SHINE CANCER SUPPORT

England & Wales · Charity number 1146902

Details

Status	Registered
Legal form	Other
Registered	2012-04-17
Register	View on the Charity Commission register

Contact

Address	54 Sterte Esplanade Poole BH15 2BA
Phone	07804479413
Email	info@shinecancersupport.org
Website	www.shinecancersupport.org

Activities

Objects: 1. TO PROMOTE PHYSICAL AND MENTAL HEALTH BY PROVIDING A SUPPORT NETWORK FOR ADULTS AND THEIR FAMILIES WHO HAVE BEEN DIAGNOSED WITH OR IN THE PAST HAVE SUFFERED FROM CANCER; THROUGH THE PROVISION OF SERVICES SUCH AS BUT NOT LIMITED TO INFORMATION, OPEN MEETINGS, SOCIAL EVENTS AND A WEBSITE. 2. TO ADVANCE THE EDUCATION OF THE PUBLIC IN THE SUBJECT OF CANCER AND OTHER CANCER RELATED SUBJECTS SUCH AS BUT NOT LIMITED TO; CANCER PREVENTION AND CANCER DIAGNOSES.

Activities: Our mission is to provide tailored information and peer support for anyone diagnosed with any cancer in their 20s, 30s or 40s through a range of activities.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Other Defined Groups, The General Public/mankind

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Geography

- Guernsey
- Jersey
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£763,469	£642,581	£637,187	9
2024-09-30	£368,151	£371,463	-	-
2023-09-30	£275,414	£265,297	-	-
2022-09-30	£278,461	£216,301	-	-
2021-09-30	£273,034	£194,606	-	-
2020-09-30	£337,991	£223,618	-	-

Trustees

Name	Role	Appointed
Christopher Riley	Chair	2015-06-15
Francesca Amelia Woodcock		2022-10-06
Jennifer Anne Talman		2023-06-27
LAURA PURANDARE		2012-03-27
Raelene Salter		2017-09-01
Richard James Cranefield		2020-01-26

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SHINE CANCER SUPPORT

England & Wales - Charity number 1146902

Accounts

Charity Registration No. 1146902

SHINE CANCER SUPPORT

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 DECEMBER 2025

Waverley House
115-119 Holdenhurst Road
Bournemouth
Dorset
BH8 8DY

SHINE CANCER SUPPORT

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SHINE CANCER SUPPORT

CHARITY INFORMATION

Trustees	C Riley R J Cranefield R Salter L Purandare J Talman F A Woodcock
Charity number	1146902
Independent examiner	TC Group Waverley House 115-119 Holdenhurst Road Bournemouth Dorset BH8 8DY

The trustees present their annual report and financial statements for the period ended 31 December 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, 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 (FRS 102)" (effective 1 January 2019).

The period covered by these financial statements is 1 October 2024 to 31 December 2025. This totals 15 months and is to allow us to adjust our future reporting dates to align with the calendar year. This will make activity reporting and grant reconciliation more clear for future years. For this period, comparatives will not be entirely compatible due to the additional 3 months included in the reports. We have the authority to make this change following guidance from the Charity Commission.

Objectives and activities

To summarise the purposes of Shine Cancer Support as set out in our governing document, our 'Charitable Objects' are:

1. To promote physical and mental health by providing a support network for adults and their families who have been diagnosed with or in the past have suffered from cancer, through the provision of services including information, open meetings, social events, and a website.

2. To advance the education of the public in the subject of cancer and other cancer related subjects such as but not limited to cancer prevention and cancer diagnoses.

The board of Trustees have been provided with guidance issued by the Charity Commission on public benefit. This report summarises the main activities in relation to those purposes above for the public benefit, summarises the primary achievements of Shine Cancer Support, and demonstrates the difference that our work has made to its beneficiaries and the wider public between 1 October 2024 and 31 December 2025.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Every aspect of life can be affected by a cancer diagnosis, including work, fertility, finances, insurance, sex, dating, and mental health. Younger adults often face these challenges while managing careers, caring responsibilities, relationships, and plans for the future, yet most cancer support remains designed with older people in mind, or stops at age 24. This means that an increasing cohort of adults in their 20s, 30s and 40s are not getting the support or information they need to live well after a life-changing diagnosis.

At the same time, more and more research in the last two years has shown that rates of 'early onset cancer' (cancer in those under 50) is increasing. This means that there are increasing numbers of younger adults who need tailored support but struggle to find it (see for example, Ledford 2024; Bray 2024; and Shelton et al 2024). Many tell us that they are the youngest person in the waiting room, or that friends and colleagues 'don't get it', compounding feelings of isolation and fear. Shine exists to close this gap. We were the first charity in the UK to focus specifically on supporting young adults in their 20s, 30s, and 40s with cancer. We work alongside those with lived experience to create resources, programmes, and events that address their realities and help them feel less alone, more informed, and better equipped to face whatever challenges that cancer brings.

Vision
We want every adult in their 20s, 30s and 40s diagnosed with cancer to know they're not alone, and to have the support, knowledge, and confidence to navigate whatever cancer throws their way.

Mission
There's never a good time for a cancer diagnosis, but in your 20s, 30s or 40s there are particular challenges to navigate, like work, dating, finances and more. At Shine Cancer Support, we've been there and we get it. We're here to help you deal with everything that your diagnosis brings, before, during and after treatment, and to welcome you into our community.

2024 - 2025 Impact

Main activities

Between 1 October 2024 and 31 December 2025, Shine continued to deliver a wide range of support activities for young adults with cancer across the UK. We focused on strengthening and expanding our programmes and events, further developing our volunteer-led networks, and continuing to refine the ways we measure and understand impact. We provided a mix of in-person and online offerings, recognising that both are needed to reach people across the country and to ensure the accessibility of events and programmes.

1. **Online programmes**

During the 2024-2025 period, we delivered our core online programmes: the Break Out programme for younger adults coming to the end of treatment or in remission, the Shine Circles programme for younger adults with incurable cancer, the Plus Ones Circle programme for the partners of younger adults with incurable cancer, and the Reset programme for adults aged 20 to 28.

These structured, six-week programmes provide facilitated, supportive spaces for participants to explore the impact of cancer on their lives, connect with others in similar situations, and consider new ways of supporting their emotional wellbeing. Each of the programme sessions ran for two hours over six weeks and were led by two trained facilitators; at least one facilitator in every pair had their own experience of cancer. The weekly sessions centre on topics like living with uncertainty, relationships, and processing emotions, and provide participants with a range of tools that they might find useful for coping with their experience.

In total, Shine delivered 15 online programmes to 157 young adults over the reporting period:

Programme	Number of cohorts	Number of participants
Break Out - aimed at adults aged 20-49 in treatment or in remission from cancer.	5	55
Circles - aimed at younger adults with incurable cancer	5	51
Plus Ones - for the partners of those with an incurable diagnosis	3	31
Reset - for those aged 20-28	2	20
Total	**15**	**157**

Upon completing the programme, one Break Out participant wrote:

Signing up for the Break Out programme was one of the only good things to come out of my cancer journey. I was nervous about joining [...] but as soon as I joined that went away. The programme allowed me to say as little or as much as I wanted about each week's topic and there was completely no judgement within the group.

One participant, who was part of a Circles group, wrote:

We really learned to empathise and listen to others, and it always felt like a safe space to share, even some of those more dark or personal thoughts that you might not want to share with family and friends. I really appreciated the format and themes of the sessions, and found the topics so relatable [...] It was so incredible to meet young people with incurable cancer who really get it.

We began to use a wellbeing valuation tool and the Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS) as a new framework for analysing our impact at the end of 2024. As a result, we have been able to gain an increasing amount of data on the impact of our online programmes and in-person events. This approach to social impact measurement evaluates change in individuals' self-reported well-being and calculates the monetary equivalent of these impacts. We use SWEMWBS before and after key activities to understand how participants' wellbeing changes over time, and to see whether the changes we observe are likely to be meaningful. Research suggests that a change of 3 points or more on the SWEMWBS represents a 'meaningful change' at an individual level.

Using this methodology, we found that our programmes bring about significant improvements in participant well-being. Using the SWEMWEBS framework, we found that across all programmes, each participant experienced an average change from baseline of 3.2, and an average wellbeing improvement equivalent to approximately £3,023.93 in social value, with wellbeing scores increasing by an average of 12.8%.

Participants on all programmes consistently identified peer connection as the most valuable element of the programme; this was cited by 74% of respondents as the best part of their experience. As of October 2025, we began to analyse participants' responses to the UCLA Loneliness Scale, and found that, before programmes began in October, 62% of respondents often felt isolated from others. This number decreased to 36% after the programmes.

2. Shine Networks and Meet Ups

From October 2024 to the end of 2025, local Shine Networks facilitated 27 online meet-ups with a total of 189 attendees, and 170 in-person meet-ups with a total of 1,122 attendees across the UK.

The total number of online meet ups was reduced in 2025, as the online 'Meet Ups for All' were moved from a monthly to quarterly basis, as a result of decreased demand. Responding to this change, we began to focus these events on specific topics, an approach has yielded higher rates of attendance.

Year	Type of meet up	Number of events	Total number attending
Oct - Dec 2024	Online	6	38
Oct - Dec 2024	In-person	21	74
Jan - Dec 2025	Online	21	151
Jan - Dec 2025	In-person	149	1048

In-person Network meet-up attendees reported many positive responses to meet-ups. One recent attendee to a Manchester meet-up wrote:

Honestly, Shine has been life changing. I've met so many great people and already made a good few friends. I've travelled to Manchester to experience their amazing in-person meet-ups and I feel like a new person after only a few months!

