

Widnes and Runcorn Cancer Support Group

Charity number 1145810

A Company limited by guarantee number 7830948



The Centre

Widnes & Runcorn Cancer Support Group

Annual Report and Financial Statements for the year ended 31 March 2023

Web Site: www.widnesandruncorcancersupport.org.uk

Registered Charity no.1145810

Company no. 07830948



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Greater Merseyside Community
Accountancy Service

Widnes and Runcorn Cancer Support Group

Annual Report and Financial Statements for the year ended 31 March 2023

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Prepared by the Greater Merseyside Community Accountancy Service

Widnes and Runcorn Cancer Support Group

Trustees' report

Thanks and acknowledgements

The Board of Trustees would like to take this opportunity to thank the many individuals, groups and organisations who have supported Widnes & Runcorn Cancer Support Group throughout the year.

Thank you once again to NHS Halton Clinical Commissioning Group (CCG), now Cheshire & Merseyside Integrated Care Board (ICB), whose grant agreement has provided a further year of financial support.

Halton Borough Council (HBC) have again provided the Voluntary Sector Core Grant and a grant from the Public Health Team for which we are very grateful.

Children and Adolescent Mental Health Services (CAMHS) have once again provided a grant to support our Children and Young People's service.

Alongside grants and funds, we are very fortunate to receive financial and other varying types of support from organisations, groups and individuals within our community. We would like to note a special thanks to:

Knights Choir, Weston Point CP school, Toby Carvery - Dominoes team, Comformatic, Co-operative (Upton Rocks), Lloyds bank - match funding, Widnes Cricket Club, Halton Housing, JGC plc, Widnes Tesco, Johnson Service group, HBC Transport Co-ordination, The Derek Roylance Challenge Cup Team, Gary Cambridge & UK Electric Vehicle Owners Club and Cool Cat Records.

Throughout the year, the team from Widnes Martial Arts have supported our charity again in a variety of ways including their very own 'Marvelous Moustachathon', 'Bake Off', various raffles and awareness raising. We are delighted to have their support.

B Wilson and family (our youngest supporter!) has raised numerous funds again this year. Thank you, young Master Wilson, we appreciate and applaud you.

Widnes Rotary continue to offer their support and made another generous donation this year following their Christmas Float Appeal.

We would also like to thank many individuals for their very generous donations:

J Mills, D Graal, S Connolly, K & L Hill, C Molyneux, D Rylance, L Bevan, K McGinty, S Houghton, C McCormick, M McVeigh, J Robson, L Powell, N Leather, H Richardson, J Wright, J Hunt, L Farrow, JM Pennington, A Rae, J Carter, F Carter, G Simpson, C Stevens, M Thomas, K & B Flanagan, A Pointon, H Ettrick, J Shephard, J Beesley, L Cartledge, JR Copeman, A Duckett, K Hughes, L Plumpton, D Donoghue, P Donoghue, J Byrne, P Loughlin, S Byrne, B McCarron, K Berry, A Roberts, A Entwistle, J Appleton, D Bennett, R Langman, J Lyons, N Durbin, L Ackerley, M Owen, .

We receive regular monthly support via our on-line giving platform. Thank you to Mr & Mrs Carr, Mrs Brady, Mr & Mrs Wilson and Mr & Mrs Hill.

Many of our on-line donors are anonymous. Please accept our sincere thanks if you have donated on-line. We will continue to utilise all donations in the best possible way.

L Farrow is a long-term volunteer, supporter and fundraiser who facilitates the inhouse lottery. Lyn has raised over £17,000 since starting this which she takes great care and organisation in running. Thank you, Lyn and Ken for your support and thanks to all who join in.

We are sometimes in receipt of donations following the passing of someone who has found support in our service. It is difficult to imagine the strength it takes to organise collections and donations in memoriam, and we are very grateful to the family and friends who choose to do this for our charity. To the family and friends of: M Seddon, B Houghton, M McCormick, J Walton, N Killen, P Leather, L Hawkin, the Marsh family, the Hill family, P Lightfoot, B Jacobs, E Brandreth, V Povey, please accept our condolences and sincere thanks.

Our service is very blessed with the gift of time and skills from many people. We could not offer counselling, therapies and beauty treatments without our wonderful volunteer counsellors, therapists and beauty students from Riverside College. Your work means so much to so many.

To our many volunteers, your efforts, commitment and humbling contributions make a real difference in people's lives. We applaud you.

A final recognition to the team at Widnes Market who provide space in their wonderful market for us to hold a monthly fundraising stall.

As you can see, it has been a year filled with compassion, kindness, utilisation of skills and generosity. We can never thank you all enough for all you have done and the help and support this has provided for many people in our community.

Widnes and Runcorn Cancer Support Group

Trustees' report continued

Chairman's report 2022 – 2023

The year April 2022 to March 2023 has been a productive year involving further recovery following the impact of the pandemic. Our board and staff team anticipated a time of healing and resurgence, knowing the previous turmoil had left its mark in many ways. I am delighted to be preparing this year's report, having seen through a progressive year.

I know my fellow board members will join me in recognising the efforts of the staff and volunteers as they have honourably navigated this period, regaining, and rebuilding the services, ensuring its professionalism and compassion.

I feel our board have worked extremely well together, perhaps even stronger for having undergone such challenges and I thank them for their commitment and determination in delivering our responsibilities.

