

TREK STOCK

Life
alongside
cancer

Annual Report and Accounts 2024



Report of the Trustees for the Year Ended 31 May 2024

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

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). The financial statements are also

prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

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

Our Chief Executive and Chair's Introduction



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

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

A cornerstone of our success lies in the courage and passion of our Ambassadors, whose voices

amplify the experiences of young people with cancer, influencing healthcare and policy. Their bravery is instrumental in driving forward the change this community deserves.

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

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

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

A handwritten signature in black ink, which appears to read 'Rachel Roxburgh'.

Rachel Roxburgh (pictured right)
Chair of Trustees, Trekstock

Welcome from Ellen in Our Community



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

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

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

My love of musical theatre began whilst I was in Great Ormond Street Hospital where every week I looked forward to Saturday evenings when I would watch Andrew Lloyd Webber's 'I'd Do Anything' and cheer

on my two favourite performers Samantha Barks and Jodie Prenger. As soon as I was well enough my aunt arranged for me to meet the wonderful Jodie Prenger, and from here I started going to musicals with my aunt and meeting musical theatre performers at the stage doors.

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

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

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

Annual Report 2023/2024

for the Year Ended 31 May 2024

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

Rachel's invaluable support and extensive experience have greatly benefited Trekstock over the last year. Her guidance and leadership have been instrumental in helping us navigate the challenges we faced and celebrate our achievements. Under Rachel's stewardship, we have remained steadfast in our commitment to redefine life alongside cancer for people in their 20s and 30s. Our comprehensive range of support services and resources, including information on exercise, wellbeing,

nutrition, and more, continue to empower our community. Thanks to the collective efforts of our dedicated team, generous funders, and passionate supporters, Trekstock has continued to make a meaningful impact in the lives of young people affected by cancer. Thanks to the collective efforts of our dedicated team, generous funders, and passionate supporters, Trekstock has continued to make a meaningful impact in the lives of young adults affected by cancer.



Sophie Epstone, CEO & Founder



Our Objectives and Achievements

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

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



Trekstock continues to address these gaps by:

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

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



Why we do what we do

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

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

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

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

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

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

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



Trekstock Leading the Way

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

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

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

We aim to:

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



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

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

**TREK
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alongside
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.

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



Why We're Different

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

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

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

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



Key aspects of Trekstock's alignment include:

Get Active: Physical Recovery and Wellbeing:

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

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

Get Connected: Peer Support and Community Building:

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

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

Get Informed: Tailored

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

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

Get Heard: Advocacy and Representation:

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

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



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

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

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

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

Increasing our capacity to deliver our vital services

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

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

Reaching diverse communities

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

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

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



Growing UK wide partnerships

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

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

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

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

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

The London Cancer Allied Health Professionals Network
The Royal College of Nursing (RCN)

The Royal Marsden Hospital

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

The Freeman Hospital, Newcastle

The British Psychosocial Oncology Society (BPOS)

The Christie NHS Foundation Trust

UKONS

The Northern Centre for Cancer Care (NCCC)

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

Teenage Cancer Trust

Macmillan Cancer Support

Young Lives vs Cancer

Ellen MacArthur Trust

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

The Children and Young People with Cancer Coalition

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

NHS Cancer Charity Forum

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

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

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



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

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

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

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

Our Aims - Looking ahead, we are committed to:

Refining our offerings:

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

Strengthening partnerships:

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

Improving our data

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

Expanding our reach:

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

Our Impact



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

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



Fundraising - Challenges and Opportunities

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

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

Future Growth



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

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

We'll build a phased and balanced fundraising plan to provide predictable cash-flow and enable optimal management by our lean fundraising team. This income plan will include impactful and strategic partnerships with High Value Individuals, Trusts & Foundations, multi-year corporate partnerships and growing our community

supporters. Trekstock is fortunate to have established relationships with several individuals who will support this work on a pro-bono basis.

Opportunities abound, we aim to:

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

Trust & Foundations



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

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

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





Corporate Partnerships

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

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

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

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

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





Community Fundraising



Fundraising

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

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

Merch for Good

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

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



Looking Ahead to The Future



A New Cancer Care Paradigm

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

At the heart of our new approach is the affirmation that navigating a cancer diagnosis in your 20s and 30s is a life of parallels. In an era that should be filled with exploration of early adulthood and personal milestones, a cancer diagnosis can be particularly devastating. The challenge will be to create a simple and confident brand that challenged the status quo of cancer care charities and established them as an authority in the space without alienating anyone within Trekstock's target demographic. For Cengizhan, being part of a community like Trekstock, which accurately reflected his experience of cancer, was crucial. Seeing yourself reflected in the Trekstock brand, rather than encountering older people in other literature aimed at cancer patients, leads to a reduction of isolation.

Cengizhan explains: "Having cancer can be isolating and reaching out or stepping into a community can be an nerve-racking process. Finding the appropriate words to say, concerns about validity or having the

'right' outlook - can create a bit of insecurity. "But people need people. Attending meet-ups, going on trips and having conversations twisted the bulb until light began to flicker. Isolation, like cancer, breeds languishment but occupying spaces and conversations jolted revelation. The paranoia, the humour, the grief – it was all there. In moments where feelings weren't entirely mirrored by others, nods of community members - now whom I consider friends – validated my experience. The singularity and obscurity of experiences were understandable, for we have all dealt with our own."