Our in-person Network Leader Training Weekend, held in November 2025 allowed us to provide training and support to our volunteer Network leaders, who are scattered around the country. As a result of attending, participants reported feeling better supported and more equipped to lead their groups, and noted that they appreciated the combination of practical training, space for reflection, and time to connect with peers. One participant wrote:

I love the Network Leaders training weekend because it fills my cup, gives me energy to keep going. It also reminds me that I'm part of something bigger and amazing. And I like being a small part of something amazing.

In our 2025 Volunteer Survey, Network Leaders rated their satisfaction with their role with an average score of 8.8/10. In the same survey, respondents had an average of 9.3/10 when asked 'how supported they felt as a Shine volunteer'.

3. Shine Shake Ups

We continued running our full-day in-person Shine Shake Up events, which launched in March 2024. These events bring together young adults with cancer for a day of workshops, peer connection, and support. We also introduced Shake Up Max, a residential weekend version of the Shake Up format, which saw strong interest and positive feedback. The success of these events demonstrates the ongoing need for intensive, in-person support opportunities.

From October 2024 through December 2025, 87 people attended a full-day Shake Up and gave the events an average rating of 4.7 stars out of 5.

Feedback included:

I felt so welcome and comfortable during the [Shake Up], even if I was nervous at first. It was a huge step for me to do this after so many years and I am already looking forward to the monthly socials and getting to know people more. I feel optimistic and less alone! Thank you for all you do.
On a beautiful sunny day why would you want to sit inside all day with other cancer folks you've never met before, chatting about life with cancer? Well I'll be honest, immediately before this type of thing I didn't want to go! But good grief, it's good for me when I do! I laughed so much today and met fantastic people. Early onset cancer….can be really isolating, and being with a gang of others who get it, even though you've all had such different experiences or treatment, is amazing.

4. Social media

As of December 2025, Shine's Facebook groups had 4,904 members. After conducting a focus group and a survey with a sample of Shine's Facebook members, we made some improvements to the pages, making it easier for members to find the specific support they need.

Many participants described the group as a "comforting resource" that provided reassurance and a sense of normalcy during an abnormal time. The shared experiences and supportive comments helped members feel validated in their emotional responses to cancer.

Our social media presence has continued to grow, and by the end of 2025, we had 5,900 likes on Facebook and 6,249 followers on Instagram. At the start of 2026 we also began sharing more content on LinkedIn and will be measuring impact on this platform in the upcoming year.

5. Other resources

From October 2024 to December 2025, Shine produced 18 new podcasts on topics including sleep, family dynamics, palliative care, and anxiety. In 2025 alone, these podcasts were downloaded 5,817 times. Our *Not Your Grandma's Cancer Show* series continues to be an important way of reaching younger adults with cancer, offering accessible, on-demand support and information, allowing people to engage with Shine content privately and at their own pace. Most episodes feature conversations with Shine community members, as well as experts from across the cancer and health space.

Reviews for Not Your Grandma's Cancer Show have been overwhelmingly positive, with one listener writing:

This podcast is at once both highly engaging and a wonderful, deep well of resources to support cancer patients in the 18-50 age bracket, providing them with extremely insightful experience and tips and advice, and above all the emotional comfort of knowing they are not alone in facing this awful disease. Truly wonderful stuff.

Shine offers a range of booklets aimed at different groups within our service users demographics. This includes booklets on incurable cancer, being newly diagnosed with cancer, supporting yourself as a 'plus one' and living with chronic cancer. These booklets are a useful way for healthcare professionals to introduce Shine and our services to their patients, and across 2024 and 2025 we have continued to distribute our booklets and finalised a booklet on 'cancer in your 20s'. We have also updated our Shine Services booklet to reflect all of our current offerings.

We launched a new website in February 2025, representing a significant milestone in our infrastructure development. The new site features improved navigation, enhanced accessibility features, better integration of our resources, and an upgraded donation function that makes it easier for supporters to contribute to our work. Early feedback on the new website has been positive, with users noting that programmes and resources are now easier to find. In total, the website received more than 237,000 hits to the main page across the reporting period.

We also have made progress on upgrading our use of Salesforce, our CRM system. While this project is ongoing, we now have improved functionality to use it for tracking fundraisers and donors, as well as ensuring that regular newsletters are sent to different stakeholders including donors/fundraisers, service users, and healthcare professionals. We are continuing to upgrade the system with the aim of using it more effectively to manage our programmes and programme participants.

6. Shine Connect

Our 2024 Shine Connect conference was held in-person on 12 October 2024 at Wallacespace Clerkenwell, with 120 attendees. On Sunday 13 October, we ran a number of online workshops.

In total, we offered 13 sessions on 12th October which covered:

- Fertility
- Managing anxiety
- Understanding clinical trials
- Getting moving after cancer
- Art therapy
- Returning to work
- Storytelling
- Relaxation for resilience

In addition, we had counsellors available for one-to-one sessions and therapy dogs available at lunch.

On the 13th of October, 2024, we ran four sessions, namely: Communicating with your partner, Finding your feet when returning to work, Managing menopause, and Understanding your changing identity after cancer.

We received overwhelmingly positive feedback on the event. Respondents gave the event an average of 4.8* out of 5, with similar scores for the food and the venue.

Thank you SO much for holding this conference. I was so lonely before I found Shine, and for the first time I feel hopeful that there won't be "nothing" - I have an opportunity to connect with people like me, and that gives me hope xx

It was such a brilliant day. Thank you so much for organising it. I can't wait for the next one!

Thank you for this event, I know a huge amount if work must go into organisation today. I thought sessions were really well facilitated, and I thought it was an incredibly welcoming and inclusive event.

After the 2024 conference, we established a Shine Connect Steering Committee to ensure that Shine Connect continues to meet the needs and interests of the Shine community.

Our 2025 Shine Connect conference sold out very quickly, with little promotion required. The conference, which ran on 11th October in Wallacespace Clerkenwell, had 130 attendees.

This conference brought together younger adults from all across the UK, providing a full day of support, connection, and opportunities to learn. The conference featured an introductory session, a keynote speaker section (featuring Dr. Kairbaan Hodivala-Dilke, the Deputy Institute Director at Barts Cancer Institute), therapy dogs, and one-to-one support offerings, in addition to offering attendees the chance to attend two workshops of their choice (of 12 options) during the afternoon.

Shine Connect attendees gave the event an average rating of 4.75 stars out of 5. A few responses from Shine Connect attendees after the event included:

I had an absolutely fantastic time at the conference, which was delivered perfectly. I've also made friends for life through Shine.

Thank you for organising such an enjoyable, positive event. I loved the venue, food and format for the day.

It exceeded every expectation and I can't wait to attend next year!

We will be hosting the 2026 conference in a larger venue to accommodate more attendees. Because of the success of the 2025 Shine Connect Steering Committee, we have recruited a new group of 12 younger adults with cancer to be part of the 2026 Steering Committee, who have already started helping us to shape our upcoming Shine Connect.

7. Shine Camp

Shine Camp accommodated 104 participants in 2025 and ran from 25-28 July, 2025 in Dorset. This annual event brought together younger adults with cancer and their families, including partners, children, and pets, for a weekend of connection. We introduced facilitated group sessions to Shine Camp, meaning that the weekend now offers not only social connection but also a designated space for processing and sharing experiences in a more structured way. This addition was well-received by attendees.

Shine Camp received an average rating of 4.8/5 stars, and 100% of survey respondents said that they would like to return to Shine Camp the following year.

After Shine Camp, feedback from attendees included:

Shine Camp is better than I can explain - everyone bonds quickly and is welcoming to everyone. There is a mix of time to chat about shared experiences and time to forget about it and being silly, lots of laughs and some cathartic tears, so I always leave feeling like my soul has been refreshed and full of so much love and hope.

It felt like a big leap of faith for us to attend the first time we did (as we'd not previously been involved in Shine) but now we genuinely plan our whole summer around it.

Shine Camp is more than just a place to stay for a few days; it's a community where you can truly be yourself. You'll get to meet new people from all different backgrounds and forge friendships that can last a lifetime. Shine staff and volunteers are there to help you, making sure you feel welcome.

8. Workshops for healthcare professionals (HCPs)

From October 2024 to December 2025, we continued to provide CPD-accredited training to healthcare professionals across the UK on the needs of younger adults with cancer. We delivered six workshops to 97 people across the country.

Of those attending, 69% reported that they felt “a lot” better able to support their patients as a result of attending. 100% reported that they would recommend the workshop to a colleague.

Feedback received included:

I wish I had known of your services and support sooner. I wasn't really aware of what you offered and how valuable this can be to younger adults with cancer. I wish I had known to ask all of the patients in their 20s, 30s and 40s about their relationships and fertility worries, what a shame this wasn't taught in my nurse training to focus more on some psychological support - however, I can start now!

In March 2025, we launched a new CPD-accredited Shine Champions programme, which provided training to 20 healthcare professionals across the country. This first cohort gained knowledge about the issues of younger adults with cancer, information on relevant research, and an understanding about how to better work with this community in a way that centres the needs of this patient population. Shine Champions met twice for full-day, in-person training sessions with the Shine team and other experts in the field, attended ‘lunch and learn’ sessions on important topics, and networked with others in similar job roles. Through the programme, Shine also directed Champions toward tools and resources for speaking with colleagues and other professionals about how they can best support younger adults with cancer. This programme will be full evaluated after it ends in February 2026, however, because of its success to-date, the size of our 2026 Shine Champions cohort has doubled. We’re looking forward to continuing to grow this programme in future years.