I would like to thank Halton Borough Council, Public Health, Halton Clinical Commissioning Group (Now Cheshire & Merseyside Integrated Care Board) and Children and Adolescent Mental Health Services (CAMHS) for their commitment to supporting our work and continuation of funds. A special thanks also to Abbeyfields, Widnes, for their injection of funds which has made a great deal of difference.

Halton & St Helens Voluntary, Community Action (VCA) have again been the thread throughout our community. We are ever thankful for their continued support and excellent provision.

Thanks and acknowledgements are noted, yet I would like to personally recognise the continuous fundraising efforts of our team and the kindness and generosity of our supporters and donors.

What can I say about our year as one of the Mayor of Halton's chosen charities! To say it has been an honour does not feel enough to acknowledge the year we have had. Councillor Mark Dennett and his wife Andrea have made this year spectacular in so many ways; one of my favourites being their involvement in our '5K Your Way' event. Our Mayor and Mayoress addressed the crowd, enthusiastically joined in the warm-up and made sure they completed every inch of the route before adding their medals on top of the Mayoral chains. They really did make the day for us. Every event has been made incredibly special by their infectious warmth and eagerness to make everyone in the room be part of their events.

Something which was cemented this year was the decision to operate our service by appointment only. This felt a bold and necessary step for many reasons, on which Operation Manager, Nicola, will elaborate on in her report. I and my fellow trustees felt strongly that we needed to effect change in this way. We trusted our team would implement this in a sensitive yet clear way, developing our offer with a more targeted, specific approach. I am very pleased to say this has now become our expected and accepted way of operating. While a small number may wish they could call in for a coffee when out shopping or come in to say hello to friends, we must continue to be explicit about what our service is here for, and we have a duty to deliver this. As the subsequent months and years follow, we anticipate an increased need for our services.

The many signs and symptoms of cancers which were not presented or have and will be presented at later stages due to the pandemic will have consequences for many individuals and for our health services for untold years. We must be in a position to deliver high quality support as effectively as possible. A culture of ad hoc social visits for an undefined length of time does not allow for the structure and planning of our resources and will not withstand the demands of the years to come. This is why we are now in a much better place to respond to our community.

Widnes and Runcorn Cancer Support Group

Trustees' report continued

I am especially proud of the progress our counselling service has made. Offering professional counselling comes with a plethora of governance, guidance and responsibilities, as it should. Led by our employee Sam, and supported by fellow employee Karen, our counselling services has developed and strengthened year on year and is a fine example of how a counselling service operates well. Sam came to us with new experience and knowledge and the kind of exemplary work ethic that manifests success. Karen, sharing the same ethos has developed her skills and knowledge and alongside their colleagues, provide an excellent professional counselling service.

Last year when we welcomed new patron, Karl Martindale, we did so in recognition of his position within our community as we had learned of the influence and impact Karl has with regards to improving health and wellbeing.

The ask and hope for this connection and the involvement of his team at Widnes Martial Arts, was to increase awareness of our services and build a strong link. Widnes Martial Arts is such an excellent establishment, who promote admirable attributes and drive increased wellbeing within our community. What we did not expect were the amazing efforts from this impressive group, in raising not only awareness but substantial funds to support our work. Thank you to Karl and his remarkable team, students, and their families for all they have done and are doing for our charity.

Finally, I would like to end by reiterating my heartfelt thanks to our team who relentlessly strive to deliver the best quality of therapeutic support. Nicola, Corrinne, Karen, Sam, Maureen and Val, we thank you. Every year brings new challenges and successes and I want you to truly appreciate the value you add to people's lives.

Treasurers Report

We are indebted once again to Jane Williams for the independent submission of our 2022-23 annual accounts and for the preparation of a balance sheet for submission to Companies House.

This is the eleventh full accounting year since our incorporation as a Company Limited by Guarantee.

We are fortunate and grateful also to have been in receipt of another yearly grant from NHS Halton CCG (now NHS ICB), Children & Young People's funding from Children and Adolescents Mental Health Services and to have been the recipients of further grant support from Halton Borough Council via the Public Health Department and Voluntary Sector Core Grants. We are also grateful for funds received from NHS Cheshire & Merseyside Cancer Alliance. We are very thankful for funds received from Abbeyfields Widnes.

Forthcoming items of note for the accounts:

Reserves and designated funds policy

- We have designated funds of £10,000 to cover redundancy and expenses in the event of closure.
- We have designated funds for our work relate to respite activity and for our work with Children & Young People.

Mr Ken Hill
Treasurer

Widnes and Runcorn Cancer Support Group

Trustees' report continued

Operations Manager Report

My seventh year as Operations Manager has been one of development, challenge and growth, both for our service and personally as the manager of our charity.

Once again, our Board of Trustees have provided their skills, experience, time, and support; consistently delivering commitment, and expertise in their strategic guidance and application of our charitable aims. Our organisation is privileged to have such dedicated individuals who operate with unwavering professionalism and compassion.

In Quarter one, April, May and June of 2022 we began a fun-filled and busy relationship with the wonderful Mayor and Mayoress of Halton, Councillor Mark Dennett and his wife Andrea Dennett. There are many amazing charities in Halton, yet we were fortunate enough to be one of the chosen charities, alongside our good friends at Halton Carers Centre. Regular meetings, plans and events were enthusiastically discussed and organised and it was clear from the start that this was going to be a very special year! More to follow later in the report.

