



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

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 LTD
FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31ST MAY 2023
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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
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Oxford
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TREKSTOCK LIMITED (REGISTERED NUMBER: 06919669)
REPORT OF THE TRUSTEES for the Year Ended 31 May 2023

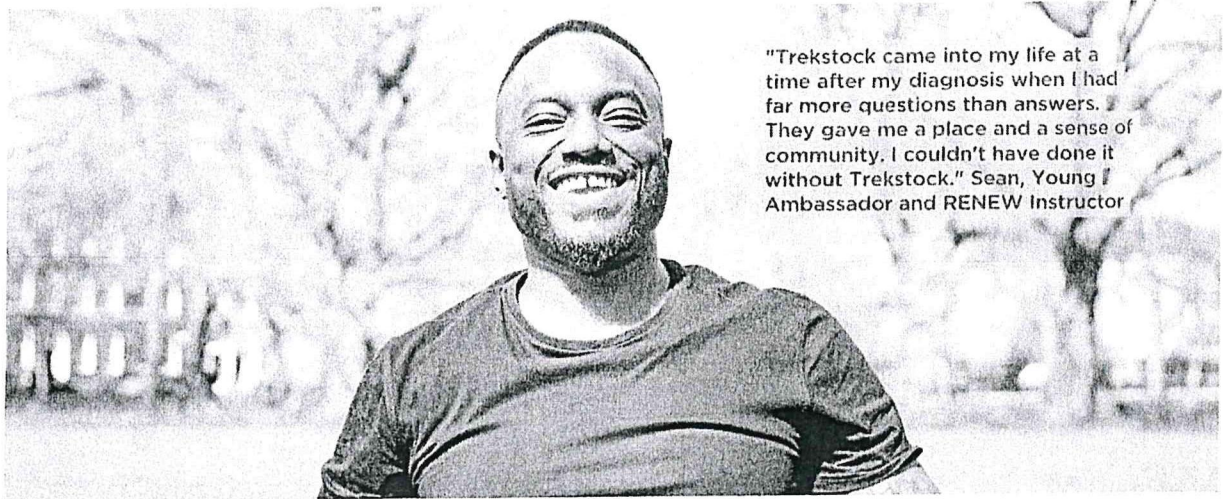
The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended 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
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 ACHIEVEMENTS & 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 our 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 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. 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.

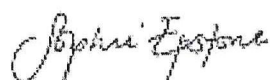
GIFTS IN KIND

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 LTDANNUAL REPORT FOR THE PERIOD ENDED 31ST MAY 2023Directors 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

Anthony C. Fawthorne
.....
H.C. Fawthorne 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)

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

A handwritten signature in black ink, appearing to read 'Rob Challis', with a long horizontal flourish underneath.

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.

TREKSTOCK LTD

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

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.

TREKSTOCK LTD

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

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

	<u>Unres-</u> <u>tricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2023</u> £	<u>Unres-</u> <u>tricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2022</u> £
<u>Program Costs</u>						
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
	<u>178,943</u>	<u>-</u>	<u>178,943</u>	<u>191,923</u>	<u>-</u>	<u>191,923</u>
	=====	=====	=====	=====	=====	=====

3. Charitable Activities

	<u>Unres- tricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2023</u>	<u>Unres- tricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2022</u>
	£	£	£	£	£	£
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
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	245,932	37,264	283,196	252,782	29,343	282,125
	=====	=====	=====	=====	=====	=====

TREKSTOCK LTD

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

4. **Staff Costs**

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

	<u>2023</u> No.	<u>2022</u> No.
Charitable Activities	3	3
Fundraising	3	3
	===	===

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

	<u>2023</u> £	<u>2022</u> £
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.

<u>Result for the Period</u>	<u>2023</u> £	<u>2022</u> £
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.

TREKSTOCK LTD

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

7.	<u>Tangible Fixed Assets</u>	<u>Office Equipment</u>	<u>Total</u>
	Cost	£	£
	Brought forward 01.06.22	1,770	1,770
	Additions	-	-
	Disposals	-	-
		<hr/>	<hr/>
	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	-	-
		<hr/>	<hr/>
	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.	<u>Debtors: Amounts Falling Due in One Year</u>	<u>2023</u>	<u>2022</u>
		£	£
	Amounts owed by group undertakings	111,527	137,612
	Other debtors	4,008	4,008
	Prepayments and accrued income	2,333	7,532
		<hr/>	<hr/>
		117,868	149,152
		=====	=====
9.	<u>Creditors: Amounts Falling Due in One Year</u>	<u>2023</u>	<u>2022</u>
		£	£
	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
		<hr/>	<hr/>
		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

