP. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

By Order of the Board of Directors
and Trustees



REPORT OF THE INDEPENDENT EXAMINER TO THE TRUSTEES OF

TREKSTOCK LTD

I report to the charity trustees on my examination of the accounts of the company, for the period ended 31st May 2024, which are set out on pages 25 to 33.

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

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

Basis of independent examiner's report
My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity, and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view', and the report is limited to those matters set out in the statement below.

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

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

(4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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

King Loose & Co
St John's House
5 South Parade
Summertown
Oxford OX2 7JL

Heather C. Fanthome
H.C. Fanthome FCA

27th February 2025
Dated

TREKSTOCK LTD
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD ENDED 31ST MAY 2024
SUMMARY INCOME AND EXPENDITURE ACCOUNT

	Note	Unrestricted Funds 2024	Restricted Funds 2024	Total Funds Year to 31/05/24	Unrestricted Funds 2023	Restricted Funds 2023	Total Funds Year to 31/05/23
Income and endowments from:		£	£	£	£	£	£
General Donations and Grants		441,084	-	441,084	505,424	16,332	521,756
Investment Income		3	-	3	6	-	6
Total Income and endowments		441,087	-	441,087	505,430	16,332	521,762
Expenditure on:							
Raising Funds	2	219,863	-	219,863	178,943	-	178,943
Charitable Activities	3	311,099	-	311,099	245,932	37,264	283,196
Total Resources Expended		530,962	-	530,962	424,875	37,264	462,139
Net (Expenditure)/Income for the period before transfers		(89,875)	-	(89,875)	80,555	(20,932)	59,623
Transfers between Funds	6	-	-	-	25,894	(25,894)	-
Net Movement in Funds		(89,875)	-	(89,875)	106,449	(46,826)	59,623
Fund Balances B/fwd		297,578	-	297,578	191,129	46,826	237,955
Fund Balances C/fwd		207,703	-	207,703	297,578	-	297,578

There were no other recognised gains or losses in respect of 2024 and 2023, other than those reflected in the statement of financial activities.
The notes on pages 27 to 33 form part of these accounts.

TREKSTOCK LTD
BALANCE SHEET AS AT 31ST MAY 2024 (COMPANY NO:6919669)

	Note	£	31st May 2024 £	£	31st May 2023 £
Fixed Assets					
Tangible assets	7		3,320		876
Investments	15		100		100
Current Assets					
Debtors	8	116,347		117,868	
Cash at Bank		108,490		198,699	
		224,837		316,567	
Creditors: Amounts Falling Due in One Year	9	20,554		19,965	
Net Current Assets			204,283		296,602
Total Assets less Current Liabilities, being Net Assets			207,703		297,578
Funds					
Unrestricted Funds			207,703		297,578
Restricted Funds			-		-
Total Funds			207,703		297,578

The directors are satisfied that the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 and that members have not required an audit in accordance with Section 476.

The directors acknowledge their responsibilities for:-

1. ensuring that the company keeps accounting records which comply with Section 386; and
2. preparing accounts which give a true and fair view of the state of affairs of the charitable company as at the end of the financial period and of its profit or loss for the financial period in accordance with the requirements of Section 396 and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the charitable company.

Approved by the Board of Directors and Trustees on 27/2/25 and signed on its behalf by:

Rachel Roxburgh, Chair (Trustee)

The notes on pages 27 to 33 form part of these accounts.

TREKSTOCK LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31ST MAY 2024

1. Accounting Policies

(a) General Information
These financial statements have been presented in Pounds Sterling as this is the currency of the primary economic environment in which the Charity operates.

(b) Basis of preparation
The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) – Charities SORP (FRS 102); and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102); the Charities Act 2011 and the Companies Act 2006.

The charity constitutes a public benefit entity as defined by FRS 102.

The charity has taken advantage of the exemption to prepare a cash flow statement, as contained in Financial Reporting Standard 1, on the grounds that it is a small charity.

(c) Activities
The financial statements include the results of the charity's operations as described in the directors' and trustees' annual report.

(d) Income recognition
Income of all kinds is accounted for when receivable, i.e. in the period in which the charity is entitled to receipt, it is probable that the income will be received and the amount of income receivable can be measured reliably.

No permanent endowments have been received in the period.

(e) Expenditure recognition
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be reliably measured.

Expenditure is included on an accruals basis and has been classified under headings that aggregate all costs related to the category.

All core cost categories are regarded as being of a support nature to the Charity's principal activity, as described in the Annual Report. It is anticipated that any future specific projects will be covered by restricted funds – i.e. funds raised specifically for that project.

1. Accounting Policies (cont'd)

(f) Grants payable
Grants payable are payments made to third parties, either individuals or other charitable organisations, in the furtherance of the charity's objects. In the case of unconditional grant offers, these are accrued once the recipient has been notified of the award. Conditional grants are only accrued when the conditions have been fulfilled and the recipient notified.

No multi-year grants are made, other than where additional funding has been received through a restricted fund.

(g) Value added tax
Value added tax is not recoverable by the Charity, and as such is included in the relevant costs in the statement of financial activities.

(h) Financial assets – classified as basic financial instruments
i) Cash and cash equivalents
Cash and cash equivalents include cash in hand, deposits held with banks, and other short term highly liquid investments with original maturities of three months or less.
ii) Trade and other receivables
Trade and other receivables that are receivable within one year are measured at the undiscounted amount of the cash expected to be received, net of any impairment.
iii) Trade and other payables
Trade and other payables that are payable within one year are measured at the undiscounted amount of the cash expected to be paid.

(i) Fund accounting
Unrestricted funds comprise those funds which the trustees are free to use in accordance with the objects of the charity, as defined in the constitution.

Restricted Funds are those given for particular purposes and projects.

(j) Going concern
The financial statements have been prepared on a going concern basis.

The current economic conditions present increased risks for all businesses. In response to such conditions, the directors/trustees have carefully considered these risks, including an assessment of uncertainty on future trading projection for a period of at least 12 months from the date of signing the financial statements, and the extent to which they might affect the preparation of the financial statements.

The directors/trustees have concluded that the going concern basis remains appropriate.

1. Accounting Policies (cont'd)

(k) Translation of Foreign Currencies

Monies received and expended in foreign currencies are accounted for at the rate of exchange prevailing at the date of the transaction.
Assets and liabilities denominated in foreign currencies, which are held or owed at the balance sheet date, are converted at the exchange rate prevailing at that date. Differences on foreign exchange are reported in the Income and Expenditure Account.

(l) Operating Leases
Rentals applicable to operating leases where substantially all the benefits and risks of ownership remain with the lessor, are reflected in the statement of financial activities as incurred.

(m) Tangible Fixed Assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life - Office equipment – 25% on cost

Tangible Fixed assets are initially measured at cost, net of depreciation and any impairment losses. The gain or loss on the disposal of an asset is determined as the difference between sales proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

(n) Pension Costs
The charity operates a defined contribution pension scheme. The scheme and its assets are supervised and controlled by independent managers. The charge for the year, reflected in the Statement of Financial Activities, is the amount paid by the charity to the scheme in respect of the year.

(o) Group Accounts
The charity has a 100% subsidiary – Trekstock UK Ltd.
The charity has taken advantage of the exemption contained in Section 398 Companies Act 2006 to produce consolidated accounts.

2. Raising Funds

	Unrestricted Funds	Restricted Funds	Total 2024	Unrestricted Funds	Restricted Funds	Total 2023
	£	£	£	£	£	£
Program Costs						
Staff costs	186,891	-	186,891	137,478	-	137,478
Other fundraising costs	30,071	-	30,071	39,814	-	39,814
Support costs	2,901	-	2,901	1,651	-	1,651
	219,863	-	219,863	178,943	-	178,943

TREKSTOCK LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31ST MAY 2024

3. Charitable Activities

	Unrestricted Funds	Restricted Funds	Total 2024	Unrestricted Funds	Restricted Funds	Total 2023
	£	£	£	£	£	£
Staff costs	91,982	-	91,982	120,871	4,932	125,803
Direct programme costs	126,377	-	126,377	9,468	32,332	41,800
Support costs	92,740	-	92,740	115,593	-	115,593
	311,099	-	311,099	245,932	37,264	283,196

4. Staff Costs

The average number of personnel employed by the charity was as follows:

	2024 No.	2023 No.
Charitable Activities	3	3
Fundraising	3	3

The aggregate payroll costs of these employees was as follows:-

	2024 £	2023 £
Salary costs	252,320	233,241
Employer's National Insurance	21,258	23,599
Pension contributions	5,295	6,441
	278,873	263,281

a) No employee received emoluments in excess of £60,000 pa.

b) No expenses are paid to any Trustees; reimbursements are made where overhead items have been initially expended by the Trustees on behalf of the Charity.

Result for the Period

	2024 £	2023 £
The surplus of (expenditure over income)/income over expenditure is stated after charging:		
Independent Examiners Remuneration	2,400	2,400
Depreciation – owned assets	1,108	442

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31ST MAY 2024

6. Transfer between Funds

For the 2023 year, transfers were made from restricted funds to unrestricted funds, in relation to the otherwise unspent balances for the Meet & Move project and the Sanctuary Room project. These became a contribution to core costs, as agreed with the donors.
There were no transfers for the 2024 year.

7. Tangible Fixed Assets

	Office Equipment	Total
Cost	£	£
Brought forward 01.06.23	1,770	1,770
Additions	3,552	3,552
Disposals	-	-
Carried forward 31.05.24	5,322	5,322
Depreciation		
Brought forward 01.06.23	894	894
Charge for the period	1,108	1,108
Depreciation on disposals	-	-
Carried forward 31.05.24	2,002	2,002
Net Book Value at 31.05.24	3,320	3,320
at 31.05.23	876	876

All tangible fixed assets are used directly for charitable purposes.

8. Debtors: Amounts Falling Due in One Year

	2024	2023
	£	£
Amounts owed by group undertakings	111,471	111,527
Trade debtors	2,700	-
Other debtors	-	4,008
Prepayments and accrued income	2,176	2,333
	116,347	117,868

The Trustees consider the debt due by the subsidiary to be of a long term nature.

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31ST MAY 2024

9. Creditors: Amounts Falling Due in One Year

	2024	2023
	£	£
Trade Creditors	11,155	11,412
Social security and other taxes	4,113	-
Other creditors	1,086	976
Accruals and deferred income	4,200	7,577
	20,554	19,965

11. Share Capital

Trekstock Ltd is a charitable company limited by guarantee and does not have a share capital.

12. Analysis of Net Assets between Funds

	Fixed Assets	Invest-ment	Net Current Assets	Total
	£	£	£	£
Restricted Funds	-	-	-	-
Unrestricted Funds	3,320	100	204,283	207,703
	3,320	100	204,283	207,703

There were no restricted fund movements in the 2024 year.

13. Commitments

In the opinion of the Trustees, there were no outstanding commitments at 31st May 2024.

14. Related Party Disclosures

At the balance sheet date the company was owed £111,471 (2023: £111,527) by Trekstock UK Limited.

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31ST MAY 2024

15. Subsidiary Undertakings

Trekstock Ltd has a wholly-owned subsidiary undertaking, Trekstock UK Limited, a company incorporated and registered in England and Wales (registered no. 06824023). The principal activities of the company are merchandising and retail. The charity owns the entire share capital of 100 ordinary shares of £1 each.

The aggregate capital and reserves and the result for the year of the subsidiary excluded from consolidation was as follows:
Loss £232
Capital and Reserves £(95,922)

The Trustees consider the debt due by the subsidiary to be of a long term nature.

TREK STOCK Life alongside cancer

Trekstock ltd

Financial Statements

For the period ended 31st may 2024
Administrative information

Directors and Trustees:

Dr G Pugh (appointed 1st October 2023)
J Jeancolas (appointed 1st October 2023)
R Roxburgh (appointed 1st October 2023)
R O Challis (Chair)
C A DeMarco (appointed 1st July 2023)
A S Hill (appointed 1st July 2023)
Dr A Batla
T Dallas
E Reynolds
L Soanes
S Lowe

Company Number 6919669 (England and Wales)

Charity Number 1132421

Registered Office:

The Barn, Kings Newton Hall
Main Street, Kings Newton
Derbyshire
DE73 8BX

Independent Examiner:

Mrs H C Fanthome FCA
King Loose & Co
St John's House
5 South Parade
Summertown
Oxford
OX2 7JL

Trekstock Cancer Support

England & Wales - Charity number 1132421

Accounts



TREKSTOCK LIMITED (A COMPANY LIMITED BY GUARANTEE) REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MAY 2023

@trekstock
www.trekstock.com

trekstock
for young adults with cancer

TREKSTOCK LTD

COMPANY NO. 6919669 (ENGLAND AND WALES)

A COMPANY LIMITED BY GUARANTEE
AND NOT HAVING A SHARE CAPITAL

REGISTERED CHARITY NO. 1132421

FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31ST MAY 2023

KING LOOSE & CO
INDEPENDENT EXAMINERS

ST JOHN'S HOUSE
5 SOUTH PARADE
SUMMERTOWN
OXFORD OX2 7JL

trekstock
for young adults with cancer

TREKSTOCK LTD

FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31ST MAY 2023

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trekstock
for young adults with cancer

TREKSTOCK LTD

FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31ST MAY 2023

ADMINISTRATIVE INFORMATION

Directors and Trustees	Dr G Pugh (appointed 1st October 2023) J Jeancolas (appointed 1st October 2023) R Roxburgh (appointed 1st October 2023) R O Challis (Chair) C A de Marco (appointed 1st July 2023) A S Hill (appointed 1st July 2023) Dr A Batla (appointed 10th August 2022) T Dallas E Reynolds L Soanes S Lowe
Company Number	6919669 (England and Wales)
Charity Number	1132421
Registered Office	The Barn, Kings Newton Hall Main Street, Kings Newton Derbyshire DE73 8BX
Independent Examiner	Mrs H C Fanthome FCA King Loose & Co St John's House 5 South Parade Summertown Oxford OX2 7JL



TREKSTOCK LIMITED (REGISTERED NUMBER: 06919669)

REPORT OF THE TRUSTEES for the Year Ended 31 May 2023

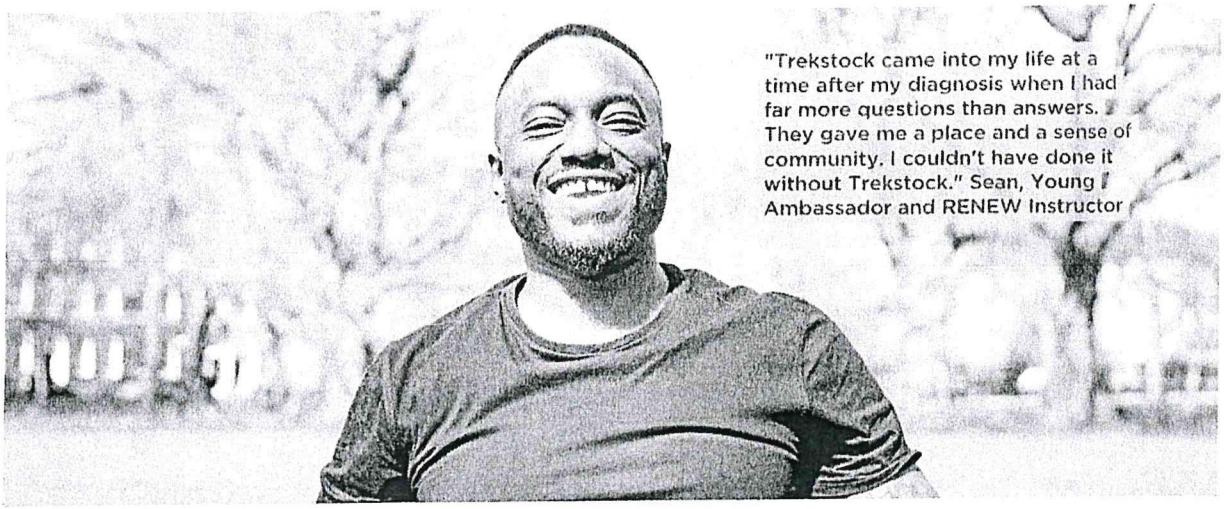
The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). The financial statements are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

Additionally, the accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts.

STATUS

The charity is a company limited by guarantee, incorporated on 29 May 2009 (number 06919669) and registered as a charity on 3 November 2009 (number 1132421).

The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association.



LETTER FROM OUR CHAIR

As I reflect on my tenure as Chair of Trekstock over the past 3 years, I am filled with pride and gratitude. Our charity has faced numerous challenges, including the impacts of Brexit, Covid-19 and the cost of living crisis, which significantly affected our primarily events-based fundraising and fundraising in general. However, with the support of our Board, our team's creativity, passion and hard work have allowed us to navigate these difficulties and continue supporting young adults affected by cancer.

Despite these challenges, our services, particularly those related to mental health and early menopause support, are needed more than ever. We are seeing a rise in cancer diagnoses among young adults, with 38 people in their 20s or 30s receiving a diagnosis every day. Against this background, Trekstock's mission and the support it provides remains crucial.

Our team has met these challenges with resilience and determination, continuing to deliver our mission and expand our reach. We have also strengthened our funding, communications, and merchandising operations, enabling us to approach the new financial year refreshed and better equipped to support and develop our programmes.

I and the Board of Trustees are deeply appreciative of our team's efforts, as well as the support of our generous donors and passionate volunteers. Your commitment has been essential in helping us make a meaningful difference in the lives of young adults affected by cancer. Trekstock is embarking on an exciting new chapter with the launch of our 'Scaling Up' 3-year plan. Building upon the lessons learned and accomplishments over the past two years, as well as the wealth of knowledge and the expertise accumulated since our inception in 2009, we aim, as the demand for our services increases, to expand our reach and positively impact the lives of young adults affected by cancer. This plan, with the continued support of all our stakeholders, will allow us to continue growing and adapting to the evolving needs of our community, ensuring that we provide the best possible support and resources.

On behalf of the Board of Trustees, I thank you for your continued support. Together, we can ensure that Trekstock remains a vital source of help hope for young adults facing cancer.

With gratitude,

Rob Challis

Rob Challis
Chair of Trustees, Trekstock

STRUCTURE, GOVERNANCE AND MANAGEMENT

Our Board

Our Board must consist of no less than three elected members, who are concurrently Directors under company law. Trustees regularly review the membership of the Board to ensure that the necessary skills and perspectives needed for effective governance are in place, taking account of the need for political impartiality, gender balance and representation of the demographics of the UK.

All new members of the Board undergo an induction programme that includes a briefing on their role and responsibilities, a meeting with all Trekstock staff, one or more beneficiaries, a comprehensive set of governance documents in addition to general guidance such as 'The Essential Trustee' published by the Charity Commission.

The Board of Trustees ensures the charity has a clear vision, mission and strategic direction and is focused on achieving its annual plans and objectives signed off by the Board. This involves monitoring and acting to ensure that performance and impact are achieved, as well as being the guardians of the fundamental values and ethos of the charity. Sub-committees, comprising trustees and non-trustees, meet more regularly with key staff. We welcomed Dr Ankita Batla to the Board in October 2022, and would like to extend a huge thank you to Harrison Bees, who stepped down after a successful tenure and relocated overseas in January 2023.

Our Chair & Trustees

Trekstock's Board of Trustees is comprised of experts from a range of sectors, including finance, marketing, legal, healthcare, cancer care and importantly those with lived experience. We are fortunate to have renowned cancer specialists on our board, including Louise Soanes, the Chief Nurse at Teenage Cancer Trust.