At the start of the year, we scheduled regular meetings with our colleagues at the Macmillan Delamere Centre. They too were undergoing change and it was very important to ensure a positive relationship of collaboration for the benefit of those accessing our services across Halton. The aim of meeting was for our services to complement each other and avoid duplication. This has led to a better understanding across both services and has nurtured a great relationship.

June was very much a month of celebration where we held a cream tea event for the Platinum Jubilee. We held a thank you afternoon for our wonderful volunteers and Maureen our Outreach Worker attended the Halton Chamber of Commerce awards evening where the Heath Business Park won the Commitment to Community award. Maureen has represented our service at the 'Eat @ the Heath' meetings to raise awareness of our services and to welcome new service users.

Quarter two, saw the popularity of our '5K Your Way' – sponsored walk/jog/run, grow to almost one hundred participants. We filled the bandstand area of Victoria Park with lots of supporters, many wearing orange and blue to represent our logo. Those involved joined in for various reasons; some to support someone they know who is dealing with cancer, some to show support for our charity and some in memory of a loved one. Many raised funds and in total £4065.67 was raised along with our charity profile, and the spirits of all involved. Special thanks to Sean Bailey of Sean Bailey Wellness for providing a fantastic warm-up session to get everyone moving, to Widnes Martial Arts who brought along many of their team who led the start of the course, and to our fabulous Mayor and Mayoress who joined in literally every step of the way, all undeterred by the inclement weather. Our volunteers did a grand job of marshalling, fundraising, organising, ensuring the event was safe and generally making the whole event a success.

Other great events included Cronton Gala which has become a regular annual event for us, the Joe Cox 'More in Common' event and Halton Haven's 'Tea at Three' – butterfly release.

In August, we welcomed new Charity Patron, Karl Martindale, which was announced at our Annual General Meeting in October. Karl is very well known in our community and runs the hugely successful Widnes Martial Arts School which teaches a Korean form of martial arts named Kuk Sool Won. Karl is very eager to promote health related issues and is an excellent ambassador of our work.

We trialed our very first 'Therapeutic Art' session in September with support from Cheshire & Merseyside Cancer Alliance and Halton & St Helens Voluntary Community Action. This was led by a qualified, experienced counsellor. Therapeutic Art is a form of therapy that uses art media as its main mode of expression and communication as a form of therapy. The project has been a great success and will continue into the next year.

Widnes and Runcorn Cancer Support Group

Trustees' report continued

From Quarter three, our board began to review our services in a different way. Much had changed following the pandemic and despite additional financial support, the aftermath of the pandemic, and the projections for the future meant our board had to carefully consider our entire expenditure and conduct a full-service review. Later in the year, some difficult yet necessary decisions were to follow.

November was a somewhat hairy month! The gents from Widnes Martial Arts decided to conduct their own version of 'Movember', which was named the 'Magnificent Moustachathon'. It is pertinent to note that those associated with Widnes Martial Arts do not do things by halves. The gents set to with gusto, nurturing what truly were magnificent moustaches. What was even more magnificent was the fact they raised £4,250.02 and lots of awareness of our work in the process. When shave day came, some found it very difficult to let go of their facial works of art.

December as always had a festive feel with a 'Mince Pie & Mingle' afternoon for service users, a mindfulness advent calendar and a memory tree at the Centre. We supported Widnes Rotary in the float collections on a number of evenings and joined the Mayor of Halton and guests for his Christmas party night.

Quarter four, is often a little slow to start, with many feeling the effects of a busy festive period and this one was no different. On the same token, many resolve to seek support and face challenges at this time of year so we are always ready to respond and provide the support needed.

In January, we were very saddened by the passing of one of our long-standing volunteers, Lilian Taylor. Lilian had supported our gentleman's group for many years, sadly unable to return following the pandemic. Lilian is and always will be a very well-remembered, and important part of our history.

The Mayor and Mayoress hit the New Year full on with an ambitious calendar of events, aiming to reach as many people in the community as possible and raising as much for their charities as they could along the way. We had an amazing Burns night, quickly followed by the Civic Ball, Paddies night, an evening meal at La Cantina and a family bingo! It was quite the social calendar and certainly helped to raise funds and awareness for both charities.

I would like to echo our chairman's comments regarding our counselling service. I have no hesitation in having great confidence in the quality and reputation this has amongst fellow services and educational settings who recommend our placement program to their students.

Amongst the highlights and the continuation of the many services we provide, the trustee board were continuing to work on what can reasonably be referred to as the daunting task of significantly reducing expenditure. Financial scrutiny is not unfamiliar to our board who carefully monitor and manage the finances meticulously, yet this was a bigger challenge, resulting in potential reduction in resources, therefore directly impacting our staff team. Needless to say, our diligent board undertook the necessary task, engaging appropriate external expertise in conducting a thorough and fair review. The outcome of the review was the first time our charity has had to take such action and the way in which all staff members conducted themselves under such strained and anxious circumstances is to be commended.

Overall, the year has been a success in many ways and certainly in terms of the survival and continuation of our service. The highs of our wonderful Mayoral year, welcome to our fantastic new patron and return of a thriving service has been very much opposing to some of the challenges we have faced. Every year as I write my report, I reflect on the whole picture and tell the story of the year, reliving the various emotions and passions this stirs. I am without a doubt immensely proud of what we do and how we do it. I cannot stress enough how this service is powered by the kindness, decency, dedication and good old fashioned hard work of the team and I am truly thankful and in awe of them.

