

# TREKSTOCK.

## CANCER SUPPORT

Annual Trustees Report &  
Accounts for the year ending May 2025



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

## Report of the Trustees for the Year Ended 31 May 2025

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

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

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

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



## Intro from our Chair

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

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

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

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

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

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

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

**Rachel Roxburgh** (pictured right)  
**Chair of Trustees, Trekstock**



## Welcome from Natalie

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

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

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

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

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

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

**Natalie Woodward, Community & Operations Lead**





## A note from Sophie, our CEO

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

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

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

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

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

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

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

**Sophie Epstone, CEO & Founder (centre)**



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

## Who is Trekstock Cancer Support?

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

**Trekstock exists to change this.**

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

Lucy, 28

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

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

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

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

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



# Objectives & Achievements

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

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

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

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

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



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

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

## **Together, we will focus on:**

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



## Why we do what we do

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

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

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

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

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

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

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





## Leading the way

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

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

### We aim to:

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

Throughout the years, our commitment to encouraging and supporting this community has remained unwavering.

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

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

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

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

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

Advanced Nurse Practitioner  
**Royal Marsden NHS Foundation Trust**



## Our 3 year priorities, 2023–2026

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

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

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

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

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

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

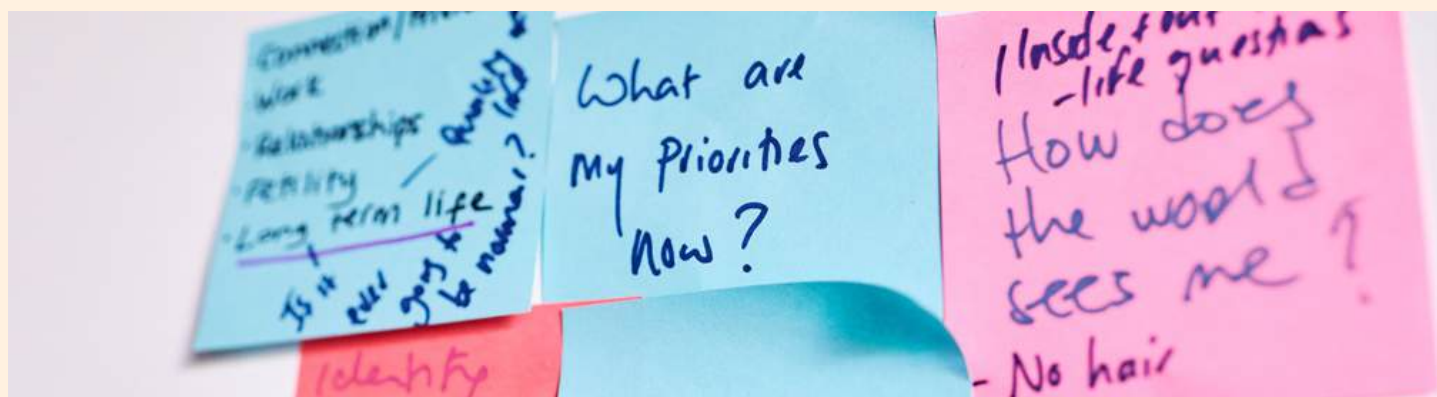
In response to this learning and to ensure we remain focused on making the biggest impact on the lives of those who need our support, we’ve focused on building our online exercise programme delivery, with an aim to provide more flexible, accessible support for both physical and mental wellbeing. This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

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

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

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

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## Our 3 year priorities, 2023–2026