Our long-standing Chairman, Rob Challis, will be stepping down as Chair and remaining of the Board as a Trustee in 2024, and we are pleased to announce that Rachel Roxburgh will be taking over as Chair. Rachel brings over 30 years of experience working in the charity sector, including roles at Cancer Research UK, Dallaglio RugbyWorks, and The Duke of Edinburgh's Award. With Rachel's leadership and the continued expertise of our Board of Trustees, Trekstock is well-positioned to continue providing exceptional support to young adults facing cancer and to expand our reach even further.

Thank you to Rob Challis

On behalf of the Board of Trustees and the entire Trekstock community, we would like to express our heartfelt gratitude to Rob Challis for his dedication and leadership as our Chairman over the years, especially through recent challenges. Rob's guidance and expertise have been invaluable, and we thank him for his unwavering support of Trekstock and our team through another year of supporting Trekstock. Rob's commitment to our cause has been a driving force in our success. We are delighted that he will remain on the Board as a Trustee and know that his legacy will continue to inspire us as we move forward under Rachel Roxburgh's leadership in the next financial year.

Our Team

At Trekstock, we are fortunate to have a small but mighty staff team of passionate and driven individuals who work closely with an inspirational group of Young Adult Ambassadors. These Ambassadors have experienced cancer firsthand and input their valuable insights and feedback

into all aspects of Trekstock's programme delivery. This collaborative approach ensures that our programmes and services are tailored to the specific needs and experiences of young adults facing cancer, and that we remain true to our mission of providing support that resonates with those we serve. Our Young Adult Ambassadors are an integral part of our organisation, and their voices help shape and guide our work, ensuring that we continue to provide the best possible support to young adults affected by cancer.

Role Of the Board in Relation to the Leadership Team

Sophie Epstone continues to lead Trekstock as the Founder & CEO, working closely with the Board of Trustees to guide the charity's developments and strategies. Sophie attends all Board meetings, along with the Executive Director, to present charity developments for discussion and guidance from the Board. The Board provides guidance to Sophie and the Executive Director on all matters related to the charity's objectives. The SMT work together on a Spring sign-off process, where they present their forthcoming plans, budgets and update the Board on achievements and key successes from the financial year. This collaborative approach ensures that Trekstock remains focused on its mission of providing support to young adults affected by cancer and continues to make a positive impact in their lives.
In April 2023, Ian Boyd departed from his role as Executive Director. We are grateful for his contributions during his time with us.

Frequency of Board Meetings

On average, the Board meets four times per year with the charity's operational executive team. Each meeting has a formal agenda and minutes are taken by one member of the Board. Members of the Board also meet more regularly and sit on sub committees to review and approve the medium-term strategic plans and goals, receive and examine reports on the charity's financial position, monitor and support service delivery and fundraising activities and consider policies and procedures in areas such as risk management and legal and regulatory compliance. Informal meetings such as these will be held as regularly as required and may happen on the telephone or via video conference.

Recruiting Trustees

Each year the Trustees review the skills and expertise of the Board. All members, in addition to the Executive team, can recommend a Trustee to the current Chair. A candidate will go forward for Board approval only if both the Chair and CEO agree they are appropriate. We are grateful to Reach Volunteering for supporting us with new Trustee recruitment in 2023.

Risk Policy

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The risk policy and risk register are reviewed annually.

Staff Team & Volunteers

The small team of staff and volunteers at Trekstock are the backbone of the charity. Their passion, dedication, and commitment are invaluable in helping us achieve our goals. We are incredibly grateful for their support and commitment allowing us to extend our reach in the most effective way possible.

The rest of the team, including programme staff and fundraisers, have worked tirelessly to develop relationships with key supporters, driving the charity's growth ensuring that our services are delivered effectively, allowing us to reach more young adults than ever before. The staff remuneration is set and reviewed annually by the CEO and Board of Trustees to ensure that it remains competitive and aligns with the charity's values and objectives.

WHO WE ARE

At Trekstock, we don't save lives by raising money for treatments or research. We change lives by empowering those in their 20s and 30s to live their best life with and beyond cancer.

We are the UK's only charity providing wellbeing support services for those in their 20s or 30s diagnosed with, living with and surviving any type of cancer. Hearing the words "you have cancer" changes everything. And when it happens in your 20s or 30s, it's a hugely unexpected curveball.

"Trekstock was my lifeline when I was totally lost in this cancer world. It's thanks to them that I found my cancer humans and my confidence" Joe, 32

Cancer is hard to cope with at any age, but harder still at an age of possibility and promise; a time for ticking off milestones such as building a career, starting a family and navigating life as a young adult. Trekstock exists to make sure those on the receiving end of those lifechanging words have the support they need to thrive beyond their diagnosis – whatever it looks like. Statistics show a rising number of people are receiving cancer diagnoses in their 20s or 30s, the latest data highlighting a significant increase over the last 20 years from 34 to a staggering 38 a day.

We have supported over 40,000 young people over the last 14 years, and we know our approach works. From providing expert information, inspiring events, and impactful coaching to our award-winning Menopause exercise support and RENEW programmes, we provide support that is tailored to the unique needs of those in their 20s and 30s:

- 100% feel more optimistic about the future having completed our menopause programme
- 100% of our event attendees feel informed and empowered
- 97% say that our RENEW exercise programme helped get them moving again
- 91% feel less isolated through our events and online community
- 86% feel we support them in the ways they need

***"There's no other charity like it. They provide invaluable support when the fallout from cancer is ongoing."* Callum, 24**

Trekstock was founded in 2009 in collaboration with a Young Person's Panel, comprised of young people with cancer from across the UK. Since then, we have remained committed to nurturing and supporting this community, becoming a vital source of support beyond medical treatment.

We are proud to have received the GSK Impact Award in 2022 and to work with some of the UK's leading experts and advocates in cancer care. Our services are well respected by the wider cancer charity sector, NHS England Cancer Team, and oncology teams across the UK who refer young adults to us. Our work also aligns with the current NHS's Long-Term Plan for cancer.

***"The patients I refer to Trekstock get so much from their services, from a friendly voice at the end of the phone to comprehensive rehabilitation programmes post-cancer treatment."* Advanced Nurse Practitioner, Royal Marsden NHS Foundation Trust**

Our partnerships with organisations like the Teenage Cancer Trust and Macmillan Cancer Support allow us to expand our reach and provide even more support to young adults facing cancer. Our work with leading NHS Trusts ensures that we stay at the forefront of cancer care and support, and that we provide the best possible services to our community.

***"Trekstock is so important because the charity makes young adults feel part of something at a time when they can feel most isolated. "* Teenage Cancer Trust Lead Nurse, Newcastle.**

Why We're Different

We offer a host of direct support and a wide range of free services to help those impacted by cancer in our target age range stay active, get the information they need on the topics that matter to them and meet others affected by the disease. Our bespoke programmes, designed by our community for our community, have been accessed by a total of 4,290 beneficiaries in the last year.

Quality of life is key. Because what is life without quality? Especially when you're in the prime of your life. This 'forgotten cohort' of those diagnosed in their 20s or 30s is often overlooked as it comprises of neither children nor older cancer patients whose needs are met through dedicated mainstream cancer charities. Our ambition is to offer our tried and tested, evidence-based support to a greater number of the 14,600 (and rising) young adults in their 20s and 30s diagnosed with cancer annually in the UK.

Our vision is a future where everyone in their 20s or 30s hearing the words 'it's cancer' is given the age-appropriate support they need, at the right time.

With mainstream cancer services catering for an older demographic (50% of cancer diagnoses occur over the age of 70), our beneficiaries are often the youngest person on a ward by decades. They do not receive support that reflects their unique needs. Consequently, they feel isolated and unsupported by both mainstream services which are not age-appropriate, and by older patients whose concerns are markedly different from their own.

OUR ORGANISATIONAL OBJECTIVES

The following objectives outline Trekstock's strategic priorities over the last year, focusing on ensuring sustainable growth post Covid-19, maintaining a strong and relevant brand, generating diverse income sources and increasing awareness of our services among young people affected by cancer, and their wider networks.

Sustainability and Growth

Manageable Growth: Maintain a sustainable growth pace that allows our team to provide the best possible support to our community.

Resource Expansion: In agreement with the Board, Trekstock plans to appoint additional resources to support the charity's growth and services over the next year.

Awareness

Innovative Approach: Continue to be a creative and relevant charity brand, challenging traditional giving with inspiring events, great products, design-led collaborations, and a creative platform for fundraising.

Comprehensive Support: With a strong brand and excellent communications, ensure that every young adult diagnosed with cancer receives the tailored support they need.

Income Generation

Financial Management: Budget income and expenditure regularly, in agreement with the Board of Trustees, to ensure financial stability and support our charitable activities.

Diversified Income Streams: Develop and nurture relationships that result in diverse funding sources, allowing us to expand our reach across the United Kingdom.

OUR ACHIEVMENTS & PERFORMANCE

Service Delivery

"Trekstock was my lifeline when I was totally lost in this cancer world. It's thanks to them that I found my cancer humans and my confidence".

Despite continuing challenges, we kept showing up for our community this year and figuring out new ways to be there for the 38 young adults diagnosed with cancer every day.

As we learn to live through the pandemic, we continued to innovate. We continue to adapt our programmes, so they remain engaging and an essential resource for our community. We mix it up, try new things and deliver what we can to make sure the community are brought together at a time they need us (and each other) more than ever. In December 2022, with the support of consultant Anna Roche, we developed our new overarching case for support 'The Forgotten Cohort'- why should we wait? Stepping up support for young adults with cancer. We looked at the wider cancer landscape, the unmet needs of our community, and effective ways to scale.

Our community is at the heart of all we do. They talk to us, and we listen. Together we shape our services according to need no matter their gender, race, socio-economic status, sexual orientation or geographical location. They say they wish their oncology teams were able and equipped to discuss age-appropriate topics; yet oncology personnel tell us that when it comes to discussing certain things - many of which are very taboo subjects - confidence/knowledge/skills gaps are ever-present. Recent beneficiaries have shared with us their 'top ten' important things, listed here. These are what we will address going forward:

- Psychological support (71%)
- Meeting others (65%)
- Physical activity (62%)
- Nutrition (61%)
- Friendship (53%)
- Work (25%)
- Returning to work (30%)
- Sex/relationships (36%)
- Fertility (32%)
- Menopause (31%)

We want to reach more people, earlier in their diagnosis and make sure every person diagnosed with cancer in their 20s or 30s gets the support and information they need to thrive.

We provide direct support to patients dealing with cancer and its long-term impacts through a wide range of wellbeing programmes delivered in person and online provided free of charge to our beneficiaries. We are not prescriptive. Our focus over the next 3 years is to scale up the following key programmes and services, developing previous service delivery, ensuring we reach a wider audience and meet the needs of minoritised groups.

"The beauty of Trekstock is it isn't one size fits all, there are so many different areas of support they offer, and you are able to take whichever parts you need to help you feel whole again. " **Georgie, Trekstock Young Adult Ambassador**

Our Plans

We believe that over 10,000 newly diagnosed young adults remain unaware of our services and are thus unsupported each year. Of the people we support, 85% tell us they want to hear about Trekstock at diagnosis, but most happen upon us further into their cancer journeys. In 2022-23, although we directly supported 4,290 young adults with their cancer experiences, this is still far fewer than half of those diagnosed annually in this age group (and does not consider those living with the late/long-term effects of cancer in this age bracket).

We want to reach every young adult at the point of diagnosis. We want to significantly expand our reach so that every person in their 20s or 30s who hears the words "You have cancer" also hears the words "Have you heard of Trekstock?".

Over three years from 2023-2026 – our priority areas will include: Meeting the community where they are by developing a strong regional presence in 4 key UK cities: London, Manchester, Newcastle and Glasgow.

- This is where the need is greatest; where we currently have limited outreach. We will develop these four key regional hub cities, chosen due to greatest need, population demographic, cancer diagnoses, engaged Healthcare Partners (HCPs) and existing clinical centres of excellence. We will partner with local organisations within each city to provide transformational community engagement.

Our Objectives

As we grow financially and geographically, we will develop further cities based on need and location and increasingly cascade our support to young adults living with cancer across the country. We will work to:

Increase our capacity to deliver our vital services.

- To reach more beneficiaries with our services, and to better meet their needs, we will appoint two new roles to our Programmes and Delivery team. These additional roles will grow our partnerships within the 4 cities. These roles will expand our online and offline community, with a focus on encompassing programmes, events, outreach and supporting beneficiaries. Each role will be full-time and will have a UK-wide remit, focusing on the 4 hub cities as a starting point for growth. These roles will enable us to achieve our strategic priority of becoming less White, female, help break down the barriers to engaging with our services and level up our service delivery.

Reach diverse audiences

- A key strategic objective will be to ensure all our programmes are co-designed and co-delivered with beneficiaries. Will we address a more diverse audience, considering diverse cultures and the unique needs of ethnically diverse groups. Our demographic breakdown shows that our beneficiaries are female (88%), white, and from the South East. Only 17% of those who find out about us are from ethnically diverse backgrounds, woefully less than those who are from White British backgrounds. We will work with local charities in our four key cities, carry out focus groups and work with an EDI consultant to ensure the efficacy of our work. We will also work to meaningfully embed the voice of lived experience into all service delivery at every level of our charity. By working with key charities to collaborate on addressing specific needs of different communities we will advance diversity, inclusivity and belonging across all our programmes so that our service is accessible to all population cohorts across the UK.

Grow UK-wide partnerships

- We will develop more relationships with stakeholders to ensure our services are embedded in their work. We want to ensure that every young adult in their 20s or 30s diagnosed with cancer hears about Trekstock's services at diagnosis. Central to this strategy is creating 'Greenlighters' who are key oncology healthcare and allied healthcare professionals who raise awareness of Trekstock in their individual Trust and increase referrals to our services, widening our reach. We currently have 50+ NHS Trusts referring to our services. We will recruit an additional 16 new Greenlighter partners in each key city across the UK. By strengthening relationships with partners, we will continue to identify the best roles along the cancer pathway to engage and signpost to our services. These might be pharmacists, physiotherapists, lead cancer nurses, clinical nurse specialists, radiographers, therapeutic radiographers, and clinical roles like chemotherapy nurses.
- We will grow our partnerships within the 4 cities; investing in resource to grow an online and offline community, with focus on programmes, events, outreach and supporting beneficiaries.

Fill the gaps in services for our community and campaigning for better care

- We will work to advocate for better services for menopause support post cancer. This will include advocating for better shared decision making and education of healthcare professionals on ways they can support their patients when dealing with early menopause because of a cancer diagnosis. The impact of long-term hormone deficit on young people is huge in terms of long-term health conditions and we are passionate to ensure young people get the right information at the right time.

Drive forward physical activity offering as a key intervention during and post treatment

- The power of physical activity for those diagnosed with cancer is well documented. Trekstock is one of the only UK cancer charities to have conducted published research into specific interventions for 20s and 30s around cancer and physical activity. This confirms there are very few tailored interventions available when it comes to increasing or maintaining activity levels following a cancer diagnosis. Since 2014 Trekstock has been leading the way in providing programmes to keep people moving with and beyond cancer.

Tackle systems change and historical health inequalities in cancer on behalf of young adult patients

- We are a leading voice in the drive for deeper equality across the sector and highlighting the significant role charities must play in doing this. Despite being a small charity, we use our voice to amplify the voices of the young adult cancer community and to lobby for change in treatment pathways at a policy level.
- We are also driven to advocate for better outcomes, care, and earlier diagnosis for people from ethnically diverse backgrounds. In short, inequalities need to be further addressed and everyone should receive a tailored 'treatment plan' from diagnosis through cancer to survival and life after and we will work to make this happen.

Our Impact

Over the next 3 years are overall objective is to increase the number of young adults accessing our services, to improve their mental, physical wellbeing and quality of life.

- We will have engaged with 31,668 young adults and their associated healthcare networks, equating to a 12% year on year increase.
- 60% of young adults being treated for cancer will find Trekstock and engage with our services (an increase from 45% at present).
- One third of our beneficiaries will be male. At present, 12% of our beneficiaries are male. In Year 1 this will increase to 20%; in Year 2 to 25%; in Year 3 to 33%.
- We will be engaging with 35% of those from minoritised underserved groups (17% at present). 85% of those who access our support, either through our digital offering or through our in-person events, will feel less isolated, more connected, and less alone.
- Through our wellbeing programmes, young people in their 20s and 30s living with and beyond cancer will feel more informed about their options, their long-term health and feel more hopeful. Through our RENEW programme, young people living with and beyond cancer will feel confident to get active safely during and after treatment.

"Trekstock have been invaluable for providing practical and social support for our patients aged in their 20s and 30s, thanks to their funding and expertise."
Jess O'Brien, Lead Nurse, University College London Hospital, London

Our Programmes

Over the last year, developments in our service delivery have been made to enhance the support provided to our community, to ensure that the programmes offered continue to have a lasting impact and remain responsive to their unique needs and goals.

1. RENEW: Physical Activity

We will expand our RENEW exercise programme for young adult cancer patients. This 8-week programme has already proven to significantly improve the mental and physical wellbeing of its participants, reducing cancer-related fatigue, anxiety and depression, while improving bone density, strength, sleep and overall quality of life. Not only does physical activity provide these benefits, it also reduces the risk of heart disease, diabetes, osteoporosis and other types of cancer. Physical activity has been shown to reduce the recurrence of cancer by up to 50% in three types of cancer: bowel, prostate, and breast.

100% of beneficiaries find their RENEW instructor supportive; 97% say the activities are just right for them, and 88% would recommend RENEW to others.

The RENEW programme has seen several updates and developments, including:

- Scaling up the group programme and expanding its reach to beneficiaries and their loved ones in key cities, aiming to reduce feelings of isolation and support physical activity needs.
- Tailoring the programme to meet the unique needs of the community by offering dedicated programmes for those experiencing menopause, in treatment, post-treatment, dealing with late effects and those with incurable cancers.
- Introducing other physical activity programmes such as Meet & Paddle (water sports meetups) and online classes delivered by individuals with lived experience.
- Emphasising the importance of focusing on what the body can do both during and post treatment.
- Exploring new avenues for programme delivery to make it more inclusive and increase its reach, including early conversations with leading football clubs.

2. Wellbeing Support

Psychological support is a key need for our beneficiaries. As a result, we run several programmes focusing on wellbeing through various interventions, with community at the heart of everything we

deliver.

- Our coaching programmes have run in partnership with experts, many of whom have lived experience of cancer, offer support around post-treatment issues and tailored men's wellbeing.
- Our 6-week post treatment coaching programme where participants get the opportunity of meeting others who understand what it is really like while supporting their mental health. Plans to scale our coaching offer include delivering a programme for people experiencing the long-term impacts of cancer.
- Our award-winning unique 6-week online menopause programme is designed and delivered in partnership with experts and people with lived experience. It addresses this serious yet overlooked side-effect and is currently run three times a year for groups of up to 30 beneficiaries. The programme empowers those experiencing menopause providing advice and guidance on the signs and symptoms, how exercise can help, support on sex and relationships and information on options such as HRT, as well as medical and non-medical options that are not HRT. It also provides support on ways to tackle symptoms through lifestyle change and allows for shared decision-making, empowering people and helping them make informed decisions in their best interests. Taking part improves mental health and resilience.

100% of beneficiaries on our Navigating Early Menopause programme feel more optimistic about the future; 83% understand the options; 83% would recommend the programme to others and 75% feel inspired to make a GP or oncology appointment.

3. Community Outreach

Our IRL (In Real Life) and online community offerings are lifelines – they can meet with others who 'get it' without the need to explain, update or even discuss cancer if they don't want to (but if they do, they will find a group of people with shared experiences and 'power in numbers' can be very reassuring).