The year prior, I made a commitment to lead our services in promoting a culture of empowerment, rather than dependency, offering empathy rather than sympathy. Holding the boundary of pre-bookable appointments in place, has not only improved privacy and confidentiality standards, it has refocused our resource and energies in providing high quality, therapeutic activity and outcomes.

The demand for our services, ask from our funders and responsibility for alignment with fellow health-related services, mean we must continue to strive for meaningful, effective methods of therapeutic support, directing the need for social contact beyond this, to those best placed in the community to provide it.

Our specialism is and must continue more than ever, to be focused, tailored offers which promote acceptance, growth, progression, and empowerment to cope with all that a cancer diagnosis can bring.

Widnes and Runcorn Cancer Support Group

Trustees' report continued

Our services

Our Services

Core Support

Listening support and information services are a very important and well utilised part of what we offer. Listening support either face to face or via telephone has been accessed 820 times this year while information requests were accessed 1576 times. We pride ourselves on responding as efficiently and compassionately as possible.

Psychological Support

Professional counselling sessions have continued to be a high priority and have become even more of a focus due to high demand. 525 counselling related calls and assessments took place which led to 466 hours of scheduled counselling. 161 of those sessions were cancelled due to illness and often concerns of Covid-19 symptoms. This decreased as the year progressed. We anticipate the demand for professional counselling will increase with around 60% of all new referrals requesting sessions.

Children and Young people's support

Over the year we have received 30 referrals for children and young people aged between 6 to 16 years. This is made up of 18 males and 12 females. These referrals have been made directly to us from parents and the Delamere Centre in Runcorn or have come through schools that we have worked in previously. We have provided 104 hours of therapy across 10 different schools and colleges in Halton including: Pewithall, St Basils, Fairfield, Lunts Heath, St Bedes, Wade Deacon, The Heath, OBA, The Grange, and Riverside College.

The reasons for referral have been either that the young person has someone in their life who is a cancer patient either going through treatment or post treatment, or the young person has experienced a bereavement. This year 24 of our young people have had a cancer patient in their immediate family (mum, dad, sibling, grandparent) and half of these patients have been mum. Sadly 8 of these 24 young people have become bereaved after referral. The remaining 8 referrals have been for young people who have lost a grandparent. Depending on the demand for our service, the needs of the young person and our involvement with the school, some of these referrals are then shared with Child Bereavement UK.

Along with providing sessions we have also been attending events and workshops across the year. We attended the 'Team Around the Family' (TAF) Service Information Event where we spoke with lots of organisations and local schools about the service we offer. We participated in an 'Alternate Futures Workshop' held by Wellbeing Enterprises CIC which looked at improving outcomes for children and young people with behavioural challenges. We had a great time holding a tombola and information stand at OCAs Christmas fayre and Sam has attended a Kooth webinar and Lego Based Therapy webinar to keep up to date with the service Kooth offers and to learn some new techniques that may be useful in sessions.

Gentlemen Only Group

Our Gentlemen Only Group attracts around 8 to 10 participants each week. Many of the gents continue to support each other inside and outside our Centre and have great respect and kindness for one another. We have welcomed new gentlemen who have settled in well and are very open in asking each other for advice while going through tough times. It is very apparent they feel safe and comfortable in the Centre having these tricky conversations and we feel very privileged to have the opportunity embraced in such a positive way. Ages range from late 30's to late 70's and all mix together very well.

Widnes and Runcorn Cancer Support Group

Trustees' report continued

Mixed Peer Support

This group has grown over the year with previous members returning and new people joining. This group has always previously attracted mostly women so it has been nice to see some gents accessing the group, feeling more comfortable to be open and welcoming some couples. By October our numbers increased and early into the new year we started to think about how we could make positive changes to continue supporting people that had registered a while ago whilst having availability for those newly registered. Plans began for changes from April 2023.

Wellbeing

Our Holistic Therapies are growing from strength to strength. In February 2023 we welcomed Kerry to provide 'Touch Massage' for patients. This is a gentle massage and can be tailored to individual needs, particularly for those who have had a cancer diagnosis. Reflexology and Reiki are as popular as always and we operate a waiting list. The fair usage policy we introduced in previous years has made this much more manageable, meaning we can accommodate the demand more efficiently.

Beauty students from Riverside college continue to provide manicures and pedicures during term time which is a very pleasant and mutually beneficial arrangement we have had for many years, providing a little pamper and relaxation.

Therapeutic Art

Therapeutic Art is a form of therapy that uses art media as its main mode of expression and communication. The classes are about expression and exploration through media such as colour, shapes and use of words or images. This can help with relaxation, stress, self-worth, and anxiety to name a few and is facilitated by an experienced professional counsellor.

The activity is supported by Cheshire & Merseyside Cancer Alliance and Halton & St Helens Voluntary Community action. The focus is to share experiences and encourage uptake of screening opportunities and to increase early detection.

Respite breaks

As always the caravan brings so much peace and joy to our service users. We follow a process of getting to know those who express an interest through having a face-to-face chat and while they are attending other activities at the Centre. We have been able to offer respite breaks for some during cancer treatments, to those later in their cancer journey for some who sadly, knew it may be their last break away approaching end of life. The feedback has been fantastic, clearly showing how beneficial the breaks are and how much they mean.

