

**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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# TREKSTOCK LIMITED

## REFERENCE AND ADMINISTRATIVE DETAILS for the Year Ended 31 May 2022

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

**REPORT OF THE TRUSTEES  
for the Year Ended 31 May 2022**

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.

**REPORT OF THE TRUSTEES  
for the Year Ended 31 May 2022**

- 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.



**REPORT OF THE TRUSTEES  
for the Year Ended 31 May 2022**

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

**REPORT OF THE TRUSTEES  
for the Year Ended 31 May 2022**

**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.

**REPORT OF THE TRUSTEES  
for the Year Ended 31 May 2022**

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 Psychologist 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:

**REPORT OF THE TRUSTEES  
for the Year Ended 31 May 2022**

- 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:

- o The Children and Young People with Cancer Coalition
- o Cancer 52 (a coalition of charities working to support and improve the care for people with cancer)
- o NHS Cancer Charity Forum
- o NHS England Task & Finish Group on Psychosocial Support recommendations of which go to the National Cancer Board
- o 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:

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

**REPORT OF THE TRUSTEES  
for the Year Ended 31 May 2022**

- 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 brand 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.

Feb 16, 2023

Approved by order of the board of trustees on ..... and signed on its behalf by:

 (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  
.....

**TREKSTOCK LIMITED**

**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 £
<b>INCOME AND ENDOWMENTS FROM</b>					
Grants and donations	3	371,532	50,275	421,807	430,050
Other income		<u>1</u>	<u>-</u>	<u>1</u>	<u>-</u>
<b>Total</b>		<u>371,533</u>	<u>50,275</u>	<u>421,808</u>	<u>430,050</u>
 <b>EXPENDITURE ON</b>					
Raising funds	4	191,923	-	191,923	141,348
<b>Charitable activities</b>	5				
Charitable Activities		<u>252,782</u>	<u>29,343</u>	<u>282,125</u>	<u>282,682</u>
<b>Total</b>		<u>444,705</u>	<u>29,343</u>	<u>474,048</u>	<u>424,030</u>
 <b>NET INCOME/(EXPENDITURE)</b>		(73,172)	20,932	(52,240)	6,020
 <b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>264,301</u>	<u>25,894</u>	<u>290,195</u>	<u>284,175</u>
 <b>TOTAL FUNDS CARRIED FORWARD</b>		<u>191,129</u>	<u>46,826</u>	<u>237,955</u>	<u>290,195</u>

**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 £
<b>FIXED ASSETS</b>					
Tangible assets	12	1,318	-	1,318	584
Investments	13	<u>100</u>	<u>-</u>	<u>100</u>	<u>100</u>
		1,418	-	1,418	684
<b>CURRENT ASSETS</b>					
Debtors	14	149,152	-	149,152	142,676
Cash in hand		<u>79,849</u>	<u>46,826</u>	<u>126,675</u>	<u>173,647</u>
		229,001	46,826	275,827	316,323
<b>CREDITORS</b>					
Amounts falling due within one year	15	<u>(39,290)</u>	<u>-</u>	<u>(39,290)</u>	<u>(26,812)</u>
<b>NET CURRENT ASSETS</b>		<u>189,711</u>	<u>46,826</u>	<u>236,537</u>	<u>289,511</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>191,129</u>	<u>46,826</u>	<u>237,955</u>	<u>290,195</u>
<b>NET ASSETS</b>		<u>191,129</u>	<u>46,826</u>	<u>237,955</u>	<u>290,195</u>
<b>FUNDS</b>	16				
Unrestricted funds				191,129	264,301
Restricted funds				<u>46,826</u>	<u>25,894</u>
<b>TOTAL FUNDS</b>				<u>237,955</u>	<u>290,195</u>

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.

**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**

Trekstock 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 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.

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 May 2022**

**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	<u>47,900</u>	<u>52,825</u>
	<u>421,807</u>	<u>430,050</u>

**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.

**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	<u>4,188</u>	<u>17,300</u>
	<u>191,923</u>	<u>141,348</u>

The above expenditures were wholly met from unrestricted funds.

**5. CHARITABLE ACTIVITIES COSTS**

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>funds</u> £	<u>Total</u> <u>Year to</u> <u>31.05.22</u> £	<u>Unrestricted</u> <u>funds</u> £	<u>Restricted</u> <u>funds</u> £	<u>Total</u> <u>Year to</u> <u>31.05.22</u> £
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
	<u>252,782</u>	<u>29,343</u>	<u>282,125</u>	<u>270,449</u>	<u>12,233</u>	<u>282,682</u>

**6. DIRECT COSTS OF CHARITABLE ACTIVITIES**

	31.5.22	31.5.21
	£	£
Staff costs	137,749	123,022
Direct programme costs	<u>97,245</u>	<u>103,371</u>
	<u>234,994</u>	<u>226,393</u>



**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	<u>20,544</u>	<u>177</u>	<u>7,211</u>
	<u>20,544</u>	<u>177</u>	<u>7,211</u>

	Human resources £	Other £	Governance costs £	Totals £
Raising donations and legacies	-	-	4,188	4,188
Charitable Activities	<u>2,283</u>	<u>305</u>	<u>16,611</u>	<u>47,131</u>
	<u>2,283</u>	<u>305</u>	<u>20,799</u>	<u>51,319</u>

**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	<u>258</u>	<u>194</u>

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	<u>6,275</u>	<u>6,080</u>
	<u>260,174</u>	<u>224,338</u>

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).