Community creates a sense of belonging and valuable, supportive and lifelong relationships are formed. This programme reduces loneliness and improves mental health by creating connections and belonging. Current offerings include regional Style Nights, Meet & Move health and wellbeing days, events, interactions through our Facebook support group, our bespoke online community and beneficiary led meetups across the UK.

100% would recommend the programme to others; 91% feel less isolated after a meetup; 86% feel Trekstock supports them in ways they need and want.

4. Expert Information

We know we don't know everything – so we work with experts and those with lived experience who have the knowledge to support our community with age specific information they might not be getting from mainstream health services. Sex. Menopause. Mental health. Friendship. Inequalities. Fitness. Nutrition. We've unpacked it all!

We're passionate about shining a light on the topics that matter, about asking the questions that our community needs answers to and finding the experts to give them the answers they deserve. Nothing is off limits. We are led by our community. No taboo is too taboo for Trekstock. We broach the big issues in a range of safe environments and delve into important topics while letting the community know that there are experts on hand who understand their experiences.

We deliver this in a targeted, age-appropriate way through key programmes including expert panel live event series, podcast series, online webinars and our Food and Cancer resource. A key deliverable is information provision via our website, through the creation of an 'info hub' co-

designed and co-produced with members of our community.

Project Update: Nutrition Resource

Our Food & Cancer guide, written in partnership with Dr Hazel Wallace, The Food Medic, continued to be a popular resource. First published in 2019, our "Food and Cancer – What's the Deal?" guide has been downloaded over 7,000 times, and we have distributed over 8429 hard copies, 1,400 of those requested by Macmillan and Maggie's Centres.

"As a cancer research nurse, I've found educating myself about nutrition within cancer difficult and, therefore, can empathise with patients who are also looking to find out the same information. This has been amazing to read and so useful, I have learnt a lot from this!"

While the "Food and Cancer – What's the Deal?" guide has benefitted thousands of young people and healthcare professionals, Trekstock is aware that there is a need to keep this resource relevant and up to date. Additionally, a strategic review of our services found that we need to engage better with minority ethnic groups and people from lower socioeconomic backgrounds. Our ambition is to ensure that every young person diagnosed with cancer receives one of these guides.

Considering this, we have decided to update this resource with our experts. As part of this, we consulted with our Young Adult Ambassadors and an EDI expert to ensure the resource addressed the needs of different communities while considering the current cost of living crisis. Given that we would like to ensure that our beneficiary group reflects the diversity of the cancer community, this feels like an important change to make.

5. Physical Spaces

Trekstock has long aimed to establish a physical presence on adult wards where young adults in their 20s and 30s receive cancer treatment. We are excited to be in talks with University College London Hospital to create a 'sanctuary' space on the T13N ward, providing much-needed mental well-being support for young adults undergoing treatment. This initiative aligns with our goal of expanding our impact beyond Teenage Care & Young Adult Care and addressing the unique needs of young adults with cancer in a holistic manner. We aim to have this project funded and launched at UCLH in 2024 and have plans to replicate this in other cities.

6. Engagement

We are grateful for our partnerships with frontline healthcare professionals who refer young people to our services. We focused on strengthening our relationships with healthcare professionals and allied healthcare professionals across the UK particularly in London, Manchester, and Newcastle. Our Head of Programmes had the opportunity to engage with key groups, including:

- The London Cancer Allied Health Professionals Network
- The Royal College of Nursing (RCN)
- The Royal Marsden Hospital
- Manchester Foundation Trust, Manchester Royal Infirmary, Wythenshawe and North Manchester
- The Freeman Hospital, Newcastle
- The British Psychosocial Oncology Society (BPOS)
- The Christie NHS Foundation Trust
- UKONS
- The Northern Centre for Cancer Care (NCCC)

These engagements allow us to share our expertise and build stronger connections with healthcare professionals, ultimately enabling us to better serve young adults affected by cancer. We are so proud to have partnerships with the following charities:

- Teenage Cancer Trust
- Macmillan Cancer Support
- Young Lives vs Cancer
- Ellen MacArthur Trust
- Alike

Our national policy and influencing activities continued to grow with team members continuing to be active members of:

- The Children and Young People with Cancer Coalition.
- Cancer 52 (a coalition of charities working to support and improve the care for people with cancer)
- NHS Cancer Charity Forum
- NHS England Task & Finish Group on Psychosocial Support recommendations of which go to the National Cancer Board
- The All-Party Parliamentary Group on Children, Teenagers and Young Adults with Cancer (APPG CTYAC). This group aims to be the voice of young people with cancer and their families in the UK Parliament.

We would like to extend our thanks to all the experts who have contributed their expertise to Trekstock's work this year. In particular, we would like to thank Dani Binnington for her invaluable collaboration on our Menopause Programme and Toral Shah for her work with our team and Board members on EDIB (Equality, Diversity, Inclusion and Belonging), helping us improve in these crucial areas. Their insights and guidance have been instrumental in strengthening our programmes and ensuring we provide the best possible support to young adults affected by cancer.

FUNDRAISING & PLANS TO SCALE

Trekstock is a member of the Chartered Institute of Fundraising and registered with the UK Fundraising Regulator. We comply with the Code of Fundraising Practice.

In 2022/23, we developed and begun to implement our new three-year strategic Scaling Up 'Stepping Up for Young Adults with Cancer Across the UK' alongside a fundraising plan to increase income, with the aim of recovering and growing back stronger from the effects of COVID-19. The plan focused on building multi-year corporate support and grants from trust & foundations, relationship fundraising, and providing an excellent supporter experience across all fundraising opportunities.

We navigated the challenges posed by the COVID-19 pandemic and the subsequent cost-of-living crisis, adapting our strategies as needed to ensure the continued success of our fundraising efforts.

Total income raised in 2022/2023 was £521,762 (including donated goods and services totalling £46,900), resulting in a surplus of £44,623.

Trekstock will continue to focus on building sustainable income streams that ensure not only the financial security of the charity and enable the growth of its reach, but also allow the charity to strive to continually develop its fundraising programme to meet changing needs and habits of donors. The fundraising team will ensure that the fundraising mix ensures that income is spread

throughout the year, rather than being reliant on activities at the end of the financial year. In the next financial year, and beyond, the charity will focus its efforts on diversifying its income portfolio to enable continued, and sustainable, growth. This includes the development of high-value fundraising, in particular trusts & foundations and corporate partnerships.

HIGHLIGHTS FROM THIS YEAR

Trusts & Foundations

2022/2023 was a strong year for fundraising from Trust & Foundations. Trekstock was successful in raising funds from the following sources, to whom we are most grateful:

- Sport England
- The National Lottery
- The J Davy Foundation
- The Wasserman Foundation, in memory of Stacey Owen
- J Rothchild via Ritcap Capital Partners
- We are grateful to a major donor who made gifts totalling £155,000

Trust & Foundation income will continue to be a core income stream as Trekstock strives to both focus on high-value giving and look to ensure a balanced fundraising portfolio. This will require an investment in time to develop our networks and build long-term relationships.

Corporate Partnerships

This year saw the charity continue to build relationships and multi-year partnerships with corporates. It is hoped that these relationships will support Trekstock's longer term growth. Developing strategic partnerships takes time and the charity is now starting to see the results of our hard work. In addition to the continued support received from some of our long-standing corporate partners, we also established new relationships. Income from pharmaceutical companies continued to provide vital funding and this is an area of activity the charity hopes will grow over the coming year.

We would like to thank and acknowledge the support the charity has received from our corporate partners throughout 2022/23, namely;

- S&P Global
- Deloitte
- Grenson Shoes
- High Fliers
- Lounge Underwear
- RevCap
- Whistles
- Savills
- Hamilton Hodell

We are grateful to Uncommon who kindly hosted an event in February to help Trekstock thank those supporters who had supported the charity following the challenges of the pandemic and the cost-of-living crisis, to Gunnercooke for sponsoring the event and to Alice & Toby from Beyond Arts for working with some of our community members to share their stories on the eve.

Community Fundraising

Historically, community fundraising has been a core area of income generation for the charity. However, in the years following the Covid-19 pandemic there has been a downward trend in regular community fundraising. In the coming year the fundraising team will look to increase this income stream.

As ever we remain incredibly grateful to all those fundraisers who continue to complete challenges and raise vital funds for our work. Whilst it is not possible to name and thank everyone here, we want to highlight the achievements of one family:

We would like to thank the family of Hannah Bainbridge, who sadly passed away in May 2022, for their generous spirit in raising over £30,000 for Trekstock in her memory. In 2023, her friends and family all ran the Rob Burrow Leeds Marathon, while 716 people donating to their Hannah Bainbridge team on Just Giving.

Individual Supporters

Once again support from individual donors has continued to grow steadily and this is an area that the charity will continue to grow. During this financial year we proactively asked for one-off donations via our emergency and seasonal appeals, as well as continuing to promote our regular giving programme. We would like to send an extended warm thanks to Sir Harvey and Lady Allison McGrath for their very generous support during this difficult time.

TRADING SUBSIDIARY

Merch for Good

Merch for Good trading under Trekstock UK Limited (Trading) has seen growth over the past year with incredible support from worldwide artists and musicians. However, there is a need to integrate it more closely with Trekstock's platform and community.
Over the course of this last financial year, we have placed sustained resource behind the operations of Merch for Good in the form of a new full time staff member, Tamsyn Wilce. From the new year 2023, and particularly focused around 'World Cancer Day' 4th Feb 2022, we executed several successful launches and grew our band partnerships over the rest of the financial year. It is our intention to continue this upwards trend with a focus on achieving a steady unrestricted income to the charity.

Gifts in kind can make a huge difference: we would like to say a huge thank you DawBell PR for their incredible pro bono PR support around our inaugural World Cancer Day campaign. Sales have increased, and a strategy has been developed to maximize Merch for Good's potential as a key income source for Trekstock. Exciting new collaborations are also underway, including a recent partnership with artists like Yungblud to release 15 new t-shirt designs in celebration of Trekstock's 15th anniversary in May 2024. We would like to extend a thank you to John Hind and our Trustee David Bower for supporting its development.

We are also in the starting phases of planning a new concept, Art for Good. This will be launched in May 2024, again to coincide with the birthday.

COMMUNICATIONS

Communications and marketing have been a challenge for Trekstock in the past year, following the departure of a dedicated team member. However, the charity is actively addressing this by

planning to hire a full-time staff member dedicated to communications and marketing in the new year. Communications have been supported in a freelance capacity by Alice-May Purkiss, to whom we owe a big thank you to.

This new team member will lead the development of Trekstock's 2023/4 marketing, communications, and social media strategy, aligned with the upcoming rebrand and website refresh. The goal is to create a more cohesive and community-driven brand identity that resonates with the charity's target audience of 20–40-year-olds and attracts more fundraising support.

Through this renewed focus on communications and marketing, Trekstock aims to become a strong and recognisable charity brand, filling a unique gap in the sector. We will leverage the creativity and voices of its community members to share impactful stories and drive change. By engaging with healthcare professionals and other stakeholders, Trekstock hopes to increase its impact and create meaningful change for young adults affected by cancer, amplifying their voices so we can give them the support they need and deserve.

"When I was going through chemotherapy, they saved me as much as the doctors did."
Lucy, Trekstock community

LOOKING TO THE FUTURE

As Trekstock approaches its 15th anniversary in 2024, we have plans to undertake a rebranding initiative. This strategic move aims to refresh the charity's brand identity and enable it to reach a wider audience of young adults affected by cancer.

- The rebranding is part of Trekstock's ambitious goals to expand our impact and further our mission of supporting young people facing the challenges of cancer. By updating our visual identity and messaging, we hope to connect with more people in need of our services and increase our visibility within the community. This initiative is an important step forward for our charity as we look to the future.

- Since Trekstock's inception in 2009, we have prioritised data collection and co-design to ensure our programmes meet the real needs of our community. Going forward, we will continue to gather data and insights on young people's experiences, using this evidence to inform the design and delivery of our services and strengthening our impact measurement. Recognising the importance of data literacy and a data-driven culture, we are committed to upskilling our team and fostering a data-centric mindset within the organisation. To achieve this, we have identified an opportunity, via Multiverse, to pursue over the next financial year, further enabling us to leverage our data effectively and improve our programmes.

- As we progress, we remain committed to refining our fundraising plan, improving stewardship journeys, concentrating on high-value income streams and leveraging our impact and storytelling to secure additional funds. We are extremely grateful to our community for sharing their experiences and helping us raise vital funds. By focusing on long-term sustainability, we are actively preparing to apply for 3-year funding in 2024. This will enable us to fully realise our ambitious 3-year Scaling Up plan.

- As we embark on 2023/4, we aim to cultivate a culture of positivity and embrace bold changes. Our 'North Star' vision will guide us as we embark on the first year of our ambitious Scaling Up plan. By aligning our efforts and staying true to our shared values, we are confident that Trekstock can achieve significant growth and broaden our impact on the lives of young adults affected by cancer. This is an exciting time for the charity, and we are eager to rise to the challenge and make a real difference to the rising number of young people hearing the words "it's cancer."

RESERVES

It is the duty of the Trustees to monitor reserves and ensure they meet known and estimated expenditure in furtherance of the charity's objectives and for its administration. In assessing the overall level of reserves, the Board of Trustees aims at all times to maintain sufficient unrestricted funds to ensure Trekstock remains solvent going forward. The Trustees consider that an appropriate level of reserves which equates to 6 months' running costs is appropriate. The level of reserves is reviewed monthly by the Executive Director, Founder, Chairman and senior trustee accountable for financial oversight.

At 31 May 2023, the charity had total funds of £297,578 (2022: £237,955) and had an unrestricted fund balance of £297,578 (2022: £191,129). The figure included an amount owed by Trekstock's subsidiary undertakings of £111,527 (the trading subsidiary made a profit in the year of £17,644 and has losses carried forward of £80,689). This has the effect of making our reserves appear higher than our actual cash in the bank. The trading subsidiary is wholly owned and operated by Trekstock Limited. It is our intention to pay this balance back. Trading has now recommenced within this trading entity and we have begun activities which means we anticipate fully repaying this balance within 5 years.

Having made a full assessment of future commitments and fundraising plans, the trustees believe that the charity is secure as a going concern. We appreciate that the months ahead may continue to be challenging and the trustees will continue to review plans to mitigate the effects on our income streams, including a full review of the profitability of the trading subsidiary.

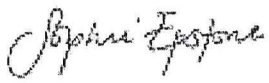
GIFTS IN KIND

Gifts in kind can make a huge difference. In 2022/2023 we received support in the form of gifts in kind worth £46,900 from our generous supporters.

THANK YOU

To our incredible Trekstock community: thank you. We are deeply grateful to the young people who have trusted us with their stories, our dedicated Ambassadors, generous supporters, committed corporate partners, creative fundraisers, and passionate volunteers. Each of you plays a vital role in our work, and we are honoured to have you as part of the #TeamTrekstock family. Your contributions enable us to provide essential support, resources, and more to young people affected by cancer in their 20s and 30s. On behalf of the entire Trekstock team, thank you for your invaluable support.

As we look ahead to 2023/24, we are energised by the opportunities coming our way. With your continued support and the dedication of our team, we're confident that Trekstock will make an even greater impact in the coming year. We are grateful for the chance to continue supporting young people affected by cancer and making a meaningful difference in their lives. Thank you for being a part of this journey, and we look forward to all that the future holds.



Sophie Epstone
Founder & CEO of Trekstock

TREKSTOCK LTD

ANNUAL REPORT FOR THE PERIOD ENDED 31ST MAY 2023

The Directors and Trustees present their annual report and financial statements, for the period ended 31st May 2023. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's memorandum and articles of association, the Companies Act 2006, the Charities Act 2011, 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 – Charities SORP (FRS 102); and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Objects of the Charity, Principal Activities and Public Benefit Statement

The Charity is constituted as a company limited by guarantee and is, therefore, governed by a memorandum and articles of association. Charitable status was obtained on 3rd November 2009.

The Charity's object and its principal activity is that of providing tailored information, practical and social support for young adults diagnosed with cancer in their twenties and thirties. The Charity aims to provide them with the tools they need to help get them moving again.

In carrying out these objects and activities, the Trustees have read and considered the Charity Commission guidelines for Public Benefit and consider that the Charity continues to operate fully in accordance therewith.

Organisation of Our Work

The Charity is organised so that the Trustees meet and converse regularly to manage its affairs.

Developments and Achievements

The Trustees consider that the performance of the Charity has been satisfactory. The Charity has set the building blocks for the promotion of its objects and liaises with other charitable organisations to this end.

Future Developments

The Trustees hope to continue to build upon the foundations laid in these initial periods of activity.

Transactions and Financial Position

The statement of financial activities shows net incoming general (i.e.unrestricted) resources of £80,555 for the period (year to 31st May 2022: outgoing £73,172), and the general unrestricted fund balance carried forward stood at £297,578.

Funds Available

The present level of funding is believed adequate to support the continuation of the work programs envisaged, although further support is necessary for future projects to be undertaken.

TREKSTOCK LTD

ANNUAL REPORT FOR THE PERIOD ENDED 31ST MAY 2023

Directors and Trustees

All Directors of the Company are also Trustees of the Charity, and there are no other Trustees. All of the Trustees named on page 1 served during the period. The Board has the power to appoint additional Trustees as it considers fit to do so, and, as the need arises, appropriate training will be given to any new Trustees taking up office.

Risk Management

The Trustees have examined the major strategic, business and operational risks which the Charity faces or may face, and confirm that systems are in place to enable regular reports to be produced, so that the necessary steps can be taken to lessen any such risks.

Independent Examiners

Mrs H C Fanthome of King Loose & Co, has agreed to offer herself for appointment as Independent Examiner to the Charity.

Small Companies Regime

This report has been prepared in accordance with the small companies regime of the Companies Act 2006

Approval

This report was approved by the Board of Directors and Trustees on 28th February 2024



Rob Challis, Chair (Trustee)

TREKSTOCK LTD

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE PERIOD ENDED 31ST MAY 2023

The Trustees are required by law to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the Charity, and of its results for that period. In preparing those financial statements, the Trustees are required to:

* Select suitable accounting policies and then apply them consistently;
* Observe the methods and principles in the applicable Charities SORP;
* Make judgements and estimates that are reasonable and prudent;
* State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
* Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity, and to enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities Act 2011 and the applicable Charities SORP. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

By Order of the Board of Directors
and Trustees



REPORT OF THE INDEPENDENT EXAMINER TO THE TRUSTEES OF

TREKSTOCK LTD

I report to the charity trustees on my examination of the accounts of the company, for the period ended 31st May 2023, which are set out on pages 23 to 33.

Respective responsibilities of the trustees and examiner

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

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

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity, and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view', and the report is limited to those matters set out in the statement below.