Outreach & Engagement

Outreach work has been firmly re-established throughout the year, following and utilising community activities to rebuild connections. Maureen has represented our services and worked closely with:

Halton Healthwatch Advisory board (board member)

Halton PPG Plus (Patient Participation Group)

One Halton

UK Age Concern expert panel

Child Bereavement Network group (Cheshire & Merseyside)

Cheshire & Merseyside Cancer Alliance

Partners In Prevention quarterly network group (networking opportunity for partners from Health, Social Care and the Voluntary sector).

The Health Business park – 'Eat @ the Heath' weekly community afternoons.

Outreach work ensures we are in touch with our community and that other service providers sign-post people to our services when they need them.

Widnes and Runcorn Cancer Support Group

Trustees' report continued

Market Stall

Widnes Market very kindly provide space for us to provide a monthly stall on the first Monday of each month. This helps with our fundraising and also raises awareness of who we are and what we offer. We take along our Centre sign and leaflets and spread the word. Many people have stopped us and asked for more information about our services and have gone on to register with us. The stall is supported by many of our volunteers who enjoy the conversations and knowing they are part of our fundraising.

Social media and connectivity

We continue to utilise social media to share messages and promote our services.

Our website continues to be searched and has been visited 42,449 in total! Now that we have the option to register online, many people self-refer this way which we follow up with a welcome call.

Email correspondence

We continued to use MailChimp which is an email system which allows us to create branded and personalised emails, meeting our data protection requirements. Anyone can sign up for email newsletters by completing the form on our website or Facebook page and people who are new to our service are automatically added if they have provided an email address and consent. We currently have 549 people subscribed to our news letters.

Facebook

The Centre's Facebook page is a great tool for sharing information and has increased its 'likers' by 12.7% from 1,209 to 1,363.

Private Facebook groups

The group which began during lockdown has continued and has over 100 members. Each day there is a good-morning post, a puzzle/interactive post and an uplifting image or phrase. These are interacted with every day and often include messages of support between the members.

What our service users say...

"The team at the Centre have been fantastic in supporting me through my cancer journey and recovery".

Mrs C Patient

"It has helped me greatly over the time. I think I would have been on all types of tablets from the doctors if it wasn't for the Centre. Knowing there was help and support out there".

Mrs F Patient.

"I know it is a safe place where I can talk to people who understand"

Mrs E, Carer.

"Knowing that there are people out there that understand and listen"

Mrs R Patient

"I have found a place to chat, share worries and also help support others. It has helped improve my health and wellbeing. I know I have a place to chat each week".

Mrs C Patient.

"It has benefited me a lot because I needed to talk to people with my head not being in the right place".

Mr C Patient.

"I have benefitted so much, everyone is so helpful and lovely. I would be lost without the centre".

Mrs B Patient

Widnes and Runcorn Cancer Support Group

Trustees' report continued

Service Utilisation from April 2022 - March 2023	
Psychological support	
Listening/support, 1-2-1 sessions	256
Listening support via telephone	564
Professional counselling sessions	279
Counselling related assessments and calls	525
Professional counselling sessions, via telephone	26
Support sessions for Children & Young People, telephone enquiries/planning	208
Support sessions for Children & Young People, within schools	104
Therapeutic sessions	
Holistic therapies (Reiki, Reflexology, Touch Therapy)	135
Beauty therapies (Manicures & pedicures)	54
Therapeutic Art sessions	18
Self-Help / Peer Support Groups attendances	
Gentlemen's Peer Support group	394
Mixed Peer Support group	489
Online Peer Support group members	101
Online Peer Support group engagements	20766
Monthly Eat @ The Heath engagements	218
Contact	
Information provided via telephone	1012
Online contact/information via email and messages	135
Ad hoc activities/one off events	31
Ad hoc information at Centre	45
Respite breaks	
Number of nights	126
New people registered	
Newly Registered people (additional to existing current service users) of which:	185
Patients	71
Carers	50
Bereaved	34
Children & Young People	30

Widnes and Runcorn Cancer Support Group

Trustees' report continued

Public Benefit:

In identifying and reviewing these priorities, aims and objectives, plus the supporting actions and activities for the year, we have been fully mindful of the guidance contained in the Charity Commission's general guidance on public benefit. We have aimed to ensure that all these planned actions and activities, agreed or noted by the Trustees/Directors at our regular Committee Meetings, are for public benefit and in-line with the charities purpose.

Financial Review

The surplus of the charity for the year amounted to £34,732 (deficit (£31,584) ~ 2022)

Reserves Policy

Details of the charity's reserves are shown in note 7a and show a figure of £105,586. This level of reserves is equivalent to 4 months of the centre's running costs. This is above the centre's aim of holding £64,000 the equivalent of 6 months running costs and this figure includes the costs of closure. However, the charity also have a designated funds policy which separates funds for the purpose of working with children and young people and also a fund for respite purposes. This amounts to £75,000. These funds are not part of the charities reserve funds.

Risk Management

The trustees actively review the major strategic, business and operational risks that the charity faces on a regular basis and acknowledge that the key risks relate to reduction in core funding and utilisation of the service.

Statement of Directors' responsibilities

Company law requires the directors to prepare financial accounts for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure of the charity for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;

- observe the methods and principles in the Charities SORP

- make judgements and estimates that are reasonable and prudent;

- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements.

- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in business;

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the 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 corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the Board on 17th August 2023 and signed on behalf of the directors by:

Gordon Ellis
Chairperson

Reference and Administrative Details

Widnes and Runcorn Cancer Support Group

Charity number 1145810

A Company limited by guarantee number 7830948

PATRONS OF WIDNES AND RUNCORN CANCER SUPPORT GROUP

Jackie Ashley

Jim Mills

Derek Twigg MP

Dee Graal

Karl Martindale

MEMBERS OF THE BOARD OF TRUSTEES 2022 - 2023

Honourable President

Dr Mary Gibbons, Retired G.P.

OFFICERS OF THE BOARD OF TRUSTEES:

Chairperson	Gordon Ellis
Vice Chairperson	Clair Picton
Treasurer	Ken Hill

TRUSTEES/DIRECTORS

Mr Gordon Ellis	Retired local Business Director
Mrs Clair Picton	Halton Resident (Voluntary Sector representative)
Dr Mary Gibbons	Retired G.P.
Sheila Warr	Retired Macmillan Breast Care Specialist Nurse
Mr Kenneth Hill	Retired local authority worker
Mrs Susan Pybus	Ex-bank worker (of the Widnes Cancer Support Fund Association)
Allison Roberts	Reflexology Therapist
Mr Ian Connolly	Retired Salesman

Company Secretary

Nicola Donaghue

Principal Staff

Nicola Donoghue	Operations Manager
Karen Millington	Centre Co-Ordinator P/T
Corrinne Stevens	Centre Co-Ordinator P/T
Nicola Brady	Administrative Support Worker (until 17/02/23)
Val Melling	Bookkeeper / Administrator
Maureen Isherwood	Outreach & Engagement Worker
Sam Bourque	Children & Young People's Co-ordinator / Counselling Co-ordinator

Method of appointment

The Trustees are elected at the Annual General Meeting. The Members of the Board are the Directors for the purposes of company law and the Trustees for the purposes of charity law.

Registered address

21-23 Alford Street
Widnes
Cheshire
WA8 7TR

Bankers

Lloyds Bank plc
Albert Square
23-24 Albert Road
Widnes, WA8 6JW

Independent Examiner's report to the trustees of Widnes and Runcorn Cancer Support Group

I report on the accounts of the charity for the year ended 31st March 2023 set out on pages 14 to 23.

Respective responsibilities of the Trustees and examiner

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- ☐ examine the accounts under section 145 of the 2011 Act;
- ☐ to follow the procedures laid down in the general directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- ☐ state whether particular matters have come to my attention.

Basis of Independent examiner's statement

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

In connection with my examination, no matter has come to my attention:

1) which gives me reasonable cause to believe that in any material respect the requirements:

- ☐ to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- ☐ to prepare accounts which accord with the accounting records and to comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Jane Williams
MAAT
Greater Merseyside Community Accountancy Service
St Maries
Lugsdale Road
Widnes
WA8 6DB

17th August 2023

Widnes and Runcorn Cancer Support Group
Statement of Financial Activities
(Including Income & Expenditure Account)
for the year ended 31 March 2023

	Notes	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Income from:					
Income from donations	(4)	92,958	67,952	160,910	94,319
Income from charitable activities	(5)	15,606	-	15,606	4,821
Other incoming resources	(6)	5,244	-	5,244	4,200
Bank interest		130	-	130	2
Total incoming resources		113,938	67,952	181,890	103,342
Resources expended					
Charitable activities	(7)	75,605	71,552	147,157	134,926
Net incoming / (outgoing) resources		38,332	(3,600)	34,732	(31,584)
Transfers between funds		-	-	-	-
Net movement in funds		38,332	(3,600)	34,732	(31,584)
Reconciliation of funds					
Total funds as at 01 April 2022		33,302	40,700	74,002	105,586
Total funds as at 31 March 2023	(9)	71,634	37,100	108,734	74,002

The above statement includes all gains and losses recognised during the year.
All activities are regarded as continuing.
Comparative figures for the previous year by fund type are shown in Note 13.
The Notes on pages 16 to 23 form an integral part of these accounts.

Widnes and Runcorn Cancer Support Group

Charity number 1145810

A Company limited by guarantee number 7830948

Balance sheet

as at 31 March 2023

		2023	2023	2023	2022
		Unrestricted	Restricted	Total	Total
		£	£	£	£
Fixed Assets					
Tangible Assets	(8)	-	17,995	17,995	21,595
Total current assets		-	17,995	17,995	21,595
Current Assets					
Debtors and prepayments	(11)	-	-	-	11,050
Cash at bank and in hand	(12)	73,215	19,105	92,320	44,704
Total current assets		73,215	19,105	92,320	55,754
Current liabilities:					
amounts falling due within one year					
Creditors (due within one year)	(13)	1,581	-	1,581	3,348
Total current liabilities		1,581	-	1,581	3,348
Net Assets		71,634	37,100	108,734	74,001
Funds of the charity					
Restricted Funds		-	37,100	37,100	40,700
Unrestricted funds		71,634	-	71,634	33,302
Total Funds		71,634	37,100	108,734	74,002

The trustees (who are also the directors of the company for the purposes of company law) confirm that for the year ended 31 March 2023

the company was entitled to exemption from audit under section 477 of the Companies Act 2006, and

the members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Act

the trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

The notes on pages 16 to 23 form an integral part of these accounts.