9. Advocacy and involvement

From autumn 2024 through winter 2025, Shine's influencing and advocacy activities have grown. We have not only taken part in more national and local campaigns and activities, but also conducted our own research into the current needs of younger adults with cancer. We were also recognised as an important part of the cancer support landscape in May 2025, when we received an invitation to Buckingham Palace for members of the 'cancer support community'. In addition:

- We responded to the UK Government's consultation on the creation of a new National Cancer Plan both in person and through the UK Government's online portal.
- One of our Co-CEOs, Ceinwen Giles, began co-chairing NHS England's Cancer Improvement Collaborative, an initiative supported by the National Cancer Team to encourage quality improvement programmes in various Cancer Alliances across the country.
- We collaborated with the South East London Cancer Alliance to develop an online module for GPs about the needs of young adults with cancer. This went live in October 2025.
- We joined the North Star Cancer Collective, a small group of cancer charities chaired by Young Lives vs. Cancer (a charity supporting those 0 to 24 with cancer). This is a group of cancer charities who are meeting with the aim of developing projects to improve the long-term mental health of young people with cancer.
- The Shine team also delivered training at range of events including: the Oral Cancer Symposium for East of England Cancer Alliance, attended a Bowel Cancer UK roundtable event, spoke at a Cancer52 parliamentary reception at the House of Lords, and participated in a Compassionate Care in Cancer conference, a Colorectal Oncology Training day at Guy's Hospital, and a Bowel Cancer UK conference for clinical nurse specialists.

In addition, we have undertaken two important pieces of research which will be published in 2026. The Shine Cancer Experience Survey was run by Branding Science at the end of 2024 and into 2025. We have also been working with ZS, a consultancy company, to do a small piece of work on the financial impact of cancer. Five qualitative interviews were carried out and analysed by the ZS team. We have since collaborated to form a set of recommendations from this research. This report will be launched in April 2026 and, along with our other survey, will form the basis of future advocacy and influencing activities.

Financial review

At the end of the period the charity had unrestricted funds of £457,622 (2024: £409,019) and restricted funds of £179,565 (2024: £92,081). The charity's free reserves (unrestricted funds less long-term assets) are £323,921 (2024: £290,309).

Reserves policy

In the Trustees' view, the reserves should provide the charity with adequate financial stability and the means for it to meet its charitable objectives for the foreseeable future. At a time of growth within the charity, the accounts are monitored monthly by the Co-CEOs and discussed quarterly with the Trustees to allow analysis of unexpected events, risks and issues to be managed.

Our policy is to maintain a level of reserves equal to 80% of 9 months budget (for 2025/26 this equals £374k) in order to provide stability across the organisation. This enables us to provide staff with security in their jobs, as well as ensuring that we are able to continue to provide a basic level of support to all of our service users in the event of a major financial downturn or event that impacts our income or ability to provide services as planned. (e.g. another pandemic).

At the end of this financial period (31/12/25) we hold £50k free reserves below the current target.

Plans for future periods

Demand for Shine services continues to grow and our strategic plans include expansion of our services and overall growth of the charity. The Trustees believe this approach will allow us to provide support and continuity to the growing community of young adults with cancer in an uncertain financial context.

Structure, governance and management

Shine Cancer Support was formed by Constitution, which was agreed on 23rd September 2009. The association was registered as a charity with the Charities Commission of England & Wales on 17th April 2012 with the three founding Trustees: Emma Willis, Ceinwen Giles, and Laura Purandare.

The Trustees oversee the charity and, by the end of this financial year, there were ten people employed by the charity. No Trustees are paid for carrying out their official duties.

Other professionals have been paid for providing specific services to the charity on an invoice basis that does not constitute employment. The Trustees make decisions regarding the running and management of the charity with day-to day management delegated to the two Co-CEOs who are supported by the staff and volunteers who carry out specific tasks and roles that do not involve major decision-making.

The trustees who served during the period and up to the date of signature of the financial statements were:
C Riley
R J Cranefield
R Salter
L Purandare
J Talman
F A Woodcock

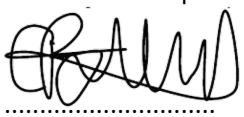
Recruitment and appointment of trustees

Recruitment and appointment of new Trustees is the responsibility of the existing Trustees.

The Trustees may appoint any person who is willing to act as Trustee subject to the requirements of the Charity Commission and the Constitution.

The Trustees have had due regard to the commission’s public benefit guidance when exercising any powers or duties to which the guidance is relevant. The Trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks. There were no serious incidents to report during the financial year.

The trustees' report was approved by the Board of Trustees.



.....

C Riley

Trustee

Date: 19.6.26

SHINE CANCER SUPPORT

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF SHINE CANCER SUPPORT

I report to the trustees on my examination of the financial statements of Shine Cancer Support (the charity) for the period ended 31 December 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or

2 the financial statements do not accord with those records; or

3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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 financial statements to be reached.



I M Rodd BSc FCA FCCA
TC Group
Waverley House
115-119 Holdenhurst Road
Bournemouth
Dorset
BH8 8DY

Dated: 24 June 2026

SHINE CANCER SUPPORT

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE PERIOD ENDED 31 DECEMBER 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income from:							
Donations and legacies	**3**	297,696	442,104	739,800	175,480	174,599	350,079
Charitable activities	**4**	6,542	-	6,542	3,076	-	3,076
Other trading activities	**5**	4,982	-	4,982	6,580	-	6,580
Investments	**6**	12,145	-	12,145	8,416	-	8,416
Total income		321,365	442,104	763,469	193,552	174,599	368,151
Expenditure on:							
Raising funds	**7**	23,522	-	23,522	13,304	-	13,304
Charitable activities		243,963	375,096	619,059	179,647	178,512	358,159
Total expenditure		267,485	375,096	642,581	192,951	178,512	371,463
Net gains/(losses) on investments	**12**	15,199	-	15,199	15,164	-	15,164
Net income		69,079	67,008	136,087	15,765	(3,913)	11,852
Transfers between funds		(20,476)	20,476	-	(21)	21	-
Net movement in funds	**9**	48,603	87,484	136,087	15,744	(3,892)	11,852
Reconciliation of funds:							
Fund balances at 1 October 2024		409,019	92,081	501,100	393,275	95,973	489,248
Fund balances at 31 December 2025		457,622	179,565	637,187	409,019	92,081	501,100

The statement of financial activities includes all gains and losses recognised in the period. All income and expenditure derive from continuing activities.

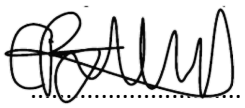
SHINE CANCER SUPPORT

STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Fixed assets					
Property, plant and equipment	**14**		2,640		2,848
Investments	**15**		131,061		115,862
			133,701		118,710
Current assets					
Trade and other receivables	**16**	11,294		13,573	
Cash at bank and in hand		499,833		379,657	
		511,127		393,230	
Current liabilities	**17**	(7,641)		(10,840)	
Net current assets			503,486		382,390
Total assets less current liabilities			637,187		501,100
The funds of the charity					
Restricted income funds	**19**		179,565		92,081
Unrestricted funds	**20**		457,622		409,019
			637,187		501,100

The financial statements were approved by the trustees on 19.6.26



.....

C Riley

Trustee



.....

R Salter

Trustee

SHINE CANCER SUPPORT

STATEMENT OF CASH FLOWS

FOR THE PERIOD ENDED 31 DECEMBER 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	**23**		111,629		(26,058)
Investing activities					
Purchase of property, plant and equipment		(3,598)		(1,006)	
Investment income received		12,145		8,416	
Net cash generated from investing activities			8,547		7,410
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			120,176		(18,648)
Cash and cash equivalents at beginning of period			379,657		398,305
Cash and cash equivalents at end of period			499,833		379,657

1 Accounting policies

Charity information

Shine Cancer Support is a charitable unincorporated association. Registered at the Charity Commission.

1.1 Reporting period

These financial statements cover an extended 15 month period from 1 October 2024 to 31 December 2025. As a result of this change, comparative figures are not entirely comparable.

1.2 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 “The Financial Reporting Standard applicable in the UK and Republic of Ireland” (“FRS 102”) and the Charities SORP "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 charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.3 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.4 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.5 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

1 Accounting policies **(Continued)**

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Government Grants
Government grants shall be recognised in profit or loss on a systematic basis over the periods in which the entity recognises as expenses the related costs for which the grants are intended to compensate.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.7 Property, plant and equipment

Property, plant and equipment are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	Straight line over 3 years
Computers	Straight line over 3 years

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1 Accounting policies **(Continued)**

1.8 Non-current investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

1.9 Impairment of non-current assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.10 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.11 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include trade and other receivables and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including trade and other payables and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade payables are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade payables are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

1 Accounting policies **(Continued)**

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025	Restricted funds 2025	Total 2025	Unrestricted funds 2024	Restricted funds 2024	Total 2024
	£	£	£	£	£	£
Donations and gifts	108,983	-	108,983	21,960	-	21,960
Grants	-	442,104	442,104	5,000	174,599	179,599
Sponsorship	170,168	-	170,168	97,936	-	97,936
Other	18,545	-	18,545	50,584	-	50,584
	297,696	442,104	739,800	175,480	174,599	350,079

3 Income from donations and legacies (Continued)

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Grants						
The National Lottery	-	145,222	145,222	-	136,946	136,946
Oak Foundation	-	240,000	240,000	-	20,260	20,260
Merck	-	7,968	7,968	-	6,879	6,879
Point of Care Foundation	-	18,414	18,414	-	5,000	5,000
St James' Place	-	10,000	10,000	5,000	-	5,000
Cabaret V Cancer	-	9,000	9,000	-	3,000	3,000
Glaxo Smith Kline UK	-	6,500	6,500	-	1,611	1,611
BBK	-	5,000	5,000	-	903	903
	-	442,104	442,104	5,000	174,599	179,599

4 Income from charitable activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Charitable activities		
Conference	6,542	3,076

5 Income from other trading activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising events	1,075	285
Shop income	307	520
Other income	3,600	5,775
Other trading activities	4,982	6,580

6 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	12,145	8,416

7 Expenditure on raising funds

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising and publicity		
Fundraising fees	23,522	13,304

8 Support costs allocated to activities

	2025 £	2024 £
Insurance	2,316	1,331
Governance costs	6,479	9,233
	8,795	10,564
Analysed between:		
Unrestricted Funds	8,795	10,564

Governance costs comprise:	2025 £	2024 £
Audit and IE fees	3,600	7,332
Accountancy	2,485	1,524
Bank fees	347	377
Trustee expenses	47	-
	6,479	9,233

9 Net movement in funds	2025	2024
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	3,600	-
Fees payable for the audit of the charity's financial statement	-	7,332
Depreciation of owned property, plant and equipment	3,806	2,830

10 Trustees

There were no trustees' remuneration or other benefits for the period ended 31 December 2025 nor for the year ended 30 September 2024.
Trustees are remunerated in accordance with the Charities constitution for work that falls outside of their Trustee duties.