Independent examiner's statement

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

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

(2) the accounts do not accord with those accounting records; or

(3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

(4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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

King Loose & Co
St John's House
5 South Parade
Summertown
Oxford OX2 7JL

Hector C. Fanthome
H.C. Fanthome FCA

29th February 2024
Dated

TREKSTOCK LTD
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD ENDED 31ST MAY 2023
SUMMARY INCOME AND EXPENDITURE ACCOUNT

	Note	Unrestricted Funds 2023	Restricted Funds 2023	Total Funds Year to 31/05/23	Unrestricted Funds 2022	Restricted Funds 2022	Total Funds Year to 31/05/22
		£	£	£	£	£	£
Income and endowments from:							
General Donations and Grants		505,424	16,332	521,756	371,532	50,275	421,807
Investment Income		6	-	6	1	-	1
Total Income and endowments		505,430	16,332	521,762	371,533	50,275	421,808
Expenditure on:							
Raising Funds	2	178,943	-	178,943	191,923	-	191,923
Charitable Activities	3	245,932	37,264	283,196	252,782	29,343	282,125
Total Resources Expended		424,875	37,264	462,139	444,705	29,343	474,048
Net (Expenditure)/Income for the period before transfers		80,555	(20,932)	59,623	(73,172)	20,932	(52,240)
Transfers between Funds	6	25,894	(25,894)	-	-	-	-
Net Movement in Funds		106,449	(46,826)	59,623	(73,172)	20,932	(52,240)
Fund Balances B/fwd		191,129	46,826	237,955	264,301	25,894	290,195
Fund Balances C/fwd		297,578	-	297,578	191,129	46,826	237,955
		======	======	======	======	======	======

There were no other recognised gains or losses in respect of 2023 and 2022, other than those reflected in the statement of financial activities.
The notes on pages 26 to 33 form part of these accounts.

TREKSTOCK LTD

BALANCE SHEET AS AT 31ST MAY 2023 (COMPANY NO:6919669)

	Note	£	31st May 2023 £	£	31st May 2022 £
Fixed Assets					
Tangible assets	7		876		1,318
Investments			100		100
Current Assets					
Debtors	8	117,868		149,152	
Cash at Bank		198,699		126,675	
		316,567		275,827	
Creditors: Amounts Falling Due in One Year	9	19,965		39,290	
Net Current Assets			296,602		236,537
Total Assets less Current Liabilities, being Net Assets			297,578		237,955
Funds					
Unrestricted Funds			297,578		191,129
Restricted Funds	12		-		46,826
Total Funds			297,578		237,955

The directors are satisfied that the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 and that members have not required an audit in accordance with Section 476.

The directors acknowledge their responsibilities for:-

1. ensuring that the company keeps accounting records which comply with Section 386; and
2. preparing accounts which give a true and fair view of the state of affairs of the charitable company as at the end of the financial period and of its profit or loss for the financial period in accordance with the requirements of Section 396 and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the charitable company.

Approved by the Board of Directors and Trustees on 28th February 2024 and signed on its behalf by:



Rob Challis, Chair

The notes on pages 7 to 12 form part of these accounts.

TREKSTOCK LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31ST MAY 2023

1. Accounting Policies

(a) General Information
These financial statements have been presented in Pounds Sterling as this is the currency of the primary economic environment in which the Charity operates.

(b) Basis of preparation
The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) – Charities SORP (FRS 102); and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102); the Charities Act 2011 and the Companies Act 2006.

The charity constitutes a public benefit entity as defined by FRS 102.

The charity has taken advantage of the exemption to prepare a cash flow statement, as contained in Financial Reporting Standard 1, on the grounds that it is a small charity.

(c) Activities
The financial statements include the results of the charity's operations as described in the directors' and trustees' annual report.

(d) Income recognition
Income of all kinds is accounted for when receivable, i.e. in the period in which the charity is entitled to receipt, it is probable that the income will be received and the amount of income receivable can be measured reliably.

No permanent endowments have been received in the period.

(e) Expenditure recognition
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be reliably measured.

Expenditure is included on an accruals basis and has been classified under headings that aggregate all costs related to the category.

All core cost categories are regarded as being of a support nature to the Charity's principal activity, as described in the Annual Report. It is anticipated that any future specific projects will be covered by restricted funds – i.e. funds raised specifically for that project.

1. Accounting Policies (cont'd)

(f) Grants payable
Grants payable are payments made to third parties, either individuals or other charitable organisations, in the furtherance of the charity's objects. In the case of unconditional grant offers, these are accrued once the recipient has been notified of the award. Conditional grants are only accrued when the conditions have been fulfilled and the recipient notified.

No multi-year grants are made, other than where additional funding has been received through a restricted fund.

(g) Value added tax
Value added tax is not recoverable by the Charity, and as such is included in the relevant costs in the statement of financial activities.

(h) Financial assets – classified as basic financial instruments

i) Cash and cash equivalents
Cash and cash equivalents include cash in hand, deposits held with banks, and other short term highly liquid investments with original maturities of three months or less.

ii) Trade and other receivables
Trade and other receivables that are receivable within one year are measured at the undiscounted amount of the cash expected to be received, net of any impairment.

iii) Trade and other payables
Trade and other payables that are payable within one year are measured at the undiscounted amount of the cash expected to be paid.

(i) Fund accounting
Unrestricted funds comprise those funds which the trustees are free to use in accordance with the objects of the charity, as defined in the constitution.

Restricted Funds are those given for particular purposes and projects.

(j) Going concern
The financial statements have been prepared on a going concern basis.

The current economic conditions present increased risks for all businesses. In response to such conditions, the directors/trustees have carefully considered these risks, including an assessment of uncertainty on future trading projection for a period of at least 12 months from the date of signing the financial statements, and the extent to which they might affect the preparation of the financial statements.

The directors/trustees have concluded that the going concern basis remains appropriate.

(k) Translation of Foreign Currencies

Monies received and expended in foreign currencies are accounted for at the rate of exchange prevailing at the date of the transaction.
Assets and liabilities denominated in foreign currencies, which are held or owed at the balance sheet date, are converted at the exchange rate prevailing at that date. Differences on foreign exchange are reported in the Income and Expenditure Account.

1. Accounting Policies (cont'd)

(l) Operating Leases
Rentals applicable to operating leases where substantially all the benefits and risks of ownership remain with the lessor, are reflected in the statement of financial activities as incurred.

(m) Tangible Fixed Assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.
Office equipment – 25% on cost

Tangible Fixed assets are initially measured at cost, net of depreciation and any impairment losses. The gain or loss on the disposal of an asset is determined as the difference between sales proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

(n) Pension Costs
The charity operates a defined contribution pension scheme. The scheme and its assets are supervised and controlled by independent managers. The charge for the year, reflected in the Statement of Financial Activities, is the amount paid by the charity to the scheme in respect of the year.

(o) Group Accounts
The charity has a 100% subsidiary – Trekstock UK Ltd.
The charity has taken advantage of the exemption contained in Section 398 Companies Act 2006 to produce consolidated accounts.

2. Raising Funds

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Unrestricted Funds £	Restricted Funds £	Total 2022 £
Program Costs						
Staff costs	137,478	-	137,478	122,425	-	122,425
Other fundraising costs	39,814	-	39,814	65,310	-	65,310
Support costs	1,651	-	1,651	4,188	-	4,188
	178,943	-	178,943	191,923	-	191,923

3. Charitable Activities

	Unrestricted Funds	Restricted Funds	Total 2023	Unrestricted Funds	Restricted Funds	Total 2022
	£	£	£	£	£	£
Staff costs	120,871	4,932	125,803	137,749	-	137,749
Direct programme costs	9,468	32,332	41,800	67,902	29,343	97,245
Support costs	115,593	-	115,593	47,131	-	47,131
	245,932	37,264	283,196	252,782	29,343	282,125

4. Staff Costs

The average number of personnel employed by the charity was as follows:

	2023 No.	2022 No.
Charitable Activities	3	3
Fundraising	3	3
	===	===

The aggregate payroll costs of these employees was as follows:-

	2023 £	2022 £
Salary costs	233,241	233,674
Employer's National Insurance	23,599	20,225
Pension contributions	6,441	6,275
	263,281	260,174
	======	======

a) No employee received emoluments in excess of £60,000 pa.

b) No expenses are paid to any Trustees; reimbursements are made where overhead items have been initially expended by the Trustees on behalf of the Charity.

Result for the Period	2023 £	2022 £
The surplus of income over expenditure is stated after charging:		
Independent Examiners Remuneration	2,400	7,950
Depreciation – owned assets	442	258
	======	======

6. Transfer between Funds

For the 2023 year, transfers were made from restricted funds to unrestricted funds, in relation to the otherwise unspent balances for the Meet & Move project and the Sanctuary Room project. These became a contribution to core costs, as agreed with the donors.
There were no transfers for the 2022 year.

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31ST MAY 2023

7. Tangible Fixed Assets

	Office Equipment	Total
	£	£
Cost		
Brought forward 01.06.22	1,770	1,770
Additions	-	-
Disposals	-	-
Carried forward 31.05.23	1,770	1,770
Depreciation		
Brought forward 01.06.22	452	452
Charge for the period	442	442
Depreciation on disposals	-	-
Carried forward 31.05.23	894	894
Net Book Value at 31.05.23	876	876
at 31.05.22	1,318	1,318

All tangible fixed assets are used directly for charitable purposes.

8. Debtors: Amounts Falling Due in One Year

	2023	2022
	£	£
Amounts owed by group undertakings	111,527	137,612
Other debtors	4,008	4,008
Prepayments and accrued income	2,333	7,532
	117,868	149,152

9. Creditors: Amounts Falling Due in One Year

	2023	2022
	£	£
Trade Creditors	11,412	13,177
Social security and other taxes	-	6,461
Other creditors	976	1,184
Accruals and deferred income	7,577	18,468
	19,965	39,290

TREKSTOCK LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31ST MAY 2023

11. Share Capital

Trekstock Ltd is a charitable company limited by guarantee and does not have a share capital.

12. Restricted Funds

	Balance b/fwd	Incoming 1/6/22	Outgoings & transfers	Balance c/fwd & transfers	31/5/23
		£	£	£	£
Meet & Move		18,394	-	18,394	-
Online Digital Support		20,932	-	20,932	-
Sanctuary Room		7,500	-	7,500	-
RENEW		-	6,520	6,520	-
Menopause projects		-	9,812	9,812	-
		46,826	16,332	63,158	-

13. Analysis of Net Assets between Funds

	Fixed Assets	Invest-ment	Net Current Assets	Total
	£	£	£	£
Restricted Funds	-	-	-	-
Unrestricted Funds	876	100	296,602	297,578
	876	100	296,602	297,578

14. Commitments

In the opinion of the Trustees, there were no outstanding commitments at 31st May 2023.

15. Related Party Disclosures

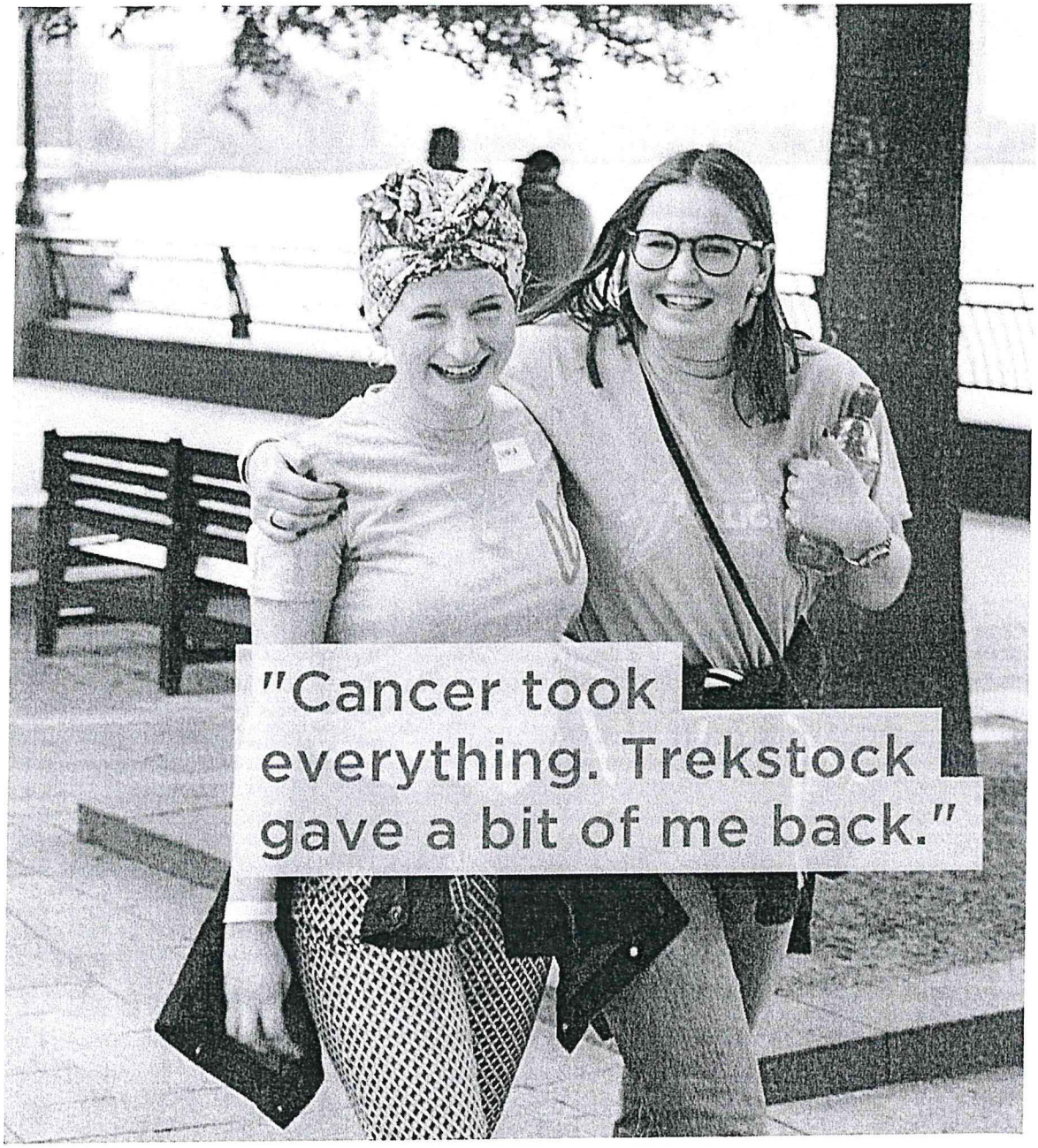
At the balance sheet date the company was owed £111,527 (2022: £137,612) by Trekstock UK Limited.

16. Subsidiary Undertakings

Trekstock Ltd has a wholly-owned subsidiary undertaking, Trekstock UK Limited, a company incorporated and registered in England and Wales (registered no. 06824023). The principal activities of the company are merchandising and retail. The charity owns the entire share capital of 100 ordinary shares of £1 each.

The aggregate capital and reserves and the result for the year of the subsidiary excluded from consolidation was as follows:
Surplus £17,644
Capital and Reserves £(80,689)

trekstock
for young adults with cancer



www.trekstock.com
@trekstock
Sophie.epstone@trekstock.com
Charity Registration No: 1132421

Trekstock Cancer Support

England & Wales - Charity number 1132421

Accounts

REGISTERED COMPANY NUMBER: 06919669 (England and Wales)
REGISTERED CHARITY NUMBER: 1132421

TREKSTOCK LIMITED
(A COMPANY LIMITED BY GUARANTEE)

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2022

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for the Year Ended 31 May 2022

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REFERENCE AND ADMINISTRATIVE DETAILS
for the Year Ended 31 May 2022

FOUNDER	S Epstone
TRUSTEES	H Bees D Bower R Challis (Chair) A Gray S Lowe C Renton E Reynolds L Soanes P Sturt
REGISTERED OFFICE	206 Screenworks 22-24 Highbury Grove London N5 2EF
REGISTERED COMPANY NUMBER	06919669 (England and Wales)
REGISTERED CHARITY NUMBER	1132421
INDEPENDENT EXAMINER	H C Fanthome FCA King Loose & Co St Johns House 5 South Parade Summertown Oxford Oxfordshire OX2 7JL
ADMINISTRATION	I Boyd (Exec. Director from February 2022) Unit 206, Screenworks 22-24 Higbury Grove London N5 2EF
BANKERS	Barclays Bank plc Plaistow London E13 9PL

REPORT OF THE TRUSTEES
for the Year Ended 31 May 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). The financial statements are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

Additionally, the accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts.

STATUS

The charity is a company limited by guarantee, incorporated on 29 May 2009 (number 06919669) and registered as a charity on 3 November 2009 (number 1132421).

The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association.

WHY WE EXIST

Every day in the UK, 34 young adults are diagnosed with cancer and face its long-term effects. From this point, they enter a system which is not designed to support them. Teenage and Young Adult services finish once a patient reaches their 25th birthday but mainstream cancer services cater for an older demographic (50% of cancer diagnoses occur over the age of 70). They are often the youngest person on their ward by decades and the support they are offered does not reflect their unique needs. As a result, they feel isolated and unsupported both by the mainstream services which are not age appropriate and from the older patients they meet on the ward whose concerns are markedly different from their own.

"Trekstock's support was inspiring but also allowed me to explore issues and feelings around my cancer situation by listening to others experiences. Hope, always have hope. And I'm not alone. Interesting, honest, empowering"

No matter what stage or type of cancer, Trekstock's programmes are designed to improve quality of life for those young adults living with and beyond cancer. We remain a small, but passionate UK charity that works hard to address the vital needs of a 'lost tribe' who are seeking the support of an organisation dedicated to helping them live well with and beyond their diagnosis.

Our vision

A future where any young adult who has heard the words "it's cancer" is given the tailored support they need.

Our mission

We are here to provide a community to young adults in their 20s or 30s who have been diagnosed with cancer through informative events, expert advice and physical activity support designed to keep them active during or beyond treatment.

LETTER FROM OUR CHAIR, ROB CHALLIS

After another challenging year, I am very proud to present Trekstock's annual report for the year ended 31st of May 2022.

My tenure as chair of Trekstock over the past 3 years has spanned the effects of Brexit, managing through Covid and its residual impact on the charity sector, particularly challenging for us as a primarily events-based charity, a time of real change.

I believed that this past year would be the most difficult of all as we, our community and fellow charities adapted to these very different times - that certainly transpired to be the case.

As our income was primarily based around our fundraising events, we had to respond to a changing and ever more competitive economic and funding landscape - this, whilst dealing with the impact of Covid on our mainstream activity of the physical delivery of programmes and events at a time when the need for our services, particularly support around mental health and coping with early menopause, was growing significantly.

Similarly, we are slowly rebuilding momentum around our fundraising events which continue to be so important to our supporter base, widening the distribution of our workshops, activities and programmes for the young people we support as well as building new partnerships with likeminded people and businesses.

Our team has met these challenges with creativity, passion and very hard work - their commitment to all that we do is undoubted and appreciated by all the various communities who engage with them.

This year has seen a number of positive changes within our senior management team. Following her return from maternity leave, our wonderful founder Sophie Epstone now directly manages the development of partnerships across key individuals, corporates, and projects including our retail operation Merch for Good.

Ian Boyd was recruited as our new Executive Director. Ian has extensive charity management and leadership experience. He brings with him a wealth of expertise in developing alternative income streams, strategic programme development and management across the business.

We have also strengthened our funding, communications and merchandising operations and so approach the new financial year refreshed and better resourced to support and develop our programmes and scope of activity.

I and our trustees are so appreciative and proud of our wonderful team as they continue to deliver our mission and expand our reach.

34 young adults are diagnosed each day with cancer; we aim to continue to help them physically, emotionally and mentally to adapt to their "new normal".

None of this would be possible without the tangible commitment of our Board of Trustees, our amazing team, our donors and volunteers - our Trekstock family.

On behalf of the Board of Trustees, a huge thank you for all of your continued support.

Rob Challis
Chair of Trekstock

OUR BOARD

Trekstock is governed by a carefully selected Board of Trustees with experience in the legal, charity, financial, public relations and entertainment sectors. Our Board must consist of no less than three elected members, who are concurrently Directors under company law.

Trustees regularly review the membership of the Board to ensure that the necessary skills and perspectives needed for effective governance are in place, taking account of the need for political impartiality, gender balance and representation of the demographics of the UK.