These accounts, which have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies, were approved by the trustees on 17th August 2023 and signed on their behalf by:

Ken Hill
Director / Trustee

Widnes and Runcorn Cancer Support Group
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 March 2023

		2023	2022
		Total	Total
		£	£
Cash flows from operating activities:			
Net income/(expenditure) per SOFA		34,732	(31,584)
Capital purchase		-	-
Depreciation		3,600	3,600
Investment income		130	2
(Increase)/decrease in debtors	(5)	11,050	(11,050)
Increase/(decrease) in creditors		(1,767)	1,596
		<u>47,745</u>	<u>(37,436)</u>
Cash flows from investing activities			
Investment income	(6)	<u>(130)</u>	<u>- 2</u>
Net increase/(decrease) in cash:		47,615	(37,438)
Total cash as at 01 April 2022		<u>44,705</u>	<u>82,143</u>
Total cash as at 31 March 2023		<u>92,320</u>	<u>44,705</u>

The notes on pages 16 to 23 form an integral part of these accounts.

Widnes and Runcorn Cancer Support Group

Notes to the financial statements

for the year ended 31 March 2023

1 Basis of preparation

These accounts (financial statements) have been prepared under the historical cost convention,

- 1.1 with items recognised at cost or transaction value, unless otherwise stated in the relevant note(s), in accordance with:
 - (a) The Charities Act 2011
 - (b) The Companies Act 2006
 - (c) The Financial Reporting Standard applicable in the UK and the Republic of Ireland: FRS 102
 - (d) Accounting & Reporting by Charities: Statement of Recommended Practice (Charities SORP FRS 102) (effective January 2015)
- 1.3 The charity meets the definition of a public benefit entity as defined by FRS 102
- 1.4 The trustees consider that there are not material uncertainties about the charity's ability to continue as a going concern.

2 Accounting Policies

2.1 Fund accounting

- (a) Unrestricted funds are those that can be expended at the discretion of the trustees in the furtherance of the objects of the charity.
- (b) Restricted funds are those that may only be used for specific purposes. Restrictions arise when specified by the donor, or when funds are raised for specific purposes.
- (c) The purposes of the funds are shown in Note 7a.

2.2 Income

- (a) Income is recognised and included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to the income; receipt is probable; and the monetary value can be measured with sufficient reliability.
- (b) Where income has related expenditure (e.g. caravan), the income and related expenditure are reported gross in the SOFA.
- (c) Bank interest is recognised when credited to the account.
- (d) Gift Aid, where appropriate, is recognised in the same accounting period as the donation to which it relates.
- (e) Income, which is subject to conditions that the charity has yet to fulfil, or which is specifically for use in a future accounting period, is treated as deferred income.

2.3 Expenditure and liabilities

- (a) Expenditure is recognised on the accruals basis.
- (b) The charity is not registered for VAT, thus all costs are shown inclusive of VAT charged.
- (c) Liabilities are recognised as soon as there is a legal or constructive obligation to pay out resources.
- (d) Governance costs include the costs of preparation and examination of the statutory accounts, the cost of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters.

Widnes and Runcorn Cancer Support Group

Notes to the financial statements

for the year ended 31 March 2023

2.4 Tangible Fixed Assets

(a) Tangible fixed assets are capitalised if they can be used for more than one year and cost at least £1,000. They are valued at cost or, if gifted, at their value on receipt.

Rates of depreciation

Caravan:	20% straight line basis to nil
Fixtures and fittings:	15% straight line basis to nil
Equipment:	20% straight line basis to nil

2.5 Debtors

(a) Debtors are recognised at the settlement amount due.

(b) Prepayments are valued at the amount prepaid.

2.6 Cash

(a) Cash comprises bank deposits repayable on demand and any short-term highly liquid investments with a maturity date of three months or less from the date of acquisition or opening of the deposit or similar account.

2.7 Creditors

(a) Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount, usually the invoice amount.

(b) Accrued charges are normally valued at their settlement amount.

2.8 Taxation

The charity is not liable to income tax or capital gains tax on its charitable activities.

3 Transactions with trustees and related parties

No trustees received any expenses or remuneration during the period.

Owing to the nature of the charity's activities and the composition of the board of trustees (being drawn from local statutory and voluntary organisation), it is inevitable that transactions will take place with organisations in which a trustee may have an interest. All transactions in which a trustee may have an interest are conducted at arm's length and in accordance with the charity's financial regulations and expenditure procedures. No transactions were identified which should be disclosed under FRS 102.

Widnes and Runcorn Cancer Support Group
Notes to the financial statements
for the year ended 31 March 2023

4 Income from donations	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Halton Borough Council: Vol Sec Funding	-	11,500	11,500	11,500
Halton Borough Council: Public Health	-	6,500	6,500	6,500
NHS Halton CCG	-	49,952	49,952	54,200
Halton Borough Council: Recovery Fund	-	-	-	5,762
Halton & St Helens VCA	5,175	-	5,175	-
HMRC: Gift Aid	2,703	-	2,703	-
Abbeyfield Widnes Society Ltd	75,000	-	75,000	-
Donations	10,080	-	10,080	16,357
	<u>92,958</u>	<u>67,952</u>	<u>160,910</u>	<u>94,319</u>
5 Income from charitable activities	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Fundraising	15,606	-	15,606	4,821
	<u>15,606</u>	<u>-</u>	<u>15,606</u>	<u>4,821</u>
6 Other Incoming resources from charitable activities	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Contributions	5,244	-	5,244	1,875
Other Incoming Resources	-	-	-	2,325
	<u>5,244</u>	<u>-</u>	<u>5,244</u>	<u>4,200</u>