- Cengizhan, Trekstock

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

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

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

Governance and Leadership



Governance and Leadership

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

Gratitude and Acknowledgments

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

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

Sophie Epstone, CEO & Founder

Our Income and Expenditure



Structure, Governance and Management

Our Board

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

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

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

Our Chair & Trustees

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

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



Our Team

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

Frequency of Board Meetings

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



Recruiting Trustees

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

Risk Policy

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

Staff Team & Volunteers

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

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

TREKSTOCK LTD

ANNUAL REPORT FOR THE PERIOD ENDED 31ST MAY 2024

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

Objects of the Charity, Principal Activities and Public Benefit Statement

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

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

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

Organisation of Our Work

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

Developments and Achievements

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

Future Developments

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

Transactions and Financial Position

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

Funds Available

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

TREKSTOCK LTD

ANNUAL REPORT FOR THE PERIOD ENDED 31ST MAY 2024

Directors and Trustees

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

Risk Management

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

Independent Examiners

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

Small Companies Regime

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

Approval

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



Rachel Roxburgh, Chair (Trustee)

TREKSTOCK LTD
STATEMENT OF TRUSTEES' RESPONSIBILITIES
FOR THE PERIOD ENDED 31ST MAY 2024

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

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

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

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

By Order of the Board of Directors
and Trustees



REPORT OF THE INDEPENDENT EXAMINER TO THE TRUSTEES OF

TREKSTOCK LTD

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

Respective responsibilities of the trustees and examiner

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

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

Basis of independent examiner's report

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

Independent examiner's statement

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

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

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

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

Heather C. Fanthome
H.C. Fanthome FCA

27th February 2025
Dated

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

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

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

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

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

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

The directors acknowledge their responsibilities for:-

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

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



Rachel Roxburgh, Chair (Trustee)

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

TREKSTOCK LTD

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

1. Accounting Policies

(a) General Information

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

(b) Basis of preparation

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

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

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

(c) Activities

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

(d) Income recognition

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

No permanent endowments have been received in the period.

(e) Expenditure recognition

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

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

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

TREKSTOCK LTD

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

1. Accounting Policies (cont'd)

(f) Grants payable

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

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

(g) Value added tax

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

(h) Financial assets – classified as basic financial instruments

i) Cash and cash equivalents

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

ii) Trade and other receivables

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

iii) Trade and other payables

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

(i) Fund accounting

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

Restricted Funds are those given for particular purposes and projects.

(j) Going concern

The financial statements have been prepared on a going concern basis.

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

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

TREKSTOCK LTD

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

1. Accounting Policies (cont'd)

(k) Translation of Foreign Currencies

Monies received and expended in foreign currencies are accounted for at the rate of exchange prevailing at the date of the transaction.

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

(l) Operating Leases

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

(m) Tangible Fixed Assets

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

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

(n) Pension Costs

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

(o) Group Accounts

The charity has a 100% subsidiary – Trekstock UK Ltd.

The charity has taken advantage of the exemption contained in Section 398 Companies Act 2006 to produce consolidated accounts.

2. Raising Funds

	<u>Unres- tricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2024</u>	<u>Unres- tricted Funds</u>	<u>Restricted Funds</u>	<u>Total 2023</u>
	£	£	£	£	£	£
<u>Program Costs</u>						
Staff costs	186,891	-	186,891	137,478	-	137,478
Other fundraising costs	30,071	-	30,071	39,814	-	39,814
Support costs	2,901	-	2,901	1,651	-	1,651
	<u>219,863</u>	<u>-</u>	<u>219,863</u>	<u>178,943</u>	<u>-</u>	<u>178,943</u>
	=====	=====	=====	=====	=====	=====

TREKSTOCK LTD

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

3. Charitable Activities

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

4. Staff Costs

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

	<u>2024</u> No.	<u>2023</u> No.
Charitable Activities	3	3
Fundraising	3	3
	===	===

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

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

- a) No employee received emoluments in excess of £60,000 pa.
- b) No expenses are paid to any Trustees; reimbursements are made where overhead items have been initially expended by the Trustees on behalf of the Charity.

Result for the Period

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

TREKSTOCK LTD

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

6. Transfer between Funds

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

7. Tangible Fixed Assets

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

All tangible fixed assets are used directly for charitable purposes.

8. Debtors: Amounts Falling Due in One Year

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

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

TREKSTOCK LTD

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

9. Creditors: Amounts Falling Due in One Year

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

11. Share Capital

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

12. Analysis of Net Assets between Funds

	<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	3,320	100	204,283	207,703
	<hr/> 3,320	<hr/> 100	<hr/> 204,283	<hr/> 207,703
	=====	=====	=====	=====

There were no restricted fund movements in the 2024 year.

13. Commitments

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

14. Related Party Disclosures

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

TREKSTOCK LTD

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

15. Subsidiary Undertakings

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

The aggregate capital and reserves and the result for the year of the subsidiary excluded from consolidation was as follows:

Loss £232

Capital and Reserves £(95,922)

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

TREK STOCK

**Life
alongside
cancer**

Trekstock Ltd Financial Statements

For the period ended 31st may 2024
Administrative information

Directors and Trustees:

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

Company Number 6919669 (England and Wales)

Charity Number 1132421

Registered Office:

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

Independent Examiner:

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