All new members of the Board undergo an induction programme that includes a briefing on their role and responsibilities, a meeting with all Trekstock staff, one or more beneficiaries, a comprehensive set of governance documents in addition to general guidance such as 'The Essential Trustee' published by the Charity Commission.

The Board of Trustees ensures the charity has a clear vision, mission and strategic direction and is focused on achieving its annual plans and objectives signed off by the Board. This involves monitoring and acting to ensure that performance and impact are achieved, as well as being the guardians of the fundamental values and ethos of the charity. Sub-committees, comprising trustees and non-trustees, meet more regularly with key staff.

REPORT OF THE TRUSTEES
for the Year Ended 31 May 2022

ROLE OF THE BOARD IN RELATION TO THE CORE LEADERSHIP TEAM

Following the planned departure of Judith Egerton in March 2022, the new position of Executive Director was created to lead the charity into the future. This position was filled in February 2022 by Ian Boyd. The former CEO, Sophie Epstone, took on the title of Founder.

Either the Executive Director and/or the Founder is present at all Board meetings and present charity developments for discussion with the Board.

The Board gives guidance to the Executive Director in relation to all developments and strategy relating to the charity's stated objectives. The Executive Director invites representatives from the Programmes and Fundraising teams to a Spring sign-off meeting to present forthcoming plans and update the Board on successes and key achievements over the financial year.

FREQUENCY OF BOARD MEETINGS

On average, the Board meets four times per year with the charity's operational executive team. Each meeting has a formal agenda and is minuted by one member of the Board.

Members of the Board also meet more regularly and sit on sub committees to review and approve the medium-term strategic plans and goals, receive and examine reports on the charity's financial position, monitor and support service delivery and fundraising activities and consider policies and procedures in areas such as risk management and legal and regulatory compliance. Informal meetings such as these will be held as regularly as required and may happen on the telephone or via video conference.

RECRUITING TRUSTEES

Each year the Trustees review the skills and expertise of the Board. All members, in addition to the Executive Director / Founder, can recommend a Trustee to the current Chair. A candidate will go forward for Board approval only if both the Chair and Executive Director agree they are appropriate.

RISK POLICY

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The risk policy and risk register are reviewed annually.

STAFF TEAM & VOLUNTEERS

Our small team of staff and volunteers are the backbone of the charity and it has been another year of relying heavily on their passion, dedication and commitment to help us deliver our goals and reach more young adults. Their combined efforts allow us to extend our reach in the most effective way and we are incredibly grateful to them for their support and commitment.

*During this financial year, the new position of Executive Director was created to lead the charity into the future. This position was filled in February 2022 by Ian Boyd.

Special thanks to: The charity's Founder, Sophie Epstone (and during her maternity leave, Judith Egerton), and latterly to Ian Boyd* for the day-to-day management of Trekstock's fundraising, programming, operational affairs and the implementation of policies and strategy agreed by the Board.

A big thank you as well, must go out to the rest of the wonderful Trekstock Team, made up of Emma Cullingford, Katie Joyce, Stefanie McIntosh, and Gemma Viner for working tirelessly to develop relationships with key supporters and influencers to drive the charity's growth. Also to Jemima Reynolds and Bryony Antcliff for delivering our services and meeting our goals of reaching more young adults than ever before.

Staff remuneration is set and reviewed annually by the Executive Director and Board of Trustees.

REPORT OF THE TRUSTEES
for the Year Ended 31 May 2022

ORGANISATIONAL OBJECTIVE

To secure Trekstock's future sustainability and to nurture its growth at a pace that is manageable and controllable by its dedicated small team of staff together with its growing levels of supporters. Over the coming years, in agreement with the Board, Trekstock plans to appoint additional resources to support the growth of the charity and its services.

BRAND OBJECTIVE

To continue being a creative and relevant charity brand that remains true to its innovative approach to fundraising and cancer support for young adults. To strive to challenge the norm of traditional giving, offering young people inspiring events, great products, design-led collaborations and a creative platform to fundraise. To engage with young adults in a meaningful and effective way.

INCOME GENERATION OBJECTIVE

To budget income and expenditure on a regular basis in agreement with the Board of Trustees. To diversify our income streams and develop and nurture relationships that result in funding to continue our charitable activities. To work hard to grow our fundraising base and beneficiary reach across the United Kingdom.

AWARENESS OBJECTIVE

To ensure any young adult who has heard the words "it's cancer" is given the tailored support they need.

PROGRAMME DELIVERY - OUR SERVICES

"I found Trekstock through Instagram and felt so grateful to have found an organisation that focuses on young adults. It felt very lonely to be the youngest face in the oncology centre. Every time I went, I hoped to see someone who was a similar age to me! I am really looking forward to the meet-up. One thing I've missed during the pandemic is having access to an in-person community of people who understand what it's like to have gone through or live with a cancer diagnosis. I am also looking forward to getting to know Glasgow better as I live a little way out of the city."

Despite continuing challenges, we kept showing up for our community this year and figuring out new ways to be there for the 34 young adults diagnosed with cancer every day.

As we learned to live through the pandemic, we continued to innovate. We continued to adapt our programmes so they remained engaging and an essential resource for our community. We mixed it up, tried new things and delivered what we could to make sure the community were brought together at a time they needed each other more than ever. Whilst people were going through cancer treatment during the pandemic, we made sure we were there for them.

We:

- kept talking about the things that mattered
- helped keep everyone moving online when gyms - often a lifeline for many - were closed and many of our community were shielding
- offered a place to talk online
- offered a virtual hand by linking them up with others in a similar boat
- made sure the community was connected at a time isolation and loneliness were running riot
- helped them navigate the murky waters of diagnosis during lockdowns
- kept on keepin' on
- kept talking about the things that mattered

All our programmes aim to tackle social isolation, improve mental and physical health and quality of life as well as providing young adults with the tools they need to get moving after cancer has stopped them in their tracks. In this financial year, the charity supported a total of 7136 people and, as awareness of our programmes continues to grow, this number is anticipated to continue rising into the future. This figure has been calculated by including our work with young people with cancer, Health Care Professionals, Allied Health Professionals and other stakeholders who benefit from our support i.e., other charities, loved ones and family members.

Through our programmes we:

o strengthen the community of young adults with cancer by facilitating a supportive environment.

- o equip young adults with the tools they need to live better with and beyond cancer.
- o empower young adults with cancer to get moving again through physical activity and peer support.
- o dare to be different by addressing topics that matter most to the community and breaking down taboos.
- o engage frontline health professionals to advocate for us and actively signpost to our services.
- o leverage partnership opportunities to increase the influence, sustainability and funding of our work.

We are extremely grateful to all the experts who have given their time and support to help us deliver the above over the past year.

In planning our activities for the year, the Trustees have complied with their duties in section 17 of the Charities Act 2011 and have considered the Charity Commission's general guidance on public benefit "responding to real need". We continue to gain valuable information through our beneficiary sign up form, which is modelled on the NHS Holistic Needs Assessment. This helps us ensure the services we provide reflect the needs of the community we support and informs us of the trends and key needs of our beneficiaries.

Explaining why our work is so important is easy. Our community tells us so. They tell us that our services are vital. They tell us they need support with:

- o psychological support 71%
- o meeting others - 65%
- o physical activity -62%
- o nutrition - 61%
- o friendship - 53%
- o work Issues - 25%
- o getting back to work -30%
- o sex & relationships -36%
- o fertility - 32%
- o menopause -31%
- o finances - 27%
- o parenting - 26%
- o living well with incurable cancer - 13%
- o education -12%
- o LGBTQI+ -6%
- o BAME - 7%
- o men - 4%

THE SERVICES WE DELIVERED

During 2021/2022, our services met the identified needs of young adults living with and beyond cancer in three strategic ways.

CONNECT

Community is at the heart of everything we do. Always has been, always will be. Even when Covid meant we could not be together in real life, we concentrated on ways we could be together online. We embraced Zoom with all its (many) quirks and foibles, we continued to make sure the people we support had somewhere to find connection.

We meet the psychological support needs of our community by offering a safe space for young adults to connect with others, harnessing the power of peer support and addressing feelings of isolation.

"It was lovely to be surrounded by accepting and interesting group of people. The positivity of other people made me feel better."

Psychological continues to be a top support need for young adults living with cancer which Covid 19 has compounded, and that is why we have set up both online and in-person safe spaces where our beneficiaries can meet like-minded people and feel part of a supportive environment. During 2021/22, off the back of the continued pandemic, we had 316 more people join the community. Every person joining the Trekstock community received a support leaflet outlining our services and a copy of our Food and Cancer guide.

Our CONNECT programmes continue to have the largest reach through a diverse range of activities, including:

- o online Community
- o a private Facebook group for members to share experiences, questions and concerns and feel supported 24/7, moderated and monitored by Trekstock's Health Support and Programmes Officer.

WELCOME TO TREKSTOCK

'Welcome to Trekstock' is a monthly online chat where people who have recently signed up to the community gain an introduction to our programmes and meet others new to the community. We continued to deliver 7 of these up until January 2022 but the take up was low so we stopped doing so.

In the summer of 2021, we also reintroduced in-person meetups as well as continuing to deliver ways in which people could connect online from the comfort of their own home.

Total attendees - 31

MEET UPS

Meeting others remains a key need of our community, even more so since the pandemic. During 2021/22 we delivered online meet ups in several formats including sessions and activities for different sub-groups of our community.

In total, we hosted 12 meet ups including a paddle boarding and kayaking sessions in Bristol and London, walking tours in London and Glasgow and cake mornings in Norwich.

Total attendees - 86 (10% of which were new people to the community)

WHAT I WISH I'D HAVE KNOWN

In 2021/22 we continued to deliver these events which give people the opportunity to hear from other members of the Trekstock community who are further along in their cancer experience and hearing advice and insight with people who are at a later stage of their cancer treatment or recovery. Over the last year, we have delivered 10 events online and covered a number of topics, including post treatment, loved ones, living with rare cancer, gynaecological cancers, stem cell transplants and also late effects.

Total attendees - 106

YOUNG ADULT AMBASSADOR PROGRAMME AND CHAMPION PROGRAMMES

We continue to develop our network of Young Adult Ambassadors across the country. This programme of leadership and peer work will continue to be a strategic priority going forward.

19 Young Adult Ambassadors

7 Champions

POST TREATMENT COACHING PROGRAMME

We delivered 2 self-care workshops in partnership with Steph Davies from Life After Cancer with 18 attendees in total.

We also introduced a regional supportive community led WhatsApp group -we have 194 people across 7 cities using the service, including a menopause and RENEW subgroup too.

267 attendees and 2694 in our digital Whatsapp and Facebook groups.

Total number of young adults gaining support via our CONNECT programmes -2961

MOVE

Helping our community keep moving through and beyond treatment is still one of the most important parts of what we do and remained so more than ever during the pandemic. We know what a difference it can make to physical, mental and emotional health. It is an all-round winner. But for those shielding, Public Health England said keeping active while laying low was key to supporting your mental health. So how did we keep the community moving in whatever way works for them when the world stood still? We did it safely with others who understand.

Physical activity remains one of the top support needs of our community wherever they are on the cancer pathway. Maintaining physical activity support was a key objective of Trekstock during lockdown, not only because of the impact it has on physical wellbeing but also the mental health of our community.

Through addressing both social and physical activity support needs, our programmes reduce loneliness, the fear people have of exercising alone and support people to get active safely together. Research also shows that exercising in a group has been found to motivate and encourages people to keep going, a finding supported by our feedback. Our programmes allow people to rebuild confidence in their bodies as they can see tangibly how much their body is capable of rather than what they have gone through.

The results of our MOVE programmes continue to be transformational.

RENEW

Over the last year we have continued to deliver our 8-week RENEW group sessions online. We have seen an increase in sign-ups to the programme with 136 in total. 95 of whom started the programme and 82 of those completed with a conversion rate of 86%. The majority of those who did not complete had to stop as a result of illness.

By delivering RENEW online we continue to be able to increase reach as it can now be accessed by everyone no matter where they live, something our in-person format had previously been a barrier to. Each course is delivered by one of our team of Level 4 cancer rehabilitation qualified instructors to a group of up to six participants. Those with a more complex medical history continue to be offered a 1:2:1 session for 6 weeks to ensure safety and avoid injury. To meet the increased demand in 2021/2022, and thanks to recent funding successes, the programme is delivered by an increased team of dedicated Cancer Exercise Specialists.

- o 87% of participants said RENEW was very good quality
- o 100% said it was tailored to their needs
- o 87% said they would definitely recommend it to other young people living with cancer

"RENEW had an unexpectedly positive impact on my body and performance. Small class and very friendly & passionate trainer. Productive, Invigorating Fun. Teresa is a fantastic trainer!"

RENEW Top Ups

In December 2020, we introduced a set of new fortnightly online top-up classes. However, with low attendance figures we stopped these in October 2021. We scheduled 12 sessions across 5 months but had to cancel 8 of these due to low take up.

Total attendees -15 (4 sessions)

We also trialled an in-treatment weekly session called 'Take a Step'. This had poor take up, but we will revisit this in the future as this allows people to exercise at a low level from the comfort of their own home.

PILATES

This year we also launched fortnightly online Pilates classes for up to 15 people delivered by a Cancer Exercise Specialist. We delivered 23 classes to 87 participants. The majority of those who attended on a fortnightly basis were repeat attendees.

Total number of young adults gaining support via all our MOVE programmes: 238

INFORM

Nothing is off limits when it comes to supporting the Trekstock community. We are led by them. If they want to talk about sex, we will talk about sex. If they have got problems with relationships, we will see how we can help. No taboo is too taboo for Trekstock. If they want to know, we will find an expert to answer. This year was no different. Every event is hosted by experts in the sector.

Providing young adults and healthcare professionals with relevant information on topics that matter to them in the most accessible and age-appropriate way is key. This programme provides people with the tools they need to feel empowered to live better with and beyond cancer.

LIFTING THE LID

We hosted a series of panel events, delivered with experts and young adults we support. These in-person and online events covered the following topics:

- o Cancer & Sex
- o Cancer & Inequalities
- o Cancer & Work
- o Cancer & Men's Mental Health

Guests included Lauren Mahon from GIRLvsCANCER, Brian Lobel of Sex with Cancer, Kate Moyle (Psychosexual therapist), Dr Alex King, Consultant Clinical Phycologist at Imperial NHS Trust, Brad Gudger Founder of Alike charity, Stewart CEO of LGBTQI+ Charity, Live Through This and Toral Shah of Urban Kitchen.

Total attendees - 48 (in person) with 1,261 views on YouTube

FOOD AND CANCER: "WHAT'S THE DEAL?"

Our Food & Cancer guide, written in partnership with Dr Hazel Wallace, The Food Medic, continued to be a popular resource. The booklet was downloaded by 968 people and 1,585 physical copies were requested by individuals, NHS Trusts and other charities across the UK.

AFTERTHOUGHTS

We once again partnered with Beyond Arts on a second series of the Afterthoughts podcast, hosted by Alice May Purkiss and Toby Peach, who both experienced cancer in their 20s. The podcast makes visible some of the invisible cancer stories from within the young cancer community.

NAVIGATING MENOPAUSE PROGRAMME

In response to the overwhelming feedback and findings of our Lifting the Lid panel event on Menopause in February 2020, we began working with Dani Binnington from Healthy Whole Me who had accessed Trekstock's services when she herself was diagnosed with breast cancer in her 30s. Her own experience of having her ovaries removed that plunged her into early menopause, alongside speaking with other young women, led us to develop a bespoke menopause programme to address this unmet support need. We worked with experts in their field such as Dr Louise Newson and Dr Philippa Kaye to deliver a holistic approach that would empower people to navigate the symptoms of menopause in a way that is right for them. The programme not only equips people with information but offers a space for peer-to-peer support so people no longer feel alone. We delivered the programme online with different experts joining each week.

Total attendees - 75.

"I wish I had access to all this information at the very start of my menopause journey. I can't believe this guidance and education isn't provided by the NHS to young adults with cancer and we're left to seek it out ourselves, if at all. Thank you so much for putting this together. It's made me feel less alone. I wish it didn't have to end!"

Our feedback showed us that after attending our Navigating Menopause programme:

- o 81.8% felt less scared about their long-term health worries as a result of menopause
- o 81.8% now know if a symptom bothers them it should bother the GP
- o 81.8% now know the part lifestyle plays in menopause symptoms
- o 63.6% now know there are non HRT medical options
- o 54.5% now know vaginal oestrogen is an option
- o 45.5% now know that exercise is important when going through menopause
- o 67% felt more confident talking to loved ones/ family and friends
- o 83% would definitely/very likely to recommend programme to others
- o 100% felt less isolated as a result of attending our project
- o 58.3% were now more aware of whether they are in perimenopause or menopause
- o 83% felt clearer about their options
- o 75% felt inspired to make an appointment with GP or Oncology Team
- o 92% felt a little or a lot more informed of medical options
- o 100% felt a little or a lot more informed of non- medical options
- o 100% felt more optimistic about the future

The programmes survey ratings showed us a:

- o 9.3/10 av. score for the expert's information
- o 9.5/10 av. score for the choice of experts
- o 7/10 av. score for how confused they feel pre-programme
- o 8/10 av. score for how empowered they now feel
- o 9.5/10 average rating for experts

Total number of young adults gaining support via our INFORM programmes: 3937

ENGAGEMENT

"A comprehensive and though provoking presentation regarding Trekstock's response to the needs and concerns of young people affected by cancer. Trekstock is unique in its offer to young people who very often find their experience of a cancer diagnosis, treatment and recovery an isolating experience."

In 2021/22 we began to reengage with Healthcare Professionals and Allied Healthcare Professionals across the UK. Across the year, Trekstock's Head of Programmes was invited to present to:

- o Macmillan Cancer Support cancer care support coordinators and information centre assistants and managers at Manchester Foundation Trust, Manchester Royal Infirmary and Wythenshawe and North Manchester.
- o Guest on RadChat, the first therapeutic radiographer podcast
- o Clinical Nurse Specialist & Allied Health Professionals Leicester NHS Trust
- o Teenage and Young Adult's team at Glasgow and Freeman Hospital, Newcastle
- o All Clinical Nurse Specialist meeting at Royal Marsden Hospital
- o Teenage and Young Adult's Study Day at Royal Marsden Hospital
- o The Special Interest Review and Support Day Study Day for Radiographers
- o The Global AYA Congress on RENEW exercise programme
- o Breaking News, that circulates to whole of UKONS members (UK Oncology Nursing Society)
- o Lisa Whittaker to inform her work on the 'Radiation Reveal' project

As well as these, we continue to liaise on a regular basis with:

Teenage and Young Adult's (TYA) team at Royal Marsden, Freeman Hospital, Newcastle, TYA Glasgow, TYA UCLH, TYA Advanced Nurse Practitioners at Royal Marsden, Lead Nurse at RMH and Lead nurse at Barts Health.

We have set up formal partnerships with other cancer sector charities and organisations including:

- o Ellen MacArthur Trust
- o Alike
- o Young Lives vs Cancer
- o Cancer apps: Vine Health, Careology, Owise and War on Cancer

REPORT OF THE TRUSTEES
for the Year Ended 31 May 2022

Our national policy and influencing activities continued to grow with team members continuing to be active members of:

- The Children and Young People with Cancer Coalition
- Cancer 52 (a coalition of charities working to support and improve the care for people with cancer)
- NHS Cancer Charity Forum
- NHS England Task & Finish Group on Psychosocial Support recommendations of which go to the National Cancer Board
- The All-Party Parliamentary Group on Children, Teenagers and Young Adults with Cancer (APPG CTYAC). This group aims to be the voice of young people with cancer and their families in the UK Parliament.