**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	<u>3</u>	<u>3</u>
	<u><u>6</u></u>	<u><u>5</u></u>

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 £
<b>INCOME AND ENDOWMENTS FROM</b>			
Grants and donations	<u>423,450</u>	<u>6,600</u>	<u>430,050</u>
<b>EXPENDITURE ON</b>			
Raising funds	141,348	-	141,348
<b>Charitable activities</b>			
Charitable Activities	<u>270,449</u>	<u>12,233</u>	<u>282,682</u>
<b>Total</b>	<u>411,797</u>	<u>12,233</u>	<u>424,030</u>
<b>NET INCOME/(EXPENDITURE)</b>	11,653	(5,633)	6,020
Transfers between funds	<u>(5,633)</u>	<u>5,633</u>	<u>-</u>
<b>Net movement in funds</b>	6,020	-	6,020
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	<u>258,281</u>	<u>25,894</u>	<u>284,175</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u><u>264,301</u></u>	<u><u>25,894</u></u>	<u><u>290,195</u></u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 May 2022**

**12. TANGIBLE FIXED ASSETS**

	Plant and machinery £
<b>COST</b>	
At 1 June 2021	778
Additions	<u>992</u>
At 31 May 2022	<u>1,770</u>
<b>DEPRECIATION</b>	
At 1 June 2021	194
Charge for year	<u>258</u>
At 31 May 2022	<u>452</u>
<b>NET BOOK VALUE</b>	
At 31 May 2022	<u><u>1,318</u></u>
At 31 May 2021	<u><u>584</u></u>

**13. FIXED ASSET INVESTMENTS**

	Shares in group undertakings £
<b>MARKET VALUE</b>	
At 1 June 2021 and 31 May 2022	<u>100</u>
<b>NET BOOK VALUE</b>	
At 31 May 2022	<u><u>100</u></u>
At 31 May 2021	<u><u>100</u></u>

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	<u>7,532</u>	<u>27,298</u>
	<u><u>149,152</u></u>	<u><u>142,676</u></u>

**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	<u>18,468</u>	<u>16,088</u>
	<u><u>39,290</u></u>	<u><u>26,812</u></u>

**16. MOVEMENT IN FUNDS**

	At 1.6.21	Net movement in funds	At 31.5.22
	£	£	£
<b>Unrestricted funds</b>			
General fund	264,301	(73,172)	191,129
<b>Restricted funds</b>			
Meet & Move	18,394	-	18,394
Sanctuary Room	7,500	-	7,500
Online Digital Support	<u>-</u>	<u>20,932</u>	<u>20,932</u>
	<u>25,894</u>	<u>20,932</u>	<u>46,826</u>
<b>TOTAL FUNDS</b>	<u><u>290,195</u></u>	<u><u>(52,240)</u></u>	<u><u>237,955</u></u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	371,533	(444,705)	(73,172)
<b>Restricted funds</b>			
RENEW	12,953	(12,953)	-
Online Digital Support	<u>37,322</u>	<u>(16,390)</u>	<u>20,932</u>
	<u>50,275</u>	<u>(29,343)</u>	<u>20,932</u>
<b>TOTAL FUNDS</b>	<u><u>421,808</u></u>	<u><u>(474,048)</u></u>	<u><u>(52,240)</u></u>

**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 £
<b>Unrestricted funds</b>				
General fund	258,281	11,653	(5,633)	264,301
<b>Restricted funds</b>				
Meet & Move	18,394	-	-	18,394
Sanctuary Room	7,500	-	-	7,500
RENEW	-	(5,633)	5,633	-
	<u>25,894</u>	<u>(5,633)</u>	<u>5,633</u>	<u>25,894</u>
<b>TOTAL FUNDS</b>	<u>284,175</u>	<u>6,020</u>	<u>-</u>	<u>290,195</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	423,450	(411,797)	11,653
<b>Restricted funds</b>			
RENEW	6,600	(12,233)	(5,633)
	<u>430,050</u>	<u>(424,030)</u>	<u>6,020</u>
<b>TOTAL FUNDS</b>	<u>430,050</u>	<u>(424,030)</u>	<u>6,020</u>

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 the emotional and physical wellbeing of young adults undergoing treatment at University College London Hospital.

**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)