Trustees' expenses
During the period ended 31 December 2025, 2 trustees (2024: none) received reimbursement for travel expenses totalling £47 (2024: £nil).

11 Employees

The average monthly number of employees during the period was:

	2025	2024
	Number	Number
Head count	9	8

Employment costs	2025	2024
	£	£
Wages and salaries	358,383	228,670
Social security costs	31,438	16,933
Other pension costs	7,594	4,895
	397,415	250,498

11 Employees (Continued)

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2025 Number	2024 Number
£60,000 - £70,000	2	-

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2025 £	2024 £
Aggregate compensation	157,669	118,666

12 Gains and losses on investments

	Unrestricted funds 2025	Unrestricted funds 2024
Gains/(losses) arising on:	£	£
Revaluation of investments	15,199	15,164

13 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

14 Property, plant and equipment

	Fixtures and fittings	Computers	Total
	£	£	£
Cost			
At 1 October 2024	-	9,766	9,766
Additions	1,490	2,108	3,598
At 31 December 2025	1,490	11,874	13,364
Depreciation and impairment			
At 1 October 2024	-	6,918	6,918
Depreciation charged in the period	331	3,475	3,806
At 31 December 2025	331	10,393	10,724
Carrying amount			
At 31 December 2025	1,159	1,481	2,640
At 30 September 2024	-	2,848	2,848

15 Fixed asset investments

	Unlisted investments
	£
Cost or valuation	
At 1 October 2024	115,862
Valuation changes	15,199
At 31 December 2025	131,061
Carrying amount	
At 31 December 2025	131,061
At 30 September 2024	115,862

There were no investment assets outside the UK.

16 Trade and other receivables

	2025	2024
Amounts falling due within one year:	**£**	**£**
Trade receivables	2,022	5,000
Prepayments and accrued income	9,272	8,573
	11,294	13,573

17 Current liabilities

	2025	2024
	£	**£**
Trade payables	2,337	1,299
Other payables	1,704	1,609
Accruals and deferred income	3,600	7,932
	7,641	10,840

18 Retirement benefit schemes

	2025	2024
Defined contribution schemes	**£**	**£**
Charge to profit or loss in respect of defined contribution schemes	7,594	4,895

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

19 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 October 2024	Incoming resources	Resources expended	Transfers	At 31 December 2025
	£	£	£	£	£
Lottery funding	50,879	145,222	(173,642)	18,856	41,315
Oak Foundation	-	240,000	(150,000)	-	90,000
Winston Churchill 2	3,814	-	(3,827)	13	-
Gilead	6,258	-	(6,258)	-	-
Pfizer Limited	13,146	-	(13,879)	733	-
Merck/MSD	4,186	7,968	(4,186)	-	7,968
Cabaret vs Cancer	3,000	9,000	(5,000)	-	7,000
The Access Foundation	5,000	-	(5,000)	-	-
Astellas Pharma Ltd	1,293	-	(1,831)	538	-
BBK	-	5,000	(2,134)	-	2,866
Glaxo Smith Kline UK	-	6,500	(6,836)	336	-
St James' Place	-	10,000	(2,503)	-	7,497
Point of Care Foundation	-	18,414	-	-	18,414
VBG Camp	4,505	-	-	-	4,505
	92,081	442,104	(375,096)	20,476	179,565

Previous year:	At 1 October 2023	Incoming resources	Resources expended	Transfers	At 30 September 2024
	£	£	£	£	£
Lottery funding	-	136,946	(86,067)	-	50,879
Oak foundation	64,617	-	(64,638)	21	-
Merck/MSD	-	6,879	(2,693)	-	4,186
Winston Churchill 2	9,530	-	(5,716)	-	3,814
Gilead	17,321	903	(11,966)	-	6,258
Pfizer Limited	-	20,260	(7,114)	-	13,146
Cabaret Vs Cancer	-	3,000	-	-	3,000
The Access Foundation	-	5,000	-	-	5,000
Astellas Pharma Ltd	-	1,611	(318)	-	1,293
VBG Camp	4,505	-	-	-	4,505
	95,973	174,599	178,512	21	92,081

19 Restricted funds **(Continued)**

Funds are restricted for the following purposes:

VBG Camp - This is income to be spent specifically on the camp run by Shine on an annual basis.

Lottery - To build and strengthen the community of young adults with cancer, reducing isolation and improving mental well-being.

Oak Foundation - Core support to improve the lives of young adults with cancer through the strengthening and development of Shine's structure, programmes and resources.

Winston Churchill MT 2 - To support the creation of a programme to support people transitioning from teenage cancer services.

Gilead - To support a programme of events and resource creation to tackle inequalities.

Pfizer Limited - To support Shine Shake Up Programme 2024-2025.

Merck/MSD - To support a programme of events and resource creation to tackle inequalities.

Cabaret Vs Cancer - To support Shine Shake Up Programme.

The Access Foundation - To support Shine Reset Programme and Part-Funding for Shine Shake-Up Programme.

Astellas Pharma Ltd - To support HCP workshops from August 2024 - March 2025.

BBK - To support two Shine Shake Up days taking place in London.

Glaxo Smith Kline UK - To support the building of a trained cohort of Shine Champions.

Point of Care Foundation - To support the training of 220 Health Care Professionals, giving them the skills to improve and humanise care for young adults with cancer in their 20s, 30s and 40s.

St James Place - TO provide four all day 'Shake Up' events to support 100 young people in their 20s, 30s and 40s with cancer.

Transfers between funds:
Transfers have taken place between the General fund and restricted funds to cover an overspend on the restricted funds.

A transfer has taken place between the Lottery fund and the General fund to correct the prior year allocation of lottery expenditure.

20 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 October 2024	Incoming resources	Resources expended	Transfers	Gains and losses	At 31 December 2025
	£	£	£	£	£	£
General funds	409,019	321,365	(267,485)	(20,476)	15,199	457,622

Previous year:	At 1 October 2023	Incoming resources	Resources expended	Transfers	Gains and losses	At 30 September 2024
	£	£	£	£	£	£
General funds	393,275	193,552	(192,951)	(21)	15,164	409,019

21 Analysis of net assets between funds

	Unrestricted funds 2025	Restricted funds 2025	Total 2025
	£	£	£
At 31 December 2025:			
Property, plant and equipment	2,640	-	2,640
Investments	131,061	-	131,061
Current assets/(liabilities)	323,921	179,565	503,486
	457,622	179,565	637,187

	Unrestricted funds 2024	Restricted funds 2024	Total 2024
	£	£	£
At 30 September 2024:			
Property, plant and equipment	2,848	-	2,848
Investments	115,862	-	115,862
Current assets/(liabilities)	290,309	92,081	382,390
	409,019	92,081	501,100

22 Related party transactions

Transactions with related parties

During the period ended 31 December 2025, no trustees (2024: one) were paid a total of £nil (2024: £777) for freelance services.

During the period ended 31 December 2025, one trustee's spouse (2024: nil) was paid a total of £40 (2024: £nil) for freelance services.

During the period ended 31 December 2025, one trustee (2024: nil) received a gift hamper totalling £24 (2024: £nil) for speaking at a Network leaders weekend.

23 Cash generated from operations

	2025	2024
	£	£
Surplus for the period	136,087	11,852
Adjustments for:		
Investment income recognised in statement of financial activities	(12,145)	(8,416)
Gain on disposal of investments	(15,199)	(15,164)
Depreciation and impairment of property, plant and equipment	3,806	2,830
Movements in working capital:		
Decrease/(increase) in trade and other receivables	2,279	(11,571)
(Decrease) in trade and other payables	(3,199)	(5,589)
Cash generated from/(absorbed by) operations	111,629	(26,058)

24 Analysis of changes in net funds

The charity had no material debt during the year.

SHINE CANCER SUPPORT

England & Wales - Charity number 1146902

Accounts

REGISTERED CHARITY NUMBER: 1146902

Report of the Trustees and

Financial Statements

for the Year Ended 30 September 2024

for

Shine Cancer Support

Ward Goodman Audit Services Limited
Statutory Auditor
4 Cedar Park
Cobham Road
Ferndown Industrial Estate
Wimborne
Dorset
BH21 7SF

Shine Cancer Support

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for the Year Ended 30 September 2024

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Shine Cancer Support

Report of the Trustees
for the Year Ended 30 September 2024

The trustees present their report with the financial statements of the charity for the year ended 30 September 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

To summarise the purposes of Shine Cancer Support as set out in our governing document, our 'Charitable Objects' are:

1. To promote physical and mental health by providing a support network for adults and their families who have been diagnosed with or in the past have suffered from cancer; through the provision of services such as but not limited to information, open meetings, social events, and a website.

2. To advance the education of the public in the subject of cancer and other cancer-related subjects such as but not limited to cancer prevention and cancer diagnoses.

The board of Trustees have had regard to the guidance issued by the Charity Commission on public benefit and this report summarises the main activities in relation to those purposes above for the public benefit and also summarises the main achievements of Shine Cancer Support and demonstrates the difference that our work has made to its beneficiaries and the wider public.