	<u>Balance b/fwd</u>	<u>Incoming</u> <u>1/6/22</u>	<u>Outgoings</u> <u>& transfers</u>	<u>Balance c/fwd</u> <u>& transfers</u>	<u>31/5/23</u>
	£	£	£	£	£
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	-
		<u>46,826</u>	<u>16,332</u>	<u>63,158</u>	<u>-</u>
		=====	=====	=====	=====

13. Analysis of Net Assets between Funds

	<u>Fixed</u> <u>Assets</u>	<u>Invest-</u> <u>ment</u>	<u>Net Current</u> <u>Assets</u>	<u>Total</u>
	£	£	£	£
Restricted Funds	-	-	-	-
Unrestricted Funds	876	100	296,602	297,578
	<u>876</u>	<u>100</u>	<u>296,602</u>	<u>297,578</u>
	=====	=====	=====	=====

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.

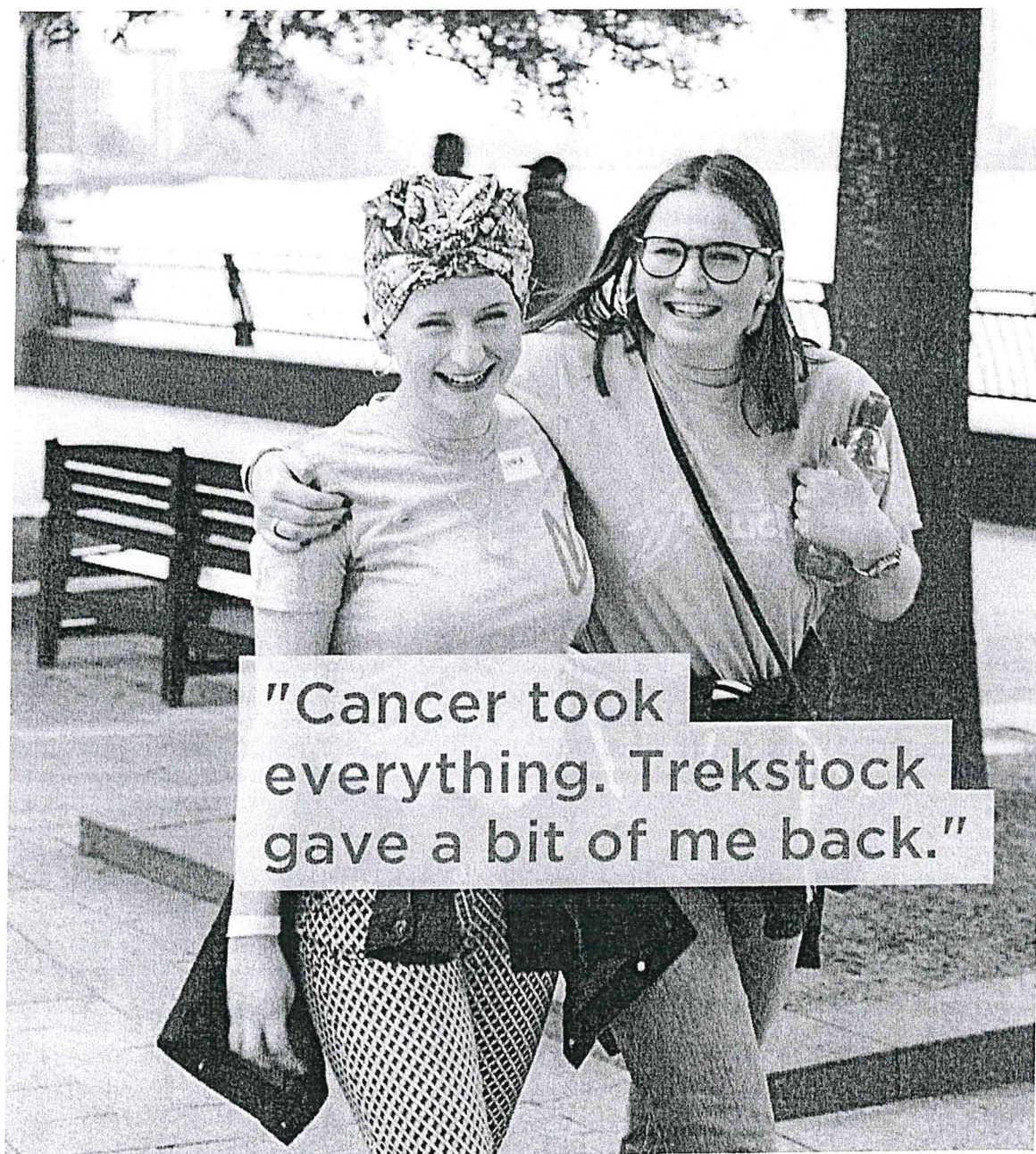
16. Subsidiary Undertakings

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)



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Charity Registration No: 1132421