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

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

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

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

### Priority 3 - Reaching diverse communities.

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

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

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





# Our 3 year priorities – 2023–2026

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

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

## Priority 4 - Developing UK wide partnerships.

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

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

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

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

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







## Our Impact

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

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

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

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

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

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



## Fundraising

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

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

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

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

### Future Growth

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

#### Our priorities include:

##### 1. Strengthen trust & foundation support

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

##### 2. Align programme delivery with funding

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





# Fundraising

## 3. Deepen strategic corporate and pharmaceutical partnerships

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

## 4. Drive collaborative cross-sector working

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

## 5. Grow Trek This City

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

## 6. Expand our challenge events portfolio

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

## 7. Develop Merch for Good

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

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

## Trusts & Foundations

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

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

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

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



## Corporate Partnerships

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

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

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

### Why organisations choose to partner with us:

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

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

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

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

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

## Community Fundraising

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

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





# Governance & Leadership

## Governance & Leadership

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

## Thanks & Acknowledgements

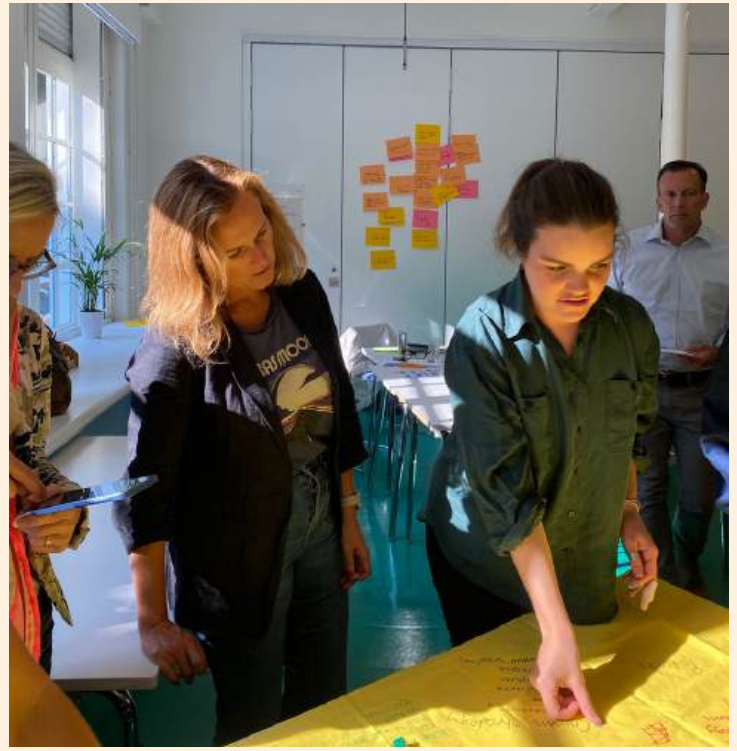
This year's successes are a testament to the unwavering dedication of our staff, volunteers, partners, and supporters. To the Trekstock team and our Board of Trustees led by Rachel Roxburgh, thank you for your passion, vision, and commitment. To our community of young people, your strength and stories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

## Structure, Governance and Management:

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

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





## Our Chair & Trustees

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

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

## Our Team

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

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

## Board Meetings & Recruitment

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

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



## Dedicated to the Memory of Rob Challis

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

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

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

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

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

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

**TREKSTOCK CANCER SUPPORT LTD**  
**FORMERLY TREKSTOCK LTD**  
**COMPANY NO. 6919669 (ENGLAND AND WALES)**  
**A COMPANY LIMITED BY GUARANTEE**  
**AND NOT HAVING A SHARE CAPITAL**  
**REGISTERED CHARITY NO. 1132421**

**FINANCIAL STATEMENTS**  
**FOR THE PERIOD ENDED 31<sup>ST</sup> MAY 2025**

**KING LOOSE & CO**  
**INDEPENDENT EXAMINERS**

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



**TREKSTOCK CANCER SUPPORT LTD**  
**FORMERLY TREKSTOCK LTD**  
**FINANCIAL STATEMENTS**  
**FOR THE PERIOD ENDED 31<sup>ST</sup> MAY 2025**  
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**TREKSTOCK CANCER SUPPORT LTD**  
**FORMERLY TREKSTOCK LTD**  
**FINANCIAL STATEMENTS**  
**FOR THE PERIOD ENDED 31<sup>ST</sup> MAY 2025**  
**ADMINISTRATIVE INFORMATION**

Directors and Trustees

Dr G Pugh  
J Jeancolas  
R Roxburgh (Chair)  
R O Challis  
C A de Marco  
A S Hill  
Dr A Batla  
T Dallas  
E Reynolds  
L Soanes  
S Lowe

Company Number

6919669 (England and Wales)

Charity Number

1132421

Registered Office

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

Independent Examiner

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

**TREKSTOCK CANCER SUPPORT LTD**

**FORMERLY TREKSTOCK LTD**

**ANNUAL REPORT FOR THE PERIOD ENDED 31<sup>ST</sup> MAY 2025**

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

**Objects of the Charity, Principal Activities and Public Benefit Statement**

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

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

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

**Organisation of Our Work**

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

**Developments and Achievements**

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

**Future Developments**

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

**Transactions and Financial Position**

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

**Funds Available**

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



**TREKSTOCK CANCER SUPPORT LTD**

**FORMERLY TREKSTOCK LTD**

**ANNUAL REPORT FOR THE PERIOD ENDED 31<sup>ST</sup> MAY 2025**

**Directors and Trustees**

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

**Risk Management**

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

**Independent Examiners**

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

**Small Companies Regime**

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

**Approval**

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



Mrs R Roxburgh (Trustee)

**TREKSTOCK CANCER SUPPORT LTD**  
**FORMERLY TREKSTOCK LTD**  
**STATEMENT OF TRUSTEES' RESPONSIBILITIES**  
**FOR THE PERIOD ENDED 31<sup>ST</sup> MAY 2025**

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

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

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

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

By Order of the Board of Directors  
and Trustees



Mrs R Roxburgh (Trustee)

**REPORT OF THE INDEPENDENT EXAMINER TO THE TRUSTEES OF**  
**TREKSTOCK CANCER SUPPORT LTD**  
**FORMERLY TREKSTOCK LTD**