Widnes and Runcorn Cancer Support Group
Notes to the financial statements
for the year ended 31 March 2023

7 Expenditure of charitable activities

		2023 Unrestricted funds	2023 Restricted funds	2023 Total funds	2022 Total funds
		£	£	£	£
<u>Direct Costs</u>					
Salaries and NICs	7a	40,306	67,952	108,258	94,799
Payroll costs		1,141	-	1,141	1,164
Printing & Stationery		879	-	879	614
Telephone & Postage		3,568	-	3,568	3,265
Equipment		327	-	327	8,144
Other Expenses		39	-	39	43
Fees & licenses		235	-	235	35
<u>Premises</u>					
Rent		8,934	-	8,934	8,866
Utilities		2,541	-	2,541	2,209
Insurance		1,104	-	1,104	1,069
Cleaning		1,125	-	1,125	47
Repairs & Maintenance		742	-	742	1,564
<u>Other</u>					
Bank Charges		263	-	263	197
Training		-	-	-	344
Travel		652	-	652	111
Event		430	-	430	343
Group Activities		2,045	-	2,045	11
Caravan Expenses		6,134	-	6,134	5,871
Counselling & Supervision		1,773	-	1,773	1,046
Marketing & Fundraising		1,452	-	1,452	129
Depreciation		-	3,600	3,600	3,600
Governance costs	(10)	1,916	-	1,916	1,455
Total resources expended		75,605	71,552	147,157	134,926

7a Staff costs and numbers

	£	£
Gross salaries	105,211	97,676
Employer's NI	1,249	- 4,650
Employer's Pension	1,798	1,773
	108,258	94,799

No employee earned £60,000 per annum or more in the current accounting period
The average number of employees during the year was 3.4 (2022:3.4)

Widnes and Runcorn Cancer Support Group
Notes to the financial statements
for the year ended 31 March 2023

8 Tangible assets

	Caravan £	Total £
<u>Cost</u>		
At 1 April 2022	35,995	35,995
Additions	-	-
At 31 March 2023	<u>35,995</u>	<u>35,995</u>
<u>Depreciation</u>		
At 1 April 2022	14,400	14,400
Charge for year	<u>3,600</u>	<u>3,600</u>
At 31 March 2023	<u>18,000</u>	<u>18,000</u>
<u>Net book value</u>		
At 31 March 2023	<u>17,995</u>	<u>17,995</u>
At 31 March 2022	<u>21,595</u>	<u>21,595</u>

Widnes and Runcorn Cancer Support Group
Notes to the financial statements
for the year ended 31 March 2023

9 Movements in funds

	As at 01/04/2022	Incoming Resources	Outgoing Resources	Transfers	As at 31/03/2023
	£	£	£	£	£
<u>Unrestricted funds</u>					
General funds	33,302	113,938	75,605	-	71,634
<u>Restricted funds</u>					
Caravan	40,700	-	3,600	-	37,100
HBC: Vol Sec Funding	-	11,500	11,500	-	-
HBC: Public Health	-	6,500	6,500	-	-
NHS Halton CCG	-	49,952	49,952	-	-
	<u>40,700</u>	<u>67,952</u>	<u>71,552</u>	<u>-</u>	<u>37,100</u>
<u>Total funds</u>	<u>74,002</u>	<u>181,890</u>	<u>147,157</u>	<u>-</u>	<u>108,734</u>

Purpose of restricted funds

We are grateful to all our funders who provided support to our centre running costs and salaries.

10 Governance Costs

	2023	2022
	£	£
Independent Examiners' fee	300	525
Accountancy	95	95
Professional fees	1,350	702
DBS Checks	158	120
Administration	13	13
	<u>1,916</u>	<u>1,455</u>

11 Debtors and prepayments

	£	£
Debtors	-	11,050
Prepayments	-	-
	<u>-</u>	<u>11,050</u>

12 Cash at bank and in hand

	£	£
Current Accounts	41,495	28,368
Deposit Accounts	50,182	11,934
Fundraising Account	-	3,928
Cash in hand	644	474
	<u>92,320</u>	<u>44,704</u>

13 Creditors and accruals

	£	£
Creditors	1,581	1,723
Deferred Income	-	1,625
	<u>1,581</u>	<u>3,348</u>

Widnes and Runcorn Cancer Support Group
Notes to the financial statements
for the year ended 31 March 2023

13 Comparative income and expenditure by fund type

	Unrestricted Funds		Restricted Funds	
	2023	2022	2023	2022
	£	£	£	£
Income from:				
Income from donations	92,958	22,119	67,952	72,200
Income from charitable activities	15,606	4,821	-	-
Other incoming resources	5,244	4,200	-	-
Bank interest	130	2	-	-
Total incoming resources	113,938	31,142	67,952	72,200
Expenditure on:				
Charitable activities	75,605	59,126	71,552	75,800
Net incoming / (outgoing) resources	38,332	(27,984)	(3,600)	(3,600)
Transfers between funds	-	-	-	-
Net movement in funds	38,332	(27,984)	(3,600)	(3,600)
Reconciliation of funds				
Total funds as at 01 April 2022	33,302	61,286	40,700	44,300
Total funds as at 31 March 2023	(9) 71,634	33,302	37,100	40,700