We are grateful to all the experts who have supported Trekstock this year, including:

- Danni Binnington, founder of Healthy Whole Me
- Steph Davies, founder of Life after Cancer
- Lauren Mahon, GIRLvsCANCER
- Dr Philippa Hyman, Clinical Psychologist
- Dr Philippa Kaye, GP and author of M Word and Doctors Get Cancer Too
- Dr Lindsey Thomas, GP and Menopause Specialist
- Sam Evans from Jo Divine
- Caroline Lovett, Psychosexual Therapist
- Emma Potter, Clinical Nurse Specialist in Late Effects and Long Term follow up at Royal Marsden
- Dr Louise Newson and her team at Newson Health
- Dr Annice Mukherjee, Consultant Endocrinologist
- Laura Porro, Pilates instructor and Cancer Exercise specialist
- Dr Gemma Pugh, Researcher in exercise and behaviour change
- Naman Julka Anderson and Jo McNamara Therapeutic Radiographers and hosts of RadChat podcast
- Dr Helen Simpson - Consultant Endocrinologist at University College Hospital, London
- Fiona Moss, Career and Business Coach
- Our Level 4 Cancer Rehabilitation instructors: Ambokile Bell, Victoria Brown, Steve Harulow, Javeno McClean, Joelle Rainford, Tim Stewart, Teresa Waite
- The team at the Phoenix Centre in London where we hold our Meet & Paddle events

Friends including: Toral Shah, Urban Kitchen, Kei Retta Farrell from Young Lives Vs Cancer, Brad Gudger, founder and CEO of Alike, Stewart O'Callaghan CEO of Live Through This, Team at Working with Cancer

We would like to extend a big thank all the young adults in the Trekstock Community who have shared their own experiences of what they wished they had known, to help us further develop our programmes and services to better support others living with, through and beyond cancer.

REPORT OF THE TRUSTEES
for the Year Ended 31 May 2022

FINANCIAL REVIEW

Fundraising this financial year

Total income raised in 2021/2022 was £421,807 (including donated goods and services totalling £47,900), resulting in a deficit of £52,240. Our fundraising activities continued to be impacted by Covid resulting in a constantly changing strategy and adaptation of plans.

Our financial strategy for the future will continue to build sufficient stability to allow us to further grow our team and reach more young people needing support. We will strive to continue to develop a solid fundraising programme that is sustainable all year round and not reliant on activities at the end of financial year as well as invest time and effort into developing a solid supporter base.

In the next financial year and beyond we will be focusing our efforts on growing high-value fundraising. This will require an investment in time to develop our networks and build long-term relationships. Progressing this income stream in the future will help us deliver a more balanced fundraising portfolio as well as grow our income for the future.

HIGHLIGHTS FROM THIS YEAR

TRUSTS AND FOUNDATIONS

It was a successful year for fundraising from trusts and foundations with this income stream performing well against budget.

Over the course of the year, we applied and received funding from a variety of sources including:

- Incyte Biosciences £10,170
- Roche £10,170
- Novartis £6,220
- London Catalyst £2,000
- Hospital Saturday Fund £2,000
- Simplyhealth £10,762
- GSK Impact Award £40,000*

* this year, out of 350 charities we were one of 10 national finalists who were crowned winners of the GSK Impact Awards 2022. As well as that prestigious title, we received a £40,000 unrestricted grant as part of this award.

Katie Pinnock, Director UK Charitable Partnerships at GSK, said:

"Trekstock supports an age group not traditionally focused on by other cancer services to improve their physical and mental health through exercise and access advice and information tailored to their specific needs. Despite its small size, the charity has developed a very strong vision and punches above its weight in terms of the reach and impact of its services. We were impressed with the strong evidence-base behind their exercise programme for young adults who have been affected by cancer and by their excellent and wide-ranging partnership work with other charities and businesses."

As part of our continued focus on high value giving, trusts and foundations will continue to be an area of potential further income growth in the coming financial years. This will require an investment in time to develop our networks and build long-term relationships. Progressing this income stream in the future will help us deliver a more balanced fundraising portfolio as well as grow our income for the future

CORPORATE PARTNERSHIPS

It was another year of focused relationship building and laying the foundations for multi-year partnerships. Developing strategic longer-term partnerships takes time and we are now starting to see the results of our hard work. In addition to the continued support received from some of our long-standing corporate partners, we also received new support from a number of pharmaceutical companies, an area of activity we hope to grow over the coming year.

We would like to thank and acknowledge the support we received from our partners and supporters during this difficult year, namely:

- o Gilead

- o GIRLvsCANCER
- o Lounge Underwear
- o RevCap
- o Roche
- o Takeda
- o The Card Factory
- o Never Fully Dressed
- o Novartis
- o Whistles

COMMUNITY SUPPORT

Historically, community fundraising has been our strongest performing area, however, over the past couple of years, we have seen this hit hard by the pandemic and this remains on a downward trend in terms of regular fundraising. We remain incredibly grateful to all those fundraisers who continue to complete challenges and raise vital funds for our work. Whilst it is not possible to name and thank everyone here, there are two young adults we want to acknowledge:

Elizabeth was diagnosed with breast cancer in 2017 which returned in 2021. Elizabeth took part in Trekstock's 'Trek This City' event in May; a 10 mile walk across central London. On her fundraising page, Elizabeth let supporters know that "thankfully the team at Trekstock has been there to help make my life after cancer so much better, in so many ways... A seven week Menopause Course led by doctors, nutritionists and other specialists, the RENEW menopause exercise programme that got me back exercising and has helped to combat the fatigue, yoga classes, pilates, workshops and meetups as well as so much more". Through her fundraising efforts, Elizabeth raised £1,295 for Trekstock and was the highest individual fundraiser of the event.

Max was diagnosed with a rare form of sarcoma in 2018 and sadly died in July 2021. Exercise and being outdoors were very important to Max and we are incredibly grateful to his friends, family and partner, Jess, for their donations and fundraising in memory of Max. Donations through Jess's in memory page amounted to £6,859. Two of Max's friends, Johnny and Ed, raised £6,350 by walking 100 miles in the Brecon Beacons, a park that Max loved and enjoyed. We wanted to thank Max's family and friends for all their fundraising in his memory.

We would also like to say a huge thank you to Gemma Styles, Dr Hazel Wallace, Dr Joshua Wolrich and Jordan Lloyd Carter for their involvement in our London Urban Trek fundraising event.

INDIVIDUAL SUPPORTERS

Over the years, we have benefitted from a steadily growing, active individual donor base and this is an area we hope to continue to grow going forward. During this financial year we proactively asked for one-off donations via our emergency and seasonal appeals as well as continuing to promote our regular giving programme.

Again, we would like to take this opportunity to thank all our supporters. In particular, we would like to acknowledge and thank Lady Allison and Sir Harvey McGrath for their continued generous support.

MERCH FOR GOOD - TRADING SUBSIDIARY

Merch for Good focuses on the sale of high-quality merchandise in collaboration with worldwide musicians and artists.

Over the course of this last financial year, we have placed sustained resource behind the operations of Merch for Good in the form of a new full time staff member, Stefanie McIntosh. From the new year 2022, and particularly focused around 'World Cancer Day' 4th Feb 2022, we executed several successful launches and grew our band partnerships over the rest of the financial year. It is our intention to continue this upwards trend with a focus on achieving a steady unrestricted income to the charity.

Gifts in kind can make a huge difference: we would like to say a huge thank you DawBell PR for their incredible pro bono PR support around our inaugural World Cancer Day campaign which saw support from The Cure, Ellie Goulding, Mel C, Glass Animals, The Chemical Brothers, Pale Waves and more.

"Trekstock is a great charity - I am delighted to be involved in their new Merch For Good Range" Robert Smith, The Cure

REPORT OF THE TRUSTEES
for the Year Ended 31 May 2022

COMMUNICATIONS

This is an area that remains a challenge for the charity. Following the departure of our former dedicated comms resource, this task of raising awareness of Trekstock's activities has been divided between the team. As we look forward into the new year, we plan to work with a comms freelancer one day per week, plan to bring in a full-time comms resource as and when funds allow and increase our comms and marketing expertise through members of our Development Board.

RESERVES

It is the duty of the Trustees to monitor reserves and ensure they meet known and estimated expenditure in furtherance of the charity's objectives and for its administration. In assessing the overall level of reserves, the Board of Trustees aims at all times to maintain sufficient unrestricted funds to ensure Trekstock remains solvent going forward. The Trustees consider that an appropriate level of reserves which equates to 6 months' running costs is appropriate. The level of reserves is reviewed monthly by the Executive Director, Founder, Chairman and senior trustee accountable for financial oversight.

At 31 May 2022, the charity had total funds of £237,955 (2021: £290,195) and had an unrestricted fund balance of £191,129 (2021: £264,301). The figure included an amount owed by Trekstock's subsidiary undertakings of £137,612 (the trading subsidiary made a profit in the year of £12,028 and has losses carried forward of £91,566). This has the effect of making our reserves appear higher than our actual cash in the bank. The trading subsidiary is wholly owned and operated by Trekstock Limited. It is our intention to pay this balance back. Trading has now recommenced within this trading entity and we have begun activities which means we anticipate fully repaying this balance within 5 years.

Having made a full assessment of future commitments and fundraising plans, the trustees believe that the charity is secure as a going concern. We appreciate that the months ahead may continue to be challenging and the trustees will continue to review plans to mitigate the effects on our income streams, including a full review of the profitability of the trading subsidiary.

GIFTS IN KIND

Gifts in kind can make a huge difference. In 2021/2022 we received support in the form of gifts in kind donated specifically for our programmes and young adult support packs. Special thanks go to our 12 supporters who collectively gave a total of £46,900 of their services or gifts in kind in support of the charity.

THANK YOU

Thank you to our community, Ambassadors, supporters, corporate partners, fundraisers and volunteers who have supported us during this difficult year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of Trekstock Limited for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

REPORT OF THE TRUSTEES
for the Year Ended 31 May 2022

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

Approved by order of the board of trustees on Feb 16, 2023 and signed on its behalf by:

Rob[illegible] (Feb 16, 2023 15:39 GMT)

.....

R Challis - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF TREKSTOCK LIMITED

Independent examiner's report to the trustees of Trekstock Limited ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 May 2022.

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

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

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

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

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

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

Heather C. Fanthome

Heather Fanthome F.C.A
King Loose & Co
St Johns House
5 South Parade
Summertown
Oxford
Oxfordshire
OX2 7JL

Date: Feb 17, 2023

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 May 2022

	Notes	Unrestricted fund £	Restricted funds £	31.5.22 Total funds £	31.5.21 Total funds £
INCOME AND ENDOWMENTS FROM					
Grants and donations	3	371,532	50,275	421,807	430,050
Other income		1	-	1	-
Total		371,533	50,275	421,808	430,050
EXPENDITURE ON					
Raising funds	4	191,923	-	191,923	141,348
Charitable activities	5				
Charitable Activities		252,782	29,343	282,125	282,682
Total		444,705	29,343	474,048	424,030
NET INCOME/(EXPENDITURE)		(73,172)	20,932	(52,240)	6,020
RECONCILIATION OF FUNDS					
Total funds brought forward		264,301	25,894	290,195	284,175
TOTAL FUNDS CARRIED FORWARD		191,129	46,826	237,955	290,195

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

All incomes and expenditures 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.

Comparative figures are shown at note 11.

The notes form part of these financial statements

BALANCE SHEET
31 May 2022

	Notes	Unrestricted fund £	Restricted funds £	31.5.22 Total funds £	31.5.21 Total funds £
FIXED ASSETS					
Tangible assets	12	1,318	-	1,318	584
Investments	13	100	-	100	100
		1,418	-	1,418	684
CURRENT ASSETS					
Debtors	14	149,152	-	149,152	142,676
Cash in hand		79,849	46,826	126,675	173,647
		229,001	46,826	275,827	316,323
CREDITORS					
Amounts falling due within one year	15	(39,290)	-	(39,290)	(26,812)
NET CURRENT ASSETS		189,711	46,826	236,537	289,511
TOTAL ASSETS LESS CURRENT LIABILITIES		191,129	46,826	237,955	290,195
NET ASSETS		191,129	46,826	237,955	290,195
FUNDS	16				
Unrestricted funds				191,129	264,301
Restricted funds				46,826	25,894
TOTAL FUNDS				237,955	290,195

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

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

The notes form part of these financial statements

continued...

BALANCE SHEET - continued
31 May 2022

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

The financial statements were approved by the Board of Trustees and authorised for issue on ·Feb·16,·2023····· and were signed on its behalf by:

Rob Challis (Feb 16, 2023 15:39 GMT)

.....
R Challis - Trustee

NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31 May 2022

1. COMPANY INFORMATION

Treckstock Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is 206 Screenwork, 22-24 Highbury Grove, London, N5 2EF.

2. ACCOUNTING POLICIES

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

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

At the time of approving the accounts, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Preparation of consolidated financial statements
The financial statements contain information about Trekstock Limited as an individual company and do not contain consolidated financial information as the parent of a group. The charity is exempt under Section 399(2A) of the Companies Act 2006 from the requirements to prepare consolidated financial statements.

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.

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.

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

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

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 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. Share 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.

continued...

2. ACCOUNTING POLICIES - continued

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.

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.

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

Plant and machinery - 25% on cost

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

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.

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

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

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

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

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Financial instruments
Basic Financial Instruments, as covered by Section 11 of FRS 102, are measured at amortised cost. The company does not have any Other Financial Instruments, as covered by Section 12 of FRS 102.

3. GRANTS AND DONATIONS

	31.5.22	31.5.21
	£	£
Grants & Donations	371,714	358,894
Government grants	2,193	18,331
Donated services and facilities	47,900	52,825
	421,807	430,050

Government grants
Government grants to the charity are recognised in the year related to grants received through the Coronavirus Job Retention Scheme.

Donated goods and services
Donated services to the charity in the year included subsidised venue hire for charitable programmes, marketing and consultancy costs.

continued...

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 May 2022

4. RAISING FUNDS

Raising donations and legacies

	31.5.22	31.5.21
	£	£
Staff costs	122,425	101,316
Other fundraising costs	65,310	22,732
Support costs	4,188	17,300
	191,923	141,348

The above expenditures were wholly met from unrestricted funds.

5. CHARITABLE ACTIVITIES COSTS

	Unrestricted Funds	Restricted funds	Total Year to 31.05.22	Unrestricted funds	Restricted funds	Total Year to 31.05.22
	£	£	£	£	£	£
Staff costs	137,749	-	137,749	123,022	-	123,022
Direct programme costs	67,902	29,343	97,245	91,138	12,233	103,371
Governance costs	-	-	-	11,877	-	11,877
Support costs (see note 7)	47,131	-	43,131	44,412	-	44,412
	252,782	29,343	282,125	270,449	12,233	282,682

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	31.5.22	31.5.21
	£	£
Staff costs	137,749	123,022
Direct programme costs	97,245	103,371
	234,994	226,393

continued...

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 May 2022

7. SUPPORT COSTS

	Management	Finance	Information technology
	£	£	£
Raising donations and legacies	-	-	-
Charitable Activities	20,544	177	7,211
	20,544	177	7,211

	Human resources	Other	Governance costs	Totals
	£	£	£	£
Raising donations and legacies	-	-	4,188	4,188
Charitable Activities	2,283	305	16,611	47,131
	2,283	305	20,799	51,319

8. NET INCOME/(EXPENDITURE)

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

	31.5.22	31.5.21
	£	£
Independent examination fees	7,950	5,390
Depreciation - owned assets	258	194

Included within Independent examination fees is £6,000 relating to the prior year independent examination.

9. TRUSTEES' REMUNERATION, BENEFITS AND EXPENSES

There were no trustees' remuneration or other benefits for the year ended 31 May 2022 nor for the year ended 31 May 2021. Similarly, there were no trustees' expenses paid for the year ended 31 May 2022 nor for the year ended 31 May 2021.

10. STAFF COSTS

	31.5.22	31.5.21
	£	£
Wages and salaries	233,674	204,877
Social security costs	20,225	13,381
Other pension costs	6,275	6,080
	260,174	224,338

The key management personnel of the charity comprises the management team. The total amount of employee benefits (salary & pension) received by key management personnel for their services to the charity was £172,101 (2021: £167,770).

continued...

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 May 2022

10. STAFF COSTS - continued

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

	31.5.22	31.5.21
Charitable activities	3	2
Fundraising	3	3
	6	5

No employees received emoluments in excess of £60,000 in the current or prior year.

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Grants and donations	423,450	6,600	430,050
EXPENDITURE ON			
Raising funds	141,348	-	141,348
Charitable activities			
Charitable Activities	270,449	12,233	282,682
Total	411,797	12,233	424,030
NET INCOME/(EXPENDITURE)	11,653	(5,633)	6,020
Transfers between funds	(5,633)	5,633	-
Net movement in funds	6,020	-	6,020
RECONCILIATION OF FUNDS			
Total funds brought forward	258,281	25,894	284,175
TOTAL FUNDS CARRIED FORWARD	264,301	25,894	290,195

continued...

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 May 2022

12. TANGIBLE FIXED ASSETS

	Plant and machinery £
COST	
At 1 June 2021	778
Additions	992
At 31 May 2022	1,770
DEPRECIATION	
At 1 June 2021	194
Charge for year	258
At 31 May 2022	452
NET BOOK VALUE	
At 31 May 2022	1,318
At 31 May 2021	584

13. FIXED ASSET INVESTMENTS

	Shares in group undertakings £
MARKET VALUE	
At 1 June 2021 and 31 May 2022	100
NET BOOK VALUE	
At 31 May 2022	100
At 31 May 2021	100

There were no investment assets outside the UK.

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.5.22 £	31.5.21 £
Amounts owed by group undertakings	137,612	111,370
Other debtors	4,008	4,008
Prepayments and accrued income	7,532	27,298
	149,152	142,676

continued...

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 May 2022

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.5.22	31.5.21
	£	£
Trade creditors	13,177	5,023
Social security and other taxes	6,461	4,314
Other creditors	1,184	1,387
Accruals and deferred income	18,468	16,088
	39,290	26,812

16. MOVEMENT IN FUNDS

	At 1.6.21	Net movement in funds	At 31.5.22
	£	£	£
Unrestricted funds			
General fund	264,301	(73,172)	191,129
Restricted funds			
Meet & Move	18,394	-	18,394
Sanctuary Room	7,500	-	7,500
Online Digital Support	-	20,932	20,932
	25,894	20,932	46,826
TOTAL FUNDS	290,195	(52,240)	237,955

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	371,533	(444,705)	(73,172)
Restricted funds			
RENEW	12,953	(12,953)	-
Online Digital Support	37,322	(16,390)	20,932
	50,275	(29,343)	20,932
TOTAL FUNDS	421,808	(474,048)	(52,240)

continued...

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 May 2022

16. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.6.20 £	Net movement in funds £	Transfers between funds £	At 31.5.21 £
Unrestricted funds				
General fund	258,281	11,653	(5,633)	264,301
Restricted funds				
Meet & Move	18,394	-	-	18,394
Sanctuary Room	7,500	-	-	7,500
RENEW	-	(5,633)	5,633	-
	25,894	(5,633)	5,633	25,894
TOTAL FUNDS	284,175	6,020	-	290,195

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	423,450	(411,797)	11,653
Restricted funds			
RENEW	6,600	(12,233)	(5,633)
TOTAL FUNDS	430,050	(424,030)	6,020

General funds represent the free funds of the charity, which are not specifically designated.

RENEW - The funds are to be used to help fund the RENEW exercise programme.

Meet & Move - The funds are to be used to provide regional 'Meet & Move' large social events, centred around physical activity, peer-to-peer support and an opportunity to introduce Trekstock's support services.