Significant activities

Work. Fertility. Finance. Insurance. Sex. Dating. Mental health. Every single aspect of life is affected when you receive a cancer diagnosis. At Shine Cancer Support, we're here to help and we support young adults in their 20s, 30s and 40s who have received a cancer diagnosis - no matter what the stage or type of cancer.

Over the last two years, more and more research has shown that rates of 'early onset cancer' (cancer in those under 50) is increasing (see for example, Ledford 2024; Bray 2024; and Shelton et al 2024). However, most cancer support services remained targeted at older people, while services that do include young adults stop at age 24. This means that an increasing cohort of younger adults are not getting the support or information they need to live well after a diagnosis. Shine Cancer Support is the only charity in the UK focused on supporting this group of people and we are working with service users, staff and partners to develop innovative solutions to fill the "cancer support gap" facing younger adults.

Vision

We want every adult in their 20s, 30s and 40s diagnosed with cancer to know they're not alone, and to have the support, knowledge, and confidence to navigate whatever cancer throws their way.

Mission

There's never a good time for a cancer diagnosis, but in your 20s, 30s or 40s there are particular challenges to navigate, like work, dating, finances and more. At Shine Cancer Support, we've been there and we get it. We're here to help you deal with everything that your diagnosis brings, before, during and after treatment, and to welcome you into our community.

Shine Cancer Support

Report of the Trustees
for the Year Ended 30 September 2024

ACHIEVEMENT AND PERFORMANCE

Charitable activities

2023 - 2024 Impact

Main activities

In 2023 - 2024, we were glad to feel that we were 'returning to normal' after the pandemic, with many more of our in-person activities returning. We have, however, maintained (and grown) a number of key online programmes as we have found that they allow us to reach people all over the UK and are accessible to those who are in work, in treatment, experiencing fatigue, or have caring responsibilities.

In particular, we now run three online programmes every 8 to 10 weeks, an increase from two in the previous year. Shine Camp was held at a new location in August 2024, while Shine Connect was held as a hybrid event in London.

1. Online programmes

We now run four successful online programmes: the Break Out programme for younger adults coming to the end of treatment or in remission; the Shine Circles programme for younger adults with incurable cancer; the Plus Ones Circle for the partners of younger adults with cancer; and, as of November 2023, a Reset programme for adults aged 22 to 28. In 2023 - 2024 we ran:

-Five Break Out programmes, supporting 50 people
-Three Circles programmes supporting 31 people
-One Plus Ones Circles supporting 10 people
-Two Reset programmes supporting 19 people

The average scores given in evaluations for the Break Out programme was 4.8 out of 5, while for Circles programmes it was 4.7 out of 5. For both the Plus Ones Circle and the Reset it was 4.6 out of 5. There were other significant changes; pre-programme only 21% of participants felt that they had "a lot" of emotional support as a younger adult with cancer. This increased to 67% post-programme. In addition, while 50% reported feeling isolated "often" pre-programme, this reduced to just 7% post-programme.

Over the course of the year, we slightly tweaked the focus of the Plus Ones programme so that it is now only open to those whose partner is living with an incurable diagnosis. We plan to develop other support and workshops for those who have a partner on a curative pathway. We have also begun using a new well-being scale to monitor the impact of our programmes. This scale will also allow us to assign a value to our work which relates to the increase in well-being that results from attending the programmes. We will be reporting on this more in the year to come.

Quotes:

- "I have benefitted hugely from taking part in the Circles programme. I had come into the group feeling very lonely and isolated from 'the real world'. Having a group to share my experiences with has dissipated that loneliness. The knock-on effect has been that there is now less pressure on the other relationships in my life, which has led to improved connection in those too."

- "I cannot express with words how much I valued being part of the group, how helpful and special it has been, and I really miss seeing everyone. I think this is an amazing programme, I am so grateful to have been part of it, thank you so so much!"

- "The best part was being able to connect with others who get it and are facing similar challenges in life. A judgement free zone to express yourself."

- "It was a great experience and I think I came a long way and learnt a lot from the group sessions. I was a bit anxious at the beginning to share my feelings with strangers, but by the end I felt I came out of my shell and was able to share more."

2. Shine Networks and Meet Ups

Many of our online activities continued while we redeveloped our in-person offerings. Over the year we ran:

-Five Book Clubs
-Eleven online meet ups for all
-Seven Chronic Cancer Chats
-Three Shine Diversity meet ups for Shine service users from a Black, Asian or minority ethnic background.

Our film club folded in mid-2024 as fewer people were interested in meeting up regularly online. We also made some changes to our support for the LGBTQI+ community. Following discussions and a focus group, we decided to discontinue specific online meet ups but to create a WhatsApp group for members of the LGBTQI+ community who would like to be in touch. We are also working with some of our volunteers to ensure that our language, website and resources reflect our desire to be inclusive of all young adults with cancer.

Shine has 16 networks across the country, all of which are run by volunteers. In total across 2023 - 2024, we ran a total of 83 in-person meet ups which reached 683 people in total. We have continued to support our Networks to grow throughout the year and our new full-time Volunteer Manager is working closely with the volunteers to develop their skills and support the growth of the Networks.

3. Shine Shake Ups

Shine Shake Ups are a new, full-day in-person event that we launched in March 2024. The first event was held in Edinburgh with 15 people in March. Further events were held in April (Southampton), June (London), July (Manchester), and September (Leeds and London). All of the Shake Ups to-date have been held at Maggie's Centres.

Days run from 10:00 to 4:30pm, with all food and drink provided. In total we have had 124 attend these days, with an average score of 4.8 stars out of 5.

Feedback has included:
"Thank you for running this day. In my 2 and a half years in dealing with cancer, it's been a lonely journey as I have always been the youngest person in every room by a mile. Being with people of a similar age group who just get it was hugely beneficial for me and for once I actually didn't feel alone. I feel like I've found connections for life which is just amazing. So thank you."

4. Social media and online groups

Shine runs a number of online groups via Facebook for younger adults with cancer and their supporters. By 30th September 2024, our groups had the following membership:
-Our main Facebook group for young adults with cancer had 3510 members, growing by approximately 27 members a month.
-Our Shine Lifers group, for young adults with incurable cancer had 445 members
-Our Plus Ones group had 453 members.

We are aware that many people are no longer using Facebook, particularly younger people, and will be investigating options for a different platform over the next year.

Our social media presence has also grown and by the end of the year we had 5,600 'likes' on Facebook and 5,371 followers on Instagram. While we do still have a presence on X, we are no longer actively engaging on that platform.

5. Other resources

Across 2023-2024, we produced 14 episodes of our podcast "Not Your Grandma's Cancer Show" which were downloaded 5,100 times, representing a 21% increase on the year before. Our most popular podcasts covered stories of breast cancer and living with the lasting impact of cancer treatment.

We have continued to distribute our booklets on being newly diagnosed as a young adult; living with incurable cancer; and being a 'Plus One'. We have also recently finalised a new booklet on living with chronic cancer.

Website analytics indicate that we had at least 60,000 unique users between April and September of 2024, however, some earlier data was lost when we launched an updated website and, very sadly, our developer died suddenly. A completely new website is being planned for 2025.

6. Shine Connect

Shine Connect, our annual conference, returned this year in a hybrid format which saw an in-person day on 14 October followed by six days of online workshops and sessions. We very much felt that we were starting from scratch with the conference and, given the pandemic, recruitment was slow and lower than in previous years although the event did have 77 participants register to attend in person and we have had excellent feedback. Overall, the participants gave the conference a rating of 4.9 out of 5, with 94% giving the venue 5 stars. Expert speakers and meeting other young adults with cancer were given high ratings as the best parts of the day.

Quotes from participants:

- "My least favourite part of the day? Leaving!"

- "The conference was amazing as per usual.... But this year was the best so far with the Hybrid (Saturday in person and the rest of the week online)... I think this way people (like myself) can attend more sessions and it's really a good variety."

- "I thought the day was wonderful. So well organised, really informative and fun. I've met some great people!"

- "Thank you so much for Shine Connect - events like this are so needed in the young adult cancer community"

- "Thank you for organising this brilliant event"

7. Shine Camp

Shine Camp was held in August with a total of 91 attendees. We were supported by our own volunteers as well as support from staff from Irwin Mitchell. The weekend was a great success and resulted in some fantastic feedback.. We received a donation towards camp from a private donor which covered the actual costs of camp excluding staff time. A debrief of volunteers was held in early October and plans for 2024 are underway.

Comments received included:

- "It was very special to be surrounded by amazing people. Wonderful experience."

- "I had a great time, the food was lovely and the activities and company were too."

- "We love going to Shine Camp and this year was the best yet! It was so lovely to reconnect with the people we met last year and also meet new people, some of which I'd seen on Zoom."

- "The whole weekend was fantastic - the food, the activities, the tent I hired... and most importantly, the company!"

8. Workshops for healthcare professionals (HCPs)

As with the previous year, we continued to provide CPD-accredited training to healthcare professionals across the UK on the needs of younger adults with cancer. We delivered four workshops (February, April, June and September) for 211 people across the country.

Of those attending, 96% reported that they felt better able to support their patients as a result of attending. 100% reported that they would recommend the workshop to a colleague.

Feedback received included:

- "It was a really well put-together workshop. Thank you."

- "It was useful to think about a whole range of ways cancer affects young people's lives, eg. financially, with education and work etc."

- "What was the most useful? The breadth of services you provide, suggestions of what is/isn't helpful when trying to provide support for people with cancer. The options of support for partners. The additional insight around treatment induced infertility/menopause. Actually the entire 2 hours was very useful."