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

**Respective responsibilities of the trustees and examiner**

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

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

**Basis of independent examiner's report**

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

**Independent examiner's statement**

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

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

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

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

  
H.C. Fanthome FCA

27th February 2026  
Dated



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

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

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

**TREKSTOCK CANCER SUPPORT LTD**

**FORMERLY TREKSTOCK LTD**

**BALANCE SHEET AS AT 31<sup>ST</sup> MAY 2025 (COMPANY NO:6919669)**

	Note	£	31 <sup>st</sup> May 2025 £	£	31 <sup>st</sup> May 2024 £
<u>Fixed Assets</u>					
Tangible assets	7		2,184		3,320
Investments	15		100		100
<u>Current Assets</u>					
Debtors	8	125,180		116,347	
Cash at Bank		123,227		108,490	
			<u>248,407</u>	<u>224,837</u>	
<u>Creditors: Amounts</u>					
Falling Due in One Year	9	21,516		20,554	
			<u></u>	<u></u>	
Net Current Assets			226,891		204,283
Total Assets less Current Liabilities, being Net Assets			<u>229,175</u> =====		<u>207,703</u> =====
<u>Funds</u>					
Unrestricted Funds			229,175		207,703
Restricted Funds			-		-
			<u></u>	<u></u>	
Total Funds			<u>229,175</u> =====		<u>207,703</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 26/2/2026 and signed on its behalf by:

Mrs R Roxburgh (Chair)



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

**TREKSTOCK CANCER SUPPORT LTD**

**FORMERLY TREKSTOCK LTD**

**NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31<sup>ST</sup> MAY 2025**

1. Accounting Policies

(a) General Information

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

(b) Basis of preparation

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

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

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

(c) Activities

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

(d) Income recognition

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

No permanent endowments have been received in the period.

(e) Expenditure recognition

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

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

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



**TREKSTOCK CANCER SUPPORT LTD**

**FORMERLY TREKSTOCK LTD**

**NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31<sup>ST</sup> MAY 2025**

1. Accounting Policies (cont'd)

(f) Grants payable

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

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

(g) Value added tax

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

(h) Financial assets – classified as basic financial instruments

i) Cash and cash equivalents

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

ii) Trade and other receivables

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

iii) Trade and other payables

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

(i) Fund accounting

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

Restricted Funds are those given for particular purposes and projects.

(j) Going concern

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

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

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

**TREKSTOCK CANCER SUPPORT LTD**  
**FORMERLY TREKSTOCK LTD**

**NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31<sup>ST</sup> MAY 2025**

1. Accounting Policies (cont'd)

(k) Translation of Foreign Currencies

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

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

(l) Operating Leases

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

(m) Tangible Fixed Assets

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

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

(n) Pension Costs

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

(o) Group Accounts

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

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

2. Raising Funds

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

**TREKSTOCK CANCER SUPPORT LTD**

**FORMERLY TREKSTOCK LTD**

**NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31<sup>ST</sup> MAY 2025**

3. Charitable Activities

	<u>Unres-</u> <u>tricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2025</u> £	<u>Unres-</u> <u>tricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2024</u> £
Staff costs	96,949	-	96,949	91,982	-	91,982
Direct programme costs	48,055	-	48,055	126,377	-	126,377
Support costs	71,296	-	71,296	92,740	-	92,740
	<u>216,300</u>	<u>-</u>	<u>216,300</u>	<u>311,099</u>	<u>-</u>	<u>311,099</u>
	=====	=====	=====	=====	=====	=====

4. Staff Costs

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

	<u>2025</u> No.	<u>2023</u> No.
Charitable Activities	3	3
Fundraising	2	3
	===	===

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

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

5. Result for the Period

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



**TREKSTOCK CANCER SUPPORT LTD**

**FORMERLY TREKSTOCK LTD**

**NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31<sup>ST</sup> MAY 2025**

6. Transfer between Funds

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

7. Tangible Fixed Assets

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

All tangible fixed assets are used directly for charitable purposes.

8. Debtors: Amounts Falling Due in One Year

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

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

**TREKSTOCK CANCER SUPPORT LTD**

**FORMERLY TREKSTOCK LTD**

**NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31<sup>ST</sup> MAY 2025**

9. Creditors: Amounts Falling Due in One Year

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

11. Share Capital

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

12. Analysis of Net Assets between Funds

	<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	2,184	100	226,891	229,175
	<hr/>	<hr/>	<hr/>	<hr/>
	2,184	100	226,891	229,175
	=====	=====	=====	=====

There were no restricted fund movements in the 2025 year.

13. Commitments

In the opinion of the Trustees, there were no outstanding commitments at 31<sup>st</sup> May 2025.

14. Related Party Disclosures

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

**TREKSTOCK CANCER SUPPORT LTD**

**FORMERLY TREKSTOCK LTD**

**NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31<sup>ST</sup> MAY 2025**

15. Subsidiary Undertakings

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

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

Loss £9,167

Capital and Reserves £105,088 deficit.

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



# **TREKSTOCK.**

CANCER SUPPORT

**Trekstock Ltd**

## **Financial Statements**

For the period ended 31st May 2025

Administrative information

Directors and Trustees:

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

Company Number 6919669 (England and Wales)

Charity Number 1132421

Registered Office:

**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**  
**Summer town**  
**Oxford**  
**OX2 7JL**