Online Digital Support - The funds are to be used to improve the online support programmes Trekstock offers to young adults with cancer. Grant funding will enable Trekstock to provide a 7 day online Yoga series to improve physical health and digital Q&A's with expert's 'Trekstock Talks' to help inform and improve psychological wellbeing.

Sanctuary Room - The funds are to be used to open our first Sanctuary room dedicated to improving hte emotional and physical wellbeing of young adults undergoing treatment at University College London Hospital.

continued...

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 May 2022

17. EMPLOYEE BENEFIT OBLIGATIONS

Defined contribution schemes
The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to income and expenditure in respect of the defined contribution schemes was £6,275 (2021 - £6,080).

18. RELATED PARTY DISCLOSURES

At the balance sheet date the company was owed £137,612 (2021: £111,370) by Trekstock UK Limited.

There were no other related party transactions in the year.

19. DEFERRED INCOME

	2022	2021
	£	£
Arising from trek and challenger donations received in advance	10,068	9,058

The movement in deferred income is as follows:

Balance at the start of the year	9,058	8,766
Amounts added in year	1,010	9,058
Amounts released to income from previous years	-	(8,766)
Balance at the end of the year	10,067	9,058

Trek and challenge donations refers to money raised by individual participators in advance of their respective challenges, which take place after the year end.

20. SUBSIDIARY UNDERTAKINGS

Trekstock Limited has a wholly-owned subsidiary undertaking, Trekstock UK Limited, a company incorporated and registered in England and Wales (registered no 06824023). The principal activities of the company are merchandising and retail. The charity owns the entire issued share capital of 100 ordinary shares of £1 each.

The aggregate capital and reserves and the result for the year of the subsidiary excluded from consolidation was as follows:

	Profit/(Loss)	Capital and Reserves
Trekstock UK Limited	£12,028	£(91,566)

Trekstock Cancer Support

England & Wales - Charity number 1132421

Accounts

Charity Registration No. 1132421

Company Registration No. 06919669 (England and Wales)

TREKSTOCK LIMITED

(COMPANY LIMITED BY GUARANTEE)

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2021

TREKSTOCK LIMITED
(COMPANY LIMITED BY GUARANTEE)
LEGAL AND ADMINISTRATIVE INFORMATION

Directors and Trustees	H Bees	(Appointed 19 March 2021)
	D Bower	
	R Challis	
	A Gray	
	S Lowe	
	C Renton	
	E Reynolds	
	L Soanes	
	P Sturt	
Charity number	1132421	
Company number	06919669	
Administrator	S Epstone Unit 206, Screenworks 22 - 24 Highbury Grove London N5 2EF	
Independent examiner	Claire Wills FCA DChA Saffery Champness LLP 71 Queen Victoria Street London EC4V 4BE	
Bankers	Barclays Bank plc Plaistow London E13 9PL	

TREKSTOCK LIMITED
(COMPANY LIMITED BY GUARANTEE)
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TREKSTOCK LIMITED
(COMPANY LIMITED BY GUARANTEE)
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31 MAY 2021

The trustees (who are also directors of Trekstock Limited for the purposes of Companies Act 2006) are pleased to present their annual Trustees' Report and the financial statements of the charity for the year ended 31 May 2021, which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with 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) Second edition as amended for accounting periods commencing from 1 January 2019.

STATUS

The charity is a company limited by guarantee, incorporated on 29 May 2009 (number 06919669) and registered as a charity on 3 November 2009 (number 1132421).

The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed by its Articles of Association.

WHY WE EXIST

Every day in the UK, 34 young adults are diagnosed with cancer and face its long-term effects. From this point, they enter a system which is not designed to support them.

Teenage and Young Adult services finish once a patient reaches their 25th birthday but mainstream cancer services cater for an older demographic (50% of cancer diagnoses occur over the age of 70). They are often the youngest person on their ward by decades and the support they are offered does not reflect their unique needs. As a result, they feel isolated and unsupported, both by the mainstream services which are not age-appropriate and from the older patients they meet on the ward whose concerns are markedly different from their own.

"I am always the youngest at chemo and in the unit I am treated. I would really like to not feel like the odd one out."

No matter what stage or type of cancer, Trekstock's programmes are designed to improve quality of life for those young adults living with and beyond cancer.

We remain a small, but passionate UK charity that works hard to address the vital needs of a 'lost tribe' who are seeking the support of an organisation dedicated to helping them live well with and beyond their diagnosis.

Our vision

A future where any young adult who has heard the words "it's cancer" is given the tailored support they need.

Our mission

We're here to provide a community to young adults in their 20s or 30s who have been diagnosed with cancer through informative events, expert advice and physical activity support designed to keep them active during or beyond treatment.

"Cancer took away everything. Tonight, Trekstock gave a bit of me back."

A LETTER FROM OUR CHAIR, ROB CHALLIS

After a turbulent year, I am relieved and encouraged to present a positive annual report for Trekstock for the year ended 31st May 2021.

The Covid-19 pandemic continued to have a very significant impact on the charity. Traditionally, the majority of our income derives from events and we were facing a year of uncertainty. In the end, all Trekstock-led events were cancelled. Survival was our primary goal and we continued to do everything we could to cut costs. We relocated the office, furloughed staff and reduced working hours.

During the same period, our programmes team worked tirelessly to deliver services that met the changing needs of our community, particularly the need for support around mental health and wellbeing. Cancer did not stop for Covid-19, so neither did we. Like the nation, we embraced Zoom and YouTube, and now, even though we can return to real life events, we will continue to offer a hybrid digital-physical programme to allow us to reach more young adults who live in areas where there are no existing in person offering.

I speak on behalf of all the Trustees when I say how proud I am of every member of the team. They have all remained 100% focused on delivering the best possible care for our beneficiaries. Looking to the future, there is an even greater need for our support services. Our dedicated team remains passionate about Trekstock's mission and are committed to increasing the reach of our programmes so that we continue to address the vital needs of this unique group of individuals.

Trekstock exists to make sure that every young adult who has heard the words *"it's cancer"* is given the tailored support they need. We know that a cancer diagnosis can stop you in your tracks so we aim to do everything we can to help those we support to get moving again – physically, mentally and emotionally – as well as helping them to find the elusive 'new normal' everyone talks about.

We couldn't do any of this without the hard work and dedication of our Board of Trustees, team, donors, volunteers, supporters and our amazing Trekstock community.

On behalf of the Board of Trustees, thank you all for your support, particularly through this most challenging of years.

Rob Challis
Chair of Trekstock

TREKSTOCK'S TEAM

OUR BOARD

Trekstock is governed by a carefully selected Board of Trustees with experience in the legal, charity, financial, public relations and entertainment sectors. Our Board must consist of no less than three elected members, who are concurrently Directors under company law.

Trustees regularly review the membership of the Board to ensure that the necessary skills and perspectives needed for effective governance are in place, taking account of the need for political impartiality, gender balance and representation of the demographics of the UK.

All new members of the Board undergo an induction programme that includes a briefing on their role and responsibilities, a meeting with all Trekstock staff, one or more beneficiaries, a comprehensive set of governance documents in addition to general guidance such as 'The Essential Trustee' published by the Charity Commission.

The Board of Trustees ensure that the charity has a clear vision, mission and strategic direction and is focused on achieving its annual plans and objectives signed off by the Board. This involves monitoring and acting to ensure that performance and impact are achieved, as well as being the guardians of the fundamental values and ethos of the charity. Sub-committees, comprising trustees and non-trustees, meet more regularly with key staff.

TRUSTEES' RESPONSIBILITIES

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

In preparing these financial statements, the trustees are required to:

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

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Role of the Board in relation to the CEO

The CEO is present at all Board meetings and presents charity developments for discussion with the Board. The Board gives guidance to the CEO in relation to all developments and strategy relating to the charity's stated objectives. The CEO invites representatives from the Programmes and Fundraising teams to a Spring sign-off meeting, to present forthcoming plans and update the Board on successes and key achievements over the financial year.

Frequency of Board meetings

On average, the Board meets four times per year with the CEO. Each meeting has a formal agenda and is minuted by one member of the Board.

Members of the Board also meet more regularly and sit on sub committees to review and approve the medium-term strategic plans and goals, receive and examine reports on the charity's financial position, monitor and support service delivery and fundraising activities and considers policies and procedures in areas such as risk management and legal and regulatory compliance. Informal meetings such as these will be held as regularly as required and may happen on the phone or via video conference.

Recruiting Trustees

Each year the Trustees review the skills and expertise of the Board. All members, in addition to the CEO, can recommend a Trustee to the current Chair. A candidate will go forward for Board approval only if both the Chair and CEO agree they are appropriate.

RISK POLICY

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The risk policy and risk register is reviewed annually.

STAFF TEAM & VOLUNTEERS

Our small team of staff and volunteers are the backbone of the charity and it has been another year of relying heavily on their passion, dedication and commitment to help us deliver our goals and reach more young adults. Their combined efforts allow us to extend our reach in the most effective way and we are incredibly grateful to them for their support and commitment.

Special thanks to:

The charity's CEO, Sophie Epstone (and during her maternity leave, Judith Egerton), for the day-to-day management of Trekstock's fundraising, programming and operational affairs and the implementation of policies and strategy agreed by the Board.

Emma Cullingford and Katie Joyce for working tirelessly to develop relationships with key supporters and influencers to drive the charity's growth.

Jemima Reynolds and Bryony Antcliff for delivering our services and meeting our goals, reaching more young adults than ever before.

Staff remuneration is set and reviewed annually by the CEO and Board of Trustees.

Organisational Objective

To secure Trekstock's future sustainability and to nurture its growth at a pace that is manageable and controllable, by its dedicated small team of staff together with its growing levels of supporters. Over the next two years, in agreement with the Board, Trekstock plans to appoint additional resources to support the growth of the charity and its services.

Brand Objective

To continue being a creative and relevant charity brand that remains true to its innovative approach to fundraising and cancer support for young adults. To strive to challenge the norm of traditional giving, offering young people inspiring events, great products, design-led collaborations, and a creative platform to fundraise. To engage with young adults in a meaningful and effective way.

Income Generation Objective

To budget income and expenditure on a regular basis in agreement with the Board of Trustees. To diversify our income streams and develop and nurture relationships that result in funding to continue our charitable activities. To work hard to grow our fundraising base and beneficiary reach across the United Kingdom.

Awareness Objective

To ensure any young adult who has heard the word "it's cancer" is given the tailored support they need.

PROGRAMME DELIVERY - OUR SERVICES

"Trekstock is so important. No matter how amazing your friends and family are, you need to connect with people who understand."

All of our programmes aim to tackle social isolation, improve mental and physical health, and quality of life, as well as providing young adults with the tools they need to get moving after cancer has stopped them in their tracks. In this financial year, we directly reached 3,509 young adults, and as awareness of our programmes grows, this number will continue to rise.

Through our programmes we:

- Strengthen the community of young adults with cancer by facilitating a supportive environment.
- Equip young adults with the tools they need to live better with and beyond cancer.
- Empower young adults with cancer to get moving again through physical activity and peer support.
- Dare to be different by addressing topics that matter most to the community and breaking down taboos.
- Engage frontline health professionals to advocate for us and actively signpost to our services.
- Leverage partnership opportunities to increase the influence, sustainability and funding of our work.

We are extremely grateful to all the experts who have given their time and support to help us deliver the above over the past year.

In planning our activities for the year, the Trustees have complied with their duties in section 17 of the Charities Act 2011 and have considered the Charity Commission's general guidance on public benefit.

Responding to real need

We continue to gain valuable information through our beneficiary sign up form, which is modelled on the NHS Holistic Needs Assessment. This helps us to ensure the services we provide reflect the needs of the community we support and informs us of the trends and key needs of our beneficiaries.

Explaining why our work is so important is easy. Our community tells us so. They tell us that our services are vital. Our community told us that:

- 71% need psychological support
- 62% need help getting physically active
- 55% need help with diet and nutrition
- 52% need help with meeting others
- 85% want to hear about Trekstock at the point of diagnosis, or at three months into treatment

The services we delivered

During 2020/2021, our services met the identified needs of young adults living with and beyond cancer in three strategic ways.

CONNECT

Offering a safe space for young adults to connect with others, harnessing the power of peer support and addressing feelings of isolation.

"The events you put on allow young adults with cancer to meet others going through what you are. There's no sitting in a room feeling like the youngest person by 15-20 years, which sadly can feel incredibly isolating."

Psychological support is the greatest need of our community, and that's why we have set up safe spaces where our beneficiaries can meet like-minded people and feel part of a supportive environment.

During 2020/21, the pandemic impacted the number of opportunities to engage with stakeholders or with young adults living with cancer due to the pandemic. We, therefore, saw a reduction in the number of new sign-ups to the community (467 versus 559 in 2019/20) as well as a 25% drop off from sign-up to attending events.

Every young adult joining the Trekstock community received a support leaflet outlining our services, a year's subscription to Headspace meditation app and a copy of our Food and Cancer guide.

Our CONNECT programmes continue to have the largest reach through a diverse range of activities, including:

Online Community

A private facebook group for members to share experiences, questions and concerns and feel supported 24/7, moderated and monitored by Trekstock's Health Support and Programmes Officer.

Welcome to Trekstock

New for 2020/2021, Welcome to Trekstock is a monthly online chat where people who have recently signed up to the community gain an introduction to our programmes and meet others new to the community.

Meet ups

Meeting others remains a key need of our community, even more so during the pandemic. During 2020/21 we delivered online meet ups in a number of formats, including general online meet ups, as well as sessions and activities for different sub-groups of our community.

In total, we hosted 7 meet ups, including an online yoga session, regional-based meet ups, male-only meet-ups and some that centred on hair and beauty, with celebrity make-up artist, Sophie Shoob, and Headwrappers charity.

What I Wish I'd Known

In November 2020 we introduced a new programme that looked at sharing the wealth of knowledge and experience within the Trekstock community. The sessions are delivered by our Head of Programmes and members of the Trekstock community who are further down the road talking about what they wish they'd known, sharing advice and insight with people who are that stage of their cancer treatment or recovery.

Over the last year we've delivered 6 events online and covered a number of topics, including Just diagnosed, post treatment and menopause.

Young Adult Ambassador Programme

To address feedback, we received on our lack of diversity, we appointed 8 new Young Adult Ambassadors that are more representative and now cover various stages and types of cancer, ages and represent more diverse ethnicities.

Post Treatment Coaching Programme

In March 2020 we piloted a Post Treatment coaching programme delivered by Steph Davies from Life After Cancer who had cancer in her late teens herself.

Total number of young adults gaining support via our CONNECT programmes: 2,488

MOVE

Supporting young adults living with cancer to get active safely with others who understand

"Without sounding dramatic, it has changed everything. I have so much more confidence at the gym and I have fallen back in love with exercise. THANK YOU!"

Physical activity remains one of the top support needs of our community, wherever they are on the cancer pathway.

Maintaining physical activity support was a key objective of Trekstock during lockdown, not only because of the impact it has on physical wellbeing, but also the mental health of our community.

Through addressing both social and physical activity support needs, our programmes reduce loneliness, the fear people have of exercising alone and support people to get active safely together. Research also shows that exercising in a group has been found to motivate and encourages people to keep going, a finding supported by our feedback. Our programmes allow young adults to rebuild confidence in their bodies as they can see tangibly how much their body is capable of rather than what they have gone through.

The results of our MOVE programmes continue to be transformative.

"I feel so lucky to have taken part in the RENEW exercise programme. Not only do I feel more motivated and physically fitter, but the impact that the exercise has had on my mental health has also been second to none. I'm so excited to keep up my recommended exercises while I recover properly from finishing treatment and get back to being stronger, fitter and happier than ever."

In feedback received 80% said that exercising in a group kept them motivated.

RENEW

Over the last year we have continued to deliver our 8 week RENEW group sessions and have seen an increase in sign ups to the programme. By delivering it online we have been able to increase reach as it can now be accessed by everyone no matter where they live which our in-person format had previously been a barrier to.

Each course is delivered by one of our team of Level 4 cancer rehabilitation qualified instructors to a group of six participants. Those with a more complex medical history were offered 1:2:1 sessions for 3 weeks to ensure safety and avoid injury.

To meet the increased demand in 2020/2021, we increased the number of instructors delivering the programme from three to seven, with two new instructors based in Manchester. We achieved a 73% completion rate with 86 participants completing the RENEW programme.

RENEW Top Ups

In December 2020, we introduced a new fortnightly top-up classes for up to 12 people to help support those that have completed RENEW to keep active.

Feedback shows that people have found them to be invaluable during this period.

- 89% felt much more energised after class.
- 88% felt motivated to start exercising 3x a week.
- 62% felt more confident to exercise safely alone.
- 100% tell us they would definitely recommend the RENEW top ups.

Pilates

This year we also launched fortnightly online Pilates classes for up to 15 people delivered by a Cancer Exercise Specialist. We delivered 18 classes to 160 participants.

Feedback on the impact the classes show that:

- 85% said that the class helped a little to a lot with their pain.
- 77% felt the class impacted on their mental and physical wellbeing.

Online exercise series

We continue to promote our online 7-day yoga series and Trekstock Moves digital offering.

Total number of young adults gaining support via our MOVE programmes: 348

INFORM

Providing young adults and healthcare professionals with relevant information on topics that matter to them in the most accessible and age-appropriate way

The elements that make up INFORM combine to provide young adults with the tools they need to take back control of their lives, delivering information in a fun and relevant way.

"Just simply hearing everyone talking about what I was thinking made me realise it's normal and ok to feel these things."

Lifting the Lid

We hosted a series of panel events, delivered with experts and young adults we support.
These online events covered the following topics:

- Cancer & Friendship
- Cancer & Mental Health
- Cancer & Living with Late Effects
- Cancer & barriers to exercise
- Cancer & Sleep

Guests included Leanne Pero, founder of Black Women Rising, Alex King, Consultant at Imperial NHS Trust, and Dr Philippa Kaye, GP for ITV's This Morning and writer.

141 attendees, with 475 total views on YouTube

Food & Cancer: What's the Deal? guide

Our Food & Cancer guide, written in partnership with Dr Hazel Wallace, The Food Medic, continued to be a popular resource. The booklet was downloaded by 2027 people and 1870 physical copies were requested by individuals, NHS Trusts and other charities across the UK.

Afterthoughts

We once again partnered with Beyond Arts on a second series of the Afterthoughts podcast, hosted by Alice-May Purkiss and Toby Peach, two young adults who have experienced cancer, who make visible some of the invisible cancer stories from within the young cancer community.

Total number of young adults gaining support via our INFORM programmes: 2,502

Engagement

Covid-19 continued to impact our ability to engage with NHS Trusts throughout 2020/21.
During the year, we were only able to present at Clinical Nurse Specialist team meetings at UCLH, Freeman NHS Trust and Royal Marsden Sutton and Chelsea site.

"The patients that I have referred to Trekstock get so much from their services, from a friendly voice at the end of the phone, to providing comprehensive rehabilitation programmes post cancer treatment. They are incredible. Thank you Trekstock!"