We have found that we are increasingly receiving requests for training and support for those treating young adults with cancer. As a result, in summer 2024, we ran a focus group with 12 healthcare professionals to look at developing a more in-depth training programme. We hope to launch this in early 2025.

9. Advocacy and involvement

Over the past year, Shine has continued to participate in and speak at regional and national events where we can raise awareness of the differing needs and concerns of younger adults with cancer.

Ceinwen Giles, our Co-CEO, stepped down as Chair of the Patient & Public Voices Forum of the NHS England Cancer Programme in January 2024, but was very active until that point and is still in touch with many at the Programme.

Other partnerships and collaborations that we have worked on include:

- Work with the South East London Cancer Alliance (SELCA), to help them understand the young adult cancer experience more fully.

- Supporting some work done by Bristol Myers Squibb on inequalities in cancer care, highlighting gaps in access to diagnosis and treatment for lesser heard groups, particularly those from Black and Asian backgrounds.

The team has given many talks and presentations to healthcare teams throughout the year. This includes:
-Presentations to a range of Cancer Alliances including the South West, Avon and Gloucestershire Cancer Alliance, the SELCA Head & Neck Cancer Sub-Group, the East of England Cancer Alliance and the Sussex and Surrey Cancer Alliance team.
-Delivery of a presentation to the Ashford and Medway Metastatic Cancer Nurses Away Day and at the NHS England Cancer Team Experience and Engagement Leads Network.
-A discussion with other cancer charities and Pfizer on engagement between pharmaceutical companies and patient groups.
-A panel discussion on patient engagement at the Health Service Journal (HSJ) Cancer Forum.
-Speaking to a group of Churchill Fellows about the work done by Shine as a result of funding from the Churchill Fellowship.
-Delivery of a menopause and uncertainty workshop in collaboration with a new charity, Menopause after Cancer.

FINANCIAL REVIEW

Financial position

At the end of the year the charity had unrestricted funds of £409,019 (2023: £393,275) and restricted funds of £92,081 (2023: £95,973). The charity's free reserves (unrestricted funds less long-term assets) are £290,309 (2023: £287,906).

Reserves policy

In the Trustees' view, the reserves should provide the charity with adequate financial stability and the means for it to meet its charitable objectives for the foreseeable future. At a time of growth within the charity, the accounts are monitored monthly by the Co-CEOs and discussed quarterly with the Trustees to allow analysis of unexpected events, risks and issues to be managed.

Our policy is to maintain a level of reserves equal to 80% of 9 months budget (for 2024/25 this equals £328k) in order to provide stability across the organisation. This enables us to provide staff with security in their jobs, as well as ensuring that we are able to continue to provide a basic level of support to all of our service users in the event of a major financial downturn or event that impacts our income or ability to provide services as planned. (e.g. another pandemic).

At the end of this financial year (30/9/24) we hold £80k free reserves above the current target. Within our budget for the 24/25 year, we are planning to utilise these surplus funds to invest in two further staff positions and in moving offices in London from a shared working space to a dedicated private office. This has become necessary due to the increase in employees in London and the practicalities of security and storage. As part of our strategy for growth, we also plan to undertake bespoke research into the needs of younger adults with cancer to allow us to develop the foundations of an advocacy strategy. These additional works will cost approximately £70k.

Demand for Shine services continues to grow and our strategic plans include expansion of our services and overall growth of the charity. The Trustees believe this approach will allow us to provide support and continuity to the growing community of young adults with cancer in an uncertain financial context.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Shine Cancer Support was formed by Constitution, which was agreed on 23rd September 2009. The association was registered as a charity with the Charities Commission of England & Wales on 17th April 2012 with the three founding Trustees: Emma Willis, Ceinwen Giles and Laura Purandare.

The Trustees manage the charity and, by the end of this financial year, there were eight people employed by the charity. No Trustees are paid for carrying out their duties as Trustees.

The Trustees delegate day-to-day management of the Charity to the two Co-CEOs, Emma Willis & Ceinwen Giles.

Other professionals have been paid for providing specific services to the charity on an invoice basis that does not constitute employment. The Trustees make decisions regarding the running and management of the charity with day to day management delegated to the two Co-CEOs who are supported by the staff and volunteers who carry out specific tasks and roles that do not involve major decision-making.

Recruitment and appointment of new trustees

Recruitment and appointment of new Trustees is the responsibility of the existing Trustees.

The Trustees may appoint any person who is willing to act as Trustee subject to the requirements of the Charity Commission and the Constitution.

The Trustees have had due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant. The Trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks. There were no serious incidents to report during the financial year.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number
1146902

Principal address
54 Sterte Esplanade
Poole
Dorset
BH15 2BA

Trustees
L Purandare
C Riley
R Salter
R J Cranefield
F Woodcock
J Talman

Auditors
Ward Goodman Audit Services Limited
Statutory Auditor
4 Cedar Park
Cobham Road
Ferndown Industrial Estate
Wimborne
Dorset
BH21 7SF

STATEMENT OF TRUSTEES' RESPONSIBILITIES

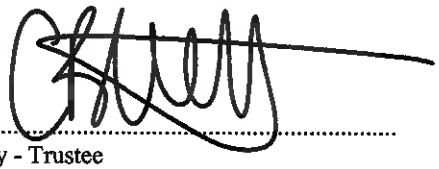
The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity 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 then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity 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 Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. 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.

Approved by order of the board of trustees on 21 May 2025 and signed on its behalf by:



.....
C Riley - Trustee

Report of the Independent Auditors to the Trustees of Shine Cancer Support

Opinion
We have audited the financial statements of Shine Cancer Support (the 'charity') for the year ended 30 September 2024 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:
- give a true and fair view of the state of the charity's affairs as at 30 September 2024 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion
We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern
In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information
The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception
We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:
- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Report of the Independent Auditors to the Trustees of Shine Cancer Support

Responsibilities of trustees
As explained more fully in the Statement of Trustees' Responsibilities, the trustees are responsible for the preparation of the financial statements which give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements
We have been appointed as auditors under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- We obtained an understanding of the legal and regulatory frameworks applicable to the charity and the sector in which they operate.
- We obtained an understanding of how the charity are complying with those legal and regulatory frameworks by making enquires of management
- We assessed the susceptibility of the charities financial statements to material misstatement, including how fraud might occur. Audit procedures performed by the engagement team included:

1. Identifying and assessing the design effectiveness of controls management has in place to prevent and detect fraud
2. Understanding how those charged with governance considered and addressed the potential for override of controls or other inappropriate influence over the financial reporting process
3. Challenging assumptions and judgments made by management in its accounting estimates
4. Identifying and testing journal entries, in particular any journal entries posted with unusual account combinations; and
5. Assessing the extent of compliance with the relevant law and regulations.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Report of the Independent Auditors to the Trustees of
Shine Cancer Support

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Ward Goodman Audit Services Limited
Statutory Auditor
4 Cedar Park
Cobham Road
Ferndown Industrial Estate
Wimborne
Dorset
BH21 7SF

Date: 9 June 2025

Shine Cancer Support

Statement of Financial Activities
for the Year Ended 30 September 2024

	Notes	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	175,480	174,599	350,079	264,189
Charitable activities					
Charitable activities		3,076	-	3,076	3,750
Other trading activities	4	6,580	-	6,580	4,337
Investment income	5	8,416	-	8,416	3,138
Total		193,552	174,599	368,151	275,414
EXPENDITURE ON					
Raising funds		13,304	-	13,304	11,035
Charitable activities					
Charitable activities		179,647	178,512	358,159	254,262
Total		192,951	178,512	371,463	265,297
Net gains on investments		15,164	-	15,164	8,631
NET INCOME/(EXPENDITURE)		15,765	(3,913)	11,852	18,748
Transfers between funds	15	(21)	21	-	-
Net movement in funds		15,744	(3,892)	11,852	18,748
RECONCILIATION OF FUNDS					
Total funds brought forward		393,275	95,973	489,248	470,500
TOTAL FUNDS CARRIED FORWARD		409,019	92,081	501,100	489,248

The notes form part of these financial statements

Shine Cancer Support

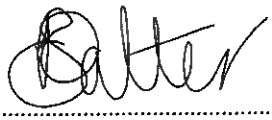
Balance Sheet
30 September 2024

	Notes	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	10	2,848	-	2,848	4,672
Investments	11	115,862	-	115,862	100,697
		118,710	-	118,710	105,369
CURRENT ASSETS					
Debtors	12	13,573	-	13,573	2,001
Cash at bank and in hand		287,576	92,081	379,657	398,306
		301,149	92,081	393,230	400,307
CREDITORS					
Amounts falling due within one year	13	(10,840)	-	(10,840)	(16,428)
NET CURRENT ASSETS		290,309	92,081	382,390	383,879
TOTAL ASSETS LESS CURRENT LIABILITIES		409,019	92,081	501,100	489,248
NET ASSETS		409,019	92,081	501,100	489,248
FUNDS	15				
Unrestricted funds				409,019	393,275
Restricted funds				92,081	95,973
TOTAL FUNDS				501,100	489,248

The financial statements were approved by the Board of Trustees and authorised for issue on 21 May 2025 and were signed on its behalf by:



C Riley - Trustee



R Salter - Trustee

The notes form part of these financial statements

1. LEGAL FORM

Shine Cancer Support is a charitable unincorporated association. Registered at the Charity Commission.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment	-	Straight line over 3 years

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Government Grants
Government grants shall be recognised in profit or loss on a systematic basis over the periods in which the entity recognises as expenses the related costs for which the grants are intended to compensate.

Cash at bank and in hand
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

continued...

2. ACCOUNTING POLICIES - continued

Debtors and prepayments
Debtors and prepayments are recognised at the transaction price where an entity has a present obligation resulting from a past event that will probably result in the transfer of funds from a third party to the charity and the amount due to settle the obligation can be measured or estimated reliably.

Creditors and provisions
Creditors and provisions 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 and provisions are normally recognised at their transaction price after allowing for any trade discounts due.

Investments
Investments included in the accounts are included at market value. Gains arising from the sale of quoted investments are disclosed in the SOFA as realised gains. Gains arising from changes to the market values of quoted investments are disclosed in the SOFA as unrealised gains.

3. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	21,288	33,098
Gift aid	672	707
Grants	179,599	120,832
Sponsorship	97,936	69,241
Corporate	50,584	40,311
	350,079	264,189

Grants received, included in the above, are as follows:

	2024	2023
	£	£
The National Lottery	136,946	-
Pfizer Limited	20,260	-
Merck	6,879	-
The Access Foundation	5,000	-
Schroder Charity Trust	5,000	-
Cabaret V Cancer	3,000	-
Astellas Pharma Ltd	1,611	-
Gilead Sciences	903	18,222
Oak Foundation	-	86,360
Winston Churchill	-	5,975
The Light Fund	-	5,000
GSK UK	-	5,275
	179,599	120,832

continued...

4. OTHER TRADING ACTIVITIES

	2024	2023
	£	£
Fundraising events	285	190
Shop income	520	157
Other income	5,775	3,990
	6,580	4,337

5. INVESTMENT INCOME

	2024	2023
	£	£
Interest receivable - trading	8,416	3,138

6. SUPPORT COSTS

	Management	Governance costs	Totals
	£	£	£
Charitable activities	1,331	42,339	43,670

Included within Governance costs is the Audit fee of £7,332 (2023: £5,900).

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 September 2024 nor for the year ended 30 September 2023.

Trustees are remunerated in accordance with the Charities constitution for work that falls outside of their Trustee duties.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 September 2024 nor for the year ended 30 September 2023.

8. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	228,670	150,656
Social security costs	16,933	9,106
Other pension costs	4,895	3,012
	250,498	162,774

The average monthly number of employees during the year was as follows:

	2024	2023
Members of staff	8	5

continued...

8. STAFF COSTS - continued

No employees received emoluments in excess of £60,000.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	143,857	120,332	264,189
Charitable activities			
Charitable activities	3,750	-	3,750
Other trading activities	4,337	-	4,337
Investment income	3,138	-	3,138
Total	155,082	120,332	275,414
EXPENDITURE ON			
Raising funds	11,035	-	11,035
Charitable activities			
Charitable activities	133,461	120,801	254,262
Total	144,496	120,801	265,297
Net gains on investments	8,631	-	8,631
NET INCOME/(EXPENDITURE)	19,217	(469)	18,748
Transfers between funds	34,482	(34,482)	-
Net movement in funds	53,699	(34,951)	18,748
RECONCILIATION OF FUNDS			
Total funds brought forward	339,576	130,924	470,500
TOTAL FUNDS CARRIED FORWARD	393,275	95,973	489,248

continued...

10. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 October 2023	8,760
Additions	1,006
At 30 September 2024	9,766
DEPRECIATION	
At 1 October 2023	4,088
Charge for year	2,830
At 30 September 2024	6,918
NET BOOK VALUE	
At 30 September 2024	2,848
At 30 September 2023	4,672

11. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 October 2023	100,697
Revaluations	15,165
At 30 September 2024	115,862
NET BOOK VALUE	
At 30 September 2024	115,862
At 30 September 2023	100,697

There were no investment assets outside the UK.

continued...

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade debtors	5,000	315
Prepayments and accrued income	8,573	1,686
	13,573	2,001

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	1,299	8,359
Other creditors	1,609	489
Accrued expenses	7,932	7,580
	10,840	16,428

14. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2024	2023
	£	£
Within one year	3,960	3,960
Between one and five years	1,320	5,280
	5,280	9,240

continued...

15. MOVEMENT IN FUNDS

	At 1.10.23 £	Net movement in funds £	Transfers between funds £	At 30.9.24 £
Unrestricted funds				
General fund	393,275	15,765	(21)	409,019
Restricted funds				
VBG camp	4,505	-	-	4,505
Lottery funding	-	50,879	-	50,879
Oak Foundation	64,617	(64,638)	21	-
Merck/MSD	-	4,186	-	4,186
Winston Churchill 2	9,530	(5,716)	-	3,814
Gilead	17,321	(11,063)	-	6,258
Pfizer Limited	-	13,146	-	13,146
Cabaret Vs Cancer	-	3,000	-	3,000
The Access Foundation	-	5,000	-	5,000
Astellas Pharma Ltd	-	1,293	-	1,293
	95,973	(3,913)	21	92,081
TOTAL FUNDS	489,248	11,852	-	501,100

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	193,552	(192,951)	15,164	15,765
Restricted funds				
Lottery funding	136,946	(86,067)	-	50,879
Oak Foundation	-	(64,638)	-	(64,638)
Merck/MSD	6,879	(2,693)	-	4,186
Winston Churchill 2	-	(5,716)	-	(5,716)
Gilead	903	(11,966)	-	(11,063)
Pfizer Limited	20,260	(7,114)	-	13,146
Cabaret Vs Cancer	3,000	-	-	3,000
The Access Foundation	5,000	-	-	5,000
Astellas Pharma Ltd	1,611	(318)	-	1,293
	174,599	(178,512)	-	(3,913)
TOTAL FUNDS	368,151	(371,463)	15,164	11,852

continued...

15. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.10.22 £	Net movement in funds £	Transfers between funds £	At 30.9.23 £
Unrestricted funds				
General fund	339,576	19,217	34,482	393,275
Restricted funds				
VBG camp	4,505	-	-	4,505
Lottery funding	7,118	(7,256)	138	-
M B Donation	11,593	(11,593)	-	-
Oak Foundation	100,834	(1,645)	(34,572)	64,617
Merck/MSD	899	(1,047)	148	-
Winston Churchill 2	5,975	3,555	-	9,530
GSK	-	196	(196)	-
Gilead	-	17,321	-	17,321
	130,924	(469)	(34,482)	95,973
TOTAL FUNDS	470,500	18,748	-	489,248

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	155,082	(144,496)	8,631	19,217
Restricted funds				
Lottery funding	-	(7,256)	-	(7,256)
M B Donation	4,500	(16,093)	-	(11,593)
Oak Foundation	86,360	(88,005)	-	(1,645)
Merck/MSD	-	(1,047)	-	(1,047)
Winston Churchill 2	5,975	(2,420)	-	3,555
GSK	5,275	(5,079)	-	196
Gilead	18,222	(901)	-	17,321
	120,332	(120,801)	-	(469)
TOTAL FUNDS	275,414	(265,297)	8,631	18,748

continued...

15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.10.22 £	Net movement in funds £	Transfers between funds £	At 30.9.24 £
Unrestricted funds				
General fund	339,576	34,982	34,461	409,019
Restricted funds				
VBG camp	4,505	-	-	4,505
Lottery funding	7,118	43,623	138	50,879
M B Donation	11,593	(11,593)	-	-
Oak Foundation	100,834	(66,283)	(34,551)	-
Merck/MSD	899	3,139	148	4,186
Winston Churchill 2	5,975	(2,161)	-	3,814
GSK	-	196	(196)	-
Gilead	-	6,258	-	6,258
Pfizer Limited	-	13,146	-	13,146
Cabaret Vs Cancer	-	3,000	-	3,000
The Access Foundation	-	5,000	-	5,000
Astellas Pharma Ltd	-	1,293	-	1,293
	130,924	(4,382)	(34,461)	92,081
TOTAL FUNDS	470,500	30,600	-	501,100

continued...

15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	348,634	(337,447)	23,795	34,982
Restricted funds				
Lottery funding	136,946	(93,323)	-	43,623
M B Donation	4,500	(16,093)	-	(11,593)
Oak Foundation	86,360	(152,643)	-	(66,283)
Merck/MSD	6,879	(3,740)	-	3,139
Winston Churchill 2	5,975	(8,136)	-	(2,161)
GSK	5,275	(5,079)	-	196
Gilead	19,125	(12,867)	-	6,258
Pfizer Limited	20,260	(7,114)	-	13,146
Cabaret Vs Cancer	3,000	-	-	3,000
The Access Foundation	5,000	-	-	5,000
Astellas Pharma Ltd	1,611	(318)	-	1,293
	294,931	(299,313)	-	(4,382)
TOTAL FUNDS	643,565	(636,760)	23,795	30,600

Funds are restricted for the following reasons:

VBG Camp - This is income to be spent specifically on the camp run by Shine on an annual basis.

Lottery - To build and strengthen the community of young adults with cancer, reducing isolation and improving mental well-being.

Oak Foundation - Core support to improve the lives of young adults with cancer through the strengthening and development of Shine's structure, programmes and resources.

Winston Churchill MT 2 - To support the creation of a programme to support people transitioning from teenage cancer services

Gilead - To support a programme of events and resource creation to tackle inequalities.

Pfizer Limited - To support Shine Shake Up Programme 2023-2024

Merck/MSD - To support a programme of events and resource creation to tackle inequalities

Cabaret Vs Cancer - To support Shine Shake Up Programme

The Access Foundation - To support Shine Reset Programme and Part-Funding for Shine Shake-Up Programme

Astellas Pharma Ltd - To support HCP workshops from August 2024 - March 2025

continued...

15. MOVEMENT IN FUNDS - continued

Fund descriptions for comparative purposes only:

M B Donation - Income received from a major donor 'MB' to design and deliver 6 work shops along with hosting a retreat for beneficiaries.

GSK - To support the delivery of educational workshops for healthcare professionals.

Transfers between funds

A transfer has occurred in the year from the General fund to the Oak fund, to cover an overspend.

16. RELATED PARTY DISCLOSURES

During the year ended 30 September 2024, one trustee (2023: nil) was paid a total of £777 (2023: £nil) for freelance services as a professional photographer where the rates were lower than market rate.