During the pandemic we continued to be active members of:

- CYPC Children and Young People Cancer Coalition
- Cancer 52 (a coalition of charities working to support and improve the care for people with cancer)
- NHS Charity Forum Task & Finish Group on Psychosocial Support

We are grateful to all the experts who have supported Trekstock this year, including:

- Danni Binnington, founder of Healthy Whole Me
- Steph Davies, founder of Life after Cancer
- Glyn Haries - Social Worker for YoungLives vs Cancer
- Dr Catherine Hood, Consultant in Psychosexual Medicine.
- Rob Hobson, Nutritionist and Author of The Art of Sleeping
- Dr Philippa Hyman, Clinical Psychologist
- Dr Philippa Kaye, GP and author of M Word and Doctors Get Cancer Too
- Emma Potter, Clinical Nurse Specialist in Late Effects and Long Term follow up at Royal Marsden
- Laura Porro, Pilates instructor and Cancer Exercise specialist
- Dr Gemma Pugh, Researcher in exercise and behaviour

- Sophie Shoob, Freelance makeup artist
- Dr Helen Simpson - Consultant Endocrinologist at University College Hospital, London
- Fiona Moss, Career and Business Coach
- Headwrappers charity
- Our Level 4 Cancer Rehabilitation instructors: Ambokile Bell, Victoria Brown, Steve Harulow, Javeno McClean, Joelle Rainford, Tim Stewart, Teresa Waite
- Young adults in the Trekstock Community who have shared their own experiences of what they wished they'd known.

FINANCIAL REVIEW

Fundraising this financial year

Total income raised in 2020/2021 was £430,050 (including donated goods and services totalling £52,895), resulting in a surplus of £6,020. Our fundraising activities continued to be impacted by Covid-19, resulting in a constantly changing strategy and adaptation of plans.

HIGHLIGHTS FROM THIS YEAR

Trusts and Foundations

It was a successful year for fundraising from trusts and foundations with this income stream performing well against budget. In addition to grants received from trusts and foundations, we successfully secured two Covid-19 related emergency funds.

We would like to thank and acknowledge the support we received during 2020/2021 from:

- The February Foundation
- London Community Response Fund, via City Bridge Trust
- National Lottery Community Fund
- Rose Deane Trust
- Sport England
- The Sun Readers Fund

As part of our continued focus on high value giving, trusts and foundations will continue to be an area of potential further income growth in the coming financial years.

Corporate partnerships

In addition to the continued support received from some of our long-standing corporate partners, we also received new support from a number of pharmaceutical companies, an area of activity we hope to grow over the coming year.

We would like to thank and acknowledge the support we received from our partners and supporters during this difficult year, namely:

- Gilead
- GIRLvsCANCER
- Lounge Underwear
- RevCap
- Roche
- Takeda
- The Card Factory
- Never Fully Dressed
- Novartis
- Whistles

Community support

Historically, community fundraising has been our strongest performing area, however this year it was our hardest hit income stream with all our challenge events and treks cancelled due to the pandemic.

We remain incredibly grateful to all those fundraisers who managed, despite the pandemic, to complete challenges and raise vital funds for our work. Whilst it is not possible to name and thank everyone here, there are two young adults that we want to acknowledge:

Elliot Dallen was 29 when he was diagnosed in 2018 with adrenocortical carcinoma, an extremely rare and aggressive cancer. Elliot sadly died in September 2020 but, before his death, Elliot wrote two articles published in the Guardian about coping with terminal cancer during the pandemic. His moving articles led many readers to donate. In total, Elliot, his family, friends and others moved by his story raised over £35,000 for Trekstock during this financial year.

And secondly, Luke Grenfell-Shaw, diagnosed with stage 4 cancer at the age of 24, who embarked on an incredible journey in January 2020 to cycle on a tandem from Bristol to Beijing, meeting other CanLivers along the way. Luke has already raised over £100,000 for 5 charities, including Trekstock.

Individual supporters

Over the years we have benefitted from a steadily growing active individual donor base and this is an area we hope to continue to grow going forward. During this financial year we proactively asked for one-off donations via our emergency and seasonal appeals, as well as continuing to promote our regular giving programme.

Again, we would like to take this opportunity to thank all of our supporters. In particular, we would like to acknowledge and thank Lady Allison and Sir Harvey McGrath for their continued generous support.

Merch for Good - Trading Subsidiary

Merch for Good focuses on the sale of high-quality merchandise in collaboration with musicians and artists. The activity has been historically run through our trading company. In 2020/2021, the trading subsidiary reported an operating loss of £8,396.

It is still our belief that, with the right level of attention, Merch for Good should generate a steady unrestricted income to the charity and so the Trustees have agreed to continue to invest in the operation in the short-term.

"Many of our loved ones have battled cancer. When Trekstock approached us we jumped at the chance to take part in Merch for Good. Together, we hope to make the lives of young adults living with cancer a little easier." Taking Back Sunday

For more information, or to purchase a t-shirt, visit www.merchforgood.net

Income objectives for the next financial year

Fundraising

Our financial strategy for the future will continue to build sufficient stability to allow us to further grow our team and reach more beneficiaries. We will strive to continue to develop a solid fundraising programme that is sustainable all year round and not reliant on activities at the end of financial year, as well as invest time and effort into developing a solid supporter base.

In the next financial year and beyond we will be focusing our efforts on growing high-value fundraising. This will require an investment in time to develop our networks and build long-term relationships. Progressing this income stream in the future will help us deliver a more balanced fundraising portfolio as well as grow our income for the future.

Merch for Good

Merch for Good is a unique fundraising proposition that until now has been sitting in the background due to a lack of resource. We are certain that, with additional resource and a strong strategy, supported by a sub-committee of the Board of Trustees, Merch for Good could generate significant income, in addition to reach and awareness beyond Trekstock's current channels. Starting February 2022, we will launch of our first official World Cancer Day fundraising campaign supported by new artists donating designs to be sold on t-shirts, with further campaigns planned throughout the year.

COMMUNICATIONS

Regrettably, due to financial concerns, the trustees made the difficult decision to make our newly recruited Communications Manager redundant. With no dedicated resource for communications for most of the year, the task of raising awareness of Trekstock's activities was divided between the team.

RESERVES

It is the duty of the Trustees to monitor reserves and ensure they meet known and estimated expenditure in furtherance of the charity's objectives and for its administration. In assessing the overall level of reserves, the Board of Trustees aims at all times to maintain sufficient unrestricted funds to ensure Trekstock remains solvent going forward. The Trustees consider that an appropriate level of reserves which equates to 6 months' running costs. The level of reserves are reviewed monthly by the CEO, Chairman and senior trustee accountable for financial oversight.

At 31 May 2021, the charity had total funds of £290,195 (2020: £284,175) and had an unrestricted fund balance of £264,301 (2020: £258,281). The figure included an amount owed by Trekstock's subsidiary undertakings of £111,370 (the trading subsidiary made a loss in the year of £8,396 and has losses carried forward of £110,362). Having made a full assessment of future commitments and fundraising plans, the trustees believe that the charity is secure as a going concern. We appreciate that the months ahead may continue to be challenging and the trustees will continue to review plans to mitigate the effects on our income streams, including a full review of the profitability of the trading subsidiary.

GIFTS IN KIND

Gifts in kind can make a huge difference. In 2020/2021 we received support in the form of gifts in kind donated specifically for our programmes and young adult support packs. Special thanks to Headspace for continuing to support Trekstock by donating free subscriptions to their wellbeing app.

THANK YOU

Thank you to all of our young adults, Ambassadors, supporters, corporate partners, fundraisers and volunteers who have supported us during this difficult year.

SMALL COMPANY PROVISIONS

These financial statements have been prepared in accordance with the special provisions relating to small companies within part 15 of the Companies Act 2006.

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



R Challis
Trustee
Dated: 24 February 2022

TREKSTOCK LIMITED
(COMPANY LIMITED BY GUARANTEE)
INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF TREKSTOCK LIMITED

I report on the accounts of the charity, which are set out on pages 13 to 25, for the year ended 31 May 2021.

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

Having satisfied myself that the accounts of the 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 your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Basis of independent examiner's report
My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement
Since the Company'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 a member of Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

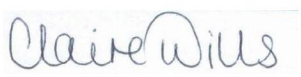
1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or

2. the accounts do not accord with those records; or

3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or

4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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



Claire Wills FCA. DChA

For and on behalf of Saffery Champness LLP

71 Queen Victoria Street
London
EC4V 4BE

Dated: 25 February 2022

TREKSTOCK LIMITED
(COMPANY LIMITED BY GUARANTEE)
STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MAY 2021

Current financial year

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Total 2020 £
Income from:					
Grants and donations	**2**	423,450	6,600	430,050	425,942
Total income		423,450	6,600	430,050	425,942
Expenditure on:					
Raising funds	**3**	141,348	-	141,348	141,448
Charitable Expenditure	**4**	270,449	12,233	282,682	300,092
Total expenditure		411,797	12,233	424,030	441,540
Net incoming/(outgoing) resources before transfers		11,653	(5,633)	6,020	(15,598)
Gross transfers between funds	**14**	(5,633)	5,633	-	-
Net income/(expenditure) for the year/ Net movement in funds		6,020	-	6,020	(15,598)
Fund balances at 1 June 2020		258,281	25,894	284,175	299,773
Fund balances at 31 May 2021		264,301	25,894	290,195	284,175

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.

TREKSTOCK LIMITED
(COMPANY LIMITED BY GUARANTEE)
STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)
INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MAY 2021

Prior financial year

	Notes	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Income from:				
Grants and donations	**2**	388,923	37,019	425,942
Total income		388,923	37,019	425,942
Expenditure on:				
Raising funds	**3**	141,448	-	141,448
Charitable Expenditure	**4**	272,125	27,967	300,092
Total expenditure		413,573	27,967	441,540
Net incoming/(outgoing) resources before transfers		(24,650)	9,052	(15,598)
Gross transfers between funds	**14**	(11,913)	11,913	-
Net income/(expenditure) for the year/ Net movement in funds		(36,563)	20,965	(15,598)
Fund balances at 1 June 2019		294,844	4,929	299,773
Fund balances at 31 May 2020		258,281	25,894	284,175

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.

TREKSTOCK LIMITED
(COMPANY LIMITED BY GUARANTEE)
BALANCE SHEET
AS AT 31 MAY 2021

	Notes	2021 £	2021 £	2020 £	2020 £
Fixed assets					
Tangible assets	**8**		584		-
Investments	**9**		100		100
			684		100
Current assets					
Debtors	**10**	142,676		159,111	
Cash at bank and in hand		173,647		164,814	
		316,323		323,925	
Creditors: amounts falling due within one year					
Taxation and social security		4,314		20,918	
Other creditors		13,440		10,166	
Deferred income	**12**	9,058		8,766	
	11	26,812		39,850	
Net current assets			289,511		284,075
Total assets less current liabilities			290,195		284,175
Income funds					
Restricted funds	**14**		25,894		25,894
Unrestricted funds			264,301		258,281
			290,195		284,175

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 May 2021.

The directors 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 24 February 2022

R Challis
Trustee

Company Registration No. 06919669

1 Accounting policies

Company information

Trekstock Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is 206 Screenworks 22-24 Highbury Grove, London, N5 2EF.

1.1 Accounting convention

These accounts have been prepared in accordance with 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)” "(second edition)".

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

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

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. The trustees have considered the impact of Covid-19 in making their assessment. Thus the trustees continue to adopt the going concern basis of accounting in preparing the 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.

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.

Donated professional services are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time is not recognised and refer to the trustees’ annual report for more information about their contribution.

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

1 Accounting policies **(Continued)**

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.

1.5 Expenditure

Expenditure in the statement of financial activities is recognised in the period in which it is incurred and allocated to the particular activity to which the cost relates.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

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:

Computers	25% Straight line

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.

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.

1.8 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.

1.9 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.

1 Accounting policies **(Continued)**

1.10 Provisions

Provisions are recognised when the charity has a legal or constructive present obligation as a result of a past event, it is probable that the charity will be required to settle that obligation and a reliable estimate can be made of the amount of the obligation.

The amount recognised as a provision is the best estimate of the consideration required to settle the present obligation at the reporting end date, taking into account the risks and uncertainties surrounding the obligation. Where the effect of the time value of money is material, the amount expected to be required to settle the obligation is recognised at present value. When a provision is measured at present value, the unwinding of the discount is recognised as a finance cost in net income/(expenditure) in the period in which it arises.

1.11 Retirement benefits

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

2 Grants and donations

	Unrestricted funds	**Restricted funds**	**Total**	Unrestricted funds	Restricted funds	Total
	2021	**2021**	**2021**	2020	2020	2020
	£	**£**	**£**	£	£	£
Donations and gifts	352,294	6,600	358,894	328,645	37,019	365,664
Government grants	18,331	-	18,331	4,653	-	4,653
Donated goods and services	52,825	-	52,825	55,625	-	55,625
	423,450	6,600	430,050	388,923	37,019	425,942

	Unrestricted funds	**Restricted funds**	**Total**	Unrestricted funds	Restricted funds	Total
	2021	**2021**	**2021**	2020	2020	2020
	£	**£**	**£**	£	£	£
Donations and gifts						
Corporate donations	63,468	-	63,468	113,172	-	113,172
Grants	145,075	6,600	151,675	80,639	37,019	117,658
Individual donations	143,751	-	143,751	134,834	-	134,834
	352,294	6,600	358,894	328,645	37,019	365,664

Government grants

Government grants to the charity in the year related to grants received through the Coronavirus Job Retention Scheme.

Donated goods and services

Donated services to the charity in the year included subsidised venue hire for charitable programmes, marketing and consultancy costs.

3 Raising funds

	2021	2020
	£	£
Raising funds		
Other fundraising costs	22,732	32,949
Staff costs	101,316	108,499
Support costs	17,300	-
	141,348	141,448

4 Charitable Expenditure

	2021	2020
	£	£
Programme delivery staff costs	123,022	122,832
Direct programme costs of supporting young adults with cancer	103,371	119,499
	226,393	242,331
Share of support costs (see note 5)	44,412	45,939
Share of governance costs (see note 5)	11,877	11,822
	282,682	300,092
Analysis by fund		
Unrestricted funds	270,449	
Restricted funds	12,233	
	282,682	
For the year ended 31 May 2020		
Unrestricted funds		272,125
Restricted funds		27,967
		300,092

5 Support costs

	Support costs	Governance costs	2021	Support costs	Governance costs	2020
	£	£	£	£	£	£
Depreciation	194	-	194	-	-	-
Office rent & Rates	30,889	-	30,889	30,755	-	30,755
Insurance	2,339	-	2,339	1,856	-	1,856
Light & Heat	2,966	-	2,966	6,156	-	6,156
Repairs & Cleaning	1,267	-	1,267	1,898	-	1,898
Website costs	5,382	-	5,382	1,816	-	1,816
Postage & Stationery	229	-	229	950	-	950
Telephone	738	-	738	1,569	-	1,569
Travel	188	-	188	560	-	560
Sundry	220	-	220	379	-	379
Independent examination fees	-	5,390	5,390	-	3,720	3,720
Accountancy	-	5,280	5,280	-	5,460	5,460
Legal and professional	-	18,507	18,507	-	2,642	2,642
	44,412	29,177	73,589	45,939	11,822	57,761
Analysed between						
Fundraising	-	17,300	17,300	-	-	-
Charitable activities	44,412	11,877	56,289	45,939	11,822	57,761
	44,412	29,177	73,589	45,939	11,822	57,761

6 Trustees and key management personnel

None of the trustees (or any persons connected with them) received any reimbursed expenses, remuneration or benefits from the charity during the year (2020: Nil).

The key management personnel of the charity comprises the management team. The total amount of employee benefits (salary & pension) received by key management personnel for their services to the charity was £167,770 (2020: £141,802).

7 Employees

Number of employees

	2021 Number	2020 Number
The average monthly number of employees during the year was:	5	6

Employment costs	2021 £	2020 £
Wages and salaries	202,160	202,895
Social security costs	13,381	20,989
Training	2,717	940
Recruitment	-	570
Other pension costs	6,080	5,937
	224,338	231,331

There were no employees whose annual remuneration was £60,000 or more (2020: Nil).

8 Tangible fixed assets

	Computers £
Cost	
Additions	778
At 31 May 2021	778
Depreciation and impairment	
Depreciation charged in the year	194
At 31 May 2021	194
Carrying amount	
At 31 May 2021	584

9 Fixed asset investments

	Other investments
Cost or valuation	
At 1 June 2019 & 31 May 2020	100
Carrying amount	
At 31 May 2021	100
At 31 May 2020	100

Other investments comprise:	Notes	2021 £	2020 £
Investments in subsidiaries	17	100	100

10 Debtors

Amounts falling due within one year:	2021 £	2020 £
Amounts owed by subsidiary undertakings	111,370	105,596
Other debtors	4,008	7,500
Prepayments and accrued income	27,298	46,015
	142,676	159,111

11 Creditors: amounts falling due within one year

	Notes	2021 £	2020 £
Other taxation and social security		4,314	20,918
Deferred income	12	9,058	8,766
Other creditors		6,410	3,479
Accruals		7,030	6,687
		26,812	39,850

12 Deferred income

	2021 £	2020 £
Arising from trek and challenger donations received in advance	9,058	8,766

The movement in deferred income is as follows:

Balance at the start of the year	8,766	2,456
Amounts added in year	9,058	8,766
Amounts released to income from previous years	(8,766)	(2,456)
Balance at the end of the year	9,058	8,766

Trek and challenger donations refers to money raised by individual participators in advance of their respective challenges, which take place after the year end.

13 Retirement benefit schemes

Defined contribution schemes
The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £6,080 (2020 - £5,937).

14 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 June 2019	Incoming resources	Resources expended	Transfers	Balance at 1 June 2020	Incoming resources	Resources expended	Transfers	Balance at 31 May 2021
	£	£	£	£	£	£	£	£	£
RENEW	179	-	(6,020)	5,841	-	6,600	(12,233)	5,633	-
Meet & Move	3,034	29,519	(14,159)	-	18,394	-	-	-	18,394
Online Digital Support	1,716	-	(7,788)	6,072	-	-	-	-	-
Sanctuary Room	-	7,500	-	-	7,500	-	-	-	7,500
	4,929	37,019	(27,967)	11,913	25,894	6,600	(12,233)	5,633	25,894

General funds represent the free funds of the charity, which are not specifically designated.

RENEW - The funds are to be used to help fund the RENEW exercise programme. The transfer of funds in the year amounting to £5,633 was as a result of an overspend in excess of grant income.

Meet & Move - The funds are to be used to provide regional 'Meet & Move' large social event, centred around physical activity, peer-to-peer support and an opportunity to introduce Trekstock's support services.

Online Digital Support - The funds are to be used to improve the online support programmes Trekstock offers to young adults with cancer. Grant funding will enable Trekstock to provide a 7 Day Online Yoga series to improve physical health and digital Q&A's with experts 'Trekstock Talks' to help inform and improve psychological wellbeing.

Sanctuary Room - The funds are to be used to open our first Sanctuary room dedicated to improving the emotional and physical wellbeing of young adults undergoing treatment at University College London Hospital.

15 Analysis of net assets between funds

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Fund balances at 31 May 2021 are represented by:						
Tangible assets	584	-	584	-	-	-
Investments	100	-	100	100	-	100
Current assets/ (liabilities)	269,250	20,261	289,511	258,181	25,894	284,075
	269,934	20,261	290,195	258,281	25,894	284,175

16 Related party transactions

At the balance sheet date the company was owed £111,370 (2020: £105,596) by Trekstock (UK) Limited.

There were no other related party transactions in the year (2020: none).

17 Subsidiaries

These financial statements are separate charity financial statements for 2021.

Details of the charity's subsidiaries at 31 May 2021 are as follows:

Name of undertaking	Registered office	Nature of business	Class of shares held	% Held Direct	% Held Indirect
Trekstock (UK) Limited	United Kingdom	Merchandising and retail	Ordinary Shares	100.00	

The aggregate capital and reserves and the result for the year of subsidiaries excluded from consolidation was as follows:

Name of undertaking	Profit/(Loss)	Capital and Reserves
Trekstock (UK) Limited	(8,396)	(110,362)