SHINE CANCER SUPPORT

England & Wales - Charity number 1146902

Accounts

REGISTERED CHARITY NUMBER: 1146902

Report of the Trustees and

Financial Statements

for the Year Ended 30 September 2023

for

Shine Cancer Support

Ward Goodman Audit Services Limited
Statutory Auditor
4 Cedar Park
Cobham Road
Ferndown Industrial Estate
Wimborne
Dorset
BH21 7SF

Shine Cancer Support

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Report of the Trustees
for the Year Ended 30 September 2023

The trustees present their report with the financial statements of the charity for the year ended 30 September 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

To summarise the purposes of Shine Cancer Support as set out in our governing document, our 'Charitable Objects' are:

1. To promote physical and mental health by providing a support network for adults and their families who have been diagnosed with or in the past have suffered from cancer; through the provision of services such as but not limited to information, open meetings, social events, and a website.

2. To advance the education of the public in the subject of cancer and other cancer-related subjects such as but not limited to cancer prevention and cancer diagnoses.

The board of Trustees have had regard to the guidance issued by the Charity Commission on public benefit and this report summarises the main activities in relation to those purposes above for the public benefit and also summarises the main achievements of Shine Cancer Support and demonstrates the difference that our work has made to its beneficiaries and the wider public.

OBJECTIVES AND ACTIVITIES

Significant activities

Work. Fertility. Finance. Insurance. Sex. Dating. Mental health. Every single aspect of life is affected when you receive a cancer diagnosis. At Shine Cancer Support, we're here to help and we support young adults in their 20s, 30s and 40s who have received a cancer diagnosis - no matter what the stage or type of cancer.

An estimated 260,000 adults in their 20s, 30s and 40s are living with and beyond cancer in the UK. That's 10 times the number of children and teenagers living with the disease, and that number is increasing. Research published in 2023 by Zhao et al has shown that global incidence of early-onset (in adults under 50) cancer increased by 79.1% and the number of early-onset cancer deaths increased by 27.7% between 1990 and 2019.

However, most cancer support services target older people, while services that do include young adults stop at age 24. A cancer diagnosis can have devastating consequences for young adults. Shine Cancer Support is the only charity in the UK focused on supporting this group of people. A young and dynamic organisation, Shine works to identify the unmet needs of people in this age group, and to develop innovative solutions to fill the "cancer support gap" facing younger adults.

Vision

We want every adult in their 20s, 30s and 40s diagnosed with cancer to know they're not alone, and to have the support, knowledge, and confidence to navigate whatever cancer throws their way.

Mission

There's never a good time for a cancer diagnosis, but in your 20s, 30s or 40s there are particular challenges to navigate, like work, dating, finances and more. At Shine Cancer Support, we've been there and we get it. We're here to help you deal with everything that your diagnosis brings, before, during and after treatment, and to welcome you into our community.

2022 - 2023 Impact

Every year, we run an Impact Survey to assess the more general outcomes and impact of Shine's work. This is in addition to the regular monitoring of our programmes. This year, we had 104 responses. The results were very positive.

- Our Net Promoter Score is 75. The NPS shows the extent to which people are likely to recommend your services. We asked specifically, "How likely, on a scale of 1 to 10, are you to recommend Shine to a friend or family member with cancer?" Salesforce notes that: "Technically, any score above 0 can be considered a "good" score, since it means you have more promoters than detractors. According to global NPS standards, a score of above 50 is good, and above 70 is outstanding."

- Since becoming involved with Shine, 88% of respondents feel less emotionally isolated, 71% feel less anxious and 55% feel less depressed. This shows the significance of our work on the mental health of our service users.

- More than a quarter of respondents found out about us via a search engine; 13% were told about Shine by a nurse and only 1% by a consultant. There is more scope for us to raise awareness of our services among healthcare professionals, as well as to better utilise our Google Ad grants to ensure that we are appearing high up on search rankings.

Quotation:

- I would say Shine is the community you NEED when going through cancer. Having cancer is a very lonely disease and the last thing you want to do is actively go make friends. If anything, well for me at least, you shut down and alienate yourself from everyone because no one can really relate. Shine puts you in touch with a network of people all around the country facing different types of cancers. It's the friend you never knew you needed.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

i) Main activities undertaken to further the charity's purposes for the public benefit;

In 2022 - 2023, Shine sought to consolidate and expand its services both online and in person. Online programmes are now scheduled regularly, approximately once every 8 weeks, while Shine Networks are now meeting regularly in person across the country. In addition, Shine Camp was held in the summer and planning for Shine Connect to return as a one-day in-person event in London was put into place.

1. Online programmes

We run three successful online programmes: the Break Out programme for younger adults coming to the end of treatment or in remission; the Shine Circle programme for younger adults with incurable cancer; and the Plus Ones Circle for the partners of younger adults with cancer. In 2022 - 2023, we ran:

- Four Break Out programmes, supporting 39 people
- Three Circles programmes supporting 21 people
- Two Plus Ones Circles supporting 19 people

Similar to last year, the average score given in evaluations for the Break Out and Circles programmes were 4.7 out of 5; for the Plus Ones Circle it was 4.6 out of 5.

Across all three programmes there were significant changes in the levels of isolation, experience of emotional support, and connectedness. For example, there was also a large reduction in the percentage of participants reporting that they "often felt isolated". On average, 53% of Break Out participants reported feeling isolated before the programme; this reduced to 2% after the programme. Only 21% of Circles participants felt that they had a lot of emotional support prior to the programme, but this increased to 79% afterwards. Plus Ones reported that more than a quarter (27%) "often" felt isolated pre-programme, reducing to 6% afterwards.

Quotations:
- Thank you so much for running this course. It has been invaluable and parts of it I will take forward for the rest of my life. It was amazing to get connected to other young people who have had similar experiences, I look forward to the reunion session, and will make sure we as a group continue to support each other in whatever capacity works for us.
- I can't express how much this has helped me, I feel like I'm no longer completely lost and scared about the future. Just knowing there are people out there who feel the same way, and especially seeing people a few years down the line who are getting on with their lives gives me so much hope.
- Meeting other people who were going through a very similar experience to me, which has made me feel less isolated. Speaking with people who really got how I felt, and hearing about their experiences was so helpful. The programme taught me lots of new things in a really supportive environment - such as acknowledging what I've lost from my life as a result of having cancer - which was freeing to recognise. I think the programme should be promoted as an uplifting experience. Before starting it I wondered if it might be very upsetting, seeing other young people battling an incurable disease, and whilst there were elements of that, I left every session uplifted, supported and heard.

2. Shine Networks and Meet Ups
In addition to our online programmes, Shine ran a number of other online and in-person activities. These included:

- Eight Book Clubs
- Four Film Clubs
- Eight online meet ups for all
- Six Chronic Cancer Chats
- Three Shine Connected meet ups (for Shine members from Black, Asian and Minoritised Ethnic communities)
- One small LGBTQI+ meet up
- Two parenting meet ups
- One yoga and brunch event

Some of the above activities were developed because of the pandemic and, over 2023, we plan to scale them down and/or evaluate if they continue to add value and be well utilised.

Shine has 16 networks across the country, all of which are run by volunteers. In 2022 - 2023, we ran a total of 144 in-person and virtual meetups reaching 736 people. This has been a year in which we have strongly encouraged our Networks to return to in-person events and we aim to see continued growth in their participant numbers in the next year.

3. Social media and online groups

Shine runs several online groups via Facebook for younger adults with cancer and their supporters. By 30 September 2023, our groups had the following membership:

- Our main Facebook group for young adults with cancer had 3,183 members, growing by approximately 25 members a month.
- Our Shine Lifers group, for young adults with incurable cancer had 406 members
- Our Plus Ones group had 400 members.

Our social media presence has also grown and by the end of the year we had 5,051 'likes' on Facebook and 4,551 followers on Instagram. We had approximately 4,600 followers on Twitter/X.

4. Other resources

In 2022-23, we continued to regularly produce podcasts. In total, we produced 13 episodes which were downloaded more 4,200 times, a 71% increase on the year before. Our most popular podcast covered living with chronic cancer.

We have continued to distribute our booklets on being newly diagnosed as a young adult; living with incurable cancer; and being a 'Plus One'. These have been especially well received by the healthcare professionals we train via our CPD-accredited workshop.

In total, our website had more than 43,000 users, with the personal experiences page of our website continuing to receive the highest volume of traffic. A renewed website will be launched in early 2024.

5. Shine Connect

Shine Connect was run online between 12 and 17 November 2022. It was our most ambitious conference yet, with 31 sessions held over five days. In total, we had 440 people register and the sessions had a total of 542 participants, with someone as far away as Indonesia joining us. The most popular session was our keynote speaker which had 54 participants, followed closely by the menopause after cancer session.

The average rating for the conference was 4.7 out of 5. The expert speakers were listed as the participants' favourite part of the conference, reinforcing our belief that it is both important and valued to provide good quality content and high-quality information through the conference.

Comments received included:

- My favourite part of the conference? Just the whole vibe being focused at younger adults - felt like I'd finally found a relatable place even.
- I think that Shine Connect was an amazing event that did a lot to empower young people with cancer to share their stories and listen to other people's.
- I'm a healthcare professional and thought the sessions have been really informative, the expert speakers were excellent, Shine have achieved such a high standard of sessions, that I believe many professional need to listen into sessions.
- I really appreciated the constructive and useful sessions. I feel I can be much more proactive in dealing with my cancer now. It gave me strength and a renewed positivity.

All the sessions (where appropriate) have also been uploaded to YouTube where the sessions have had a total of 420 views, and we are planning two podcasts to review some of the content from the conference as well.

Planning has begun for the 2023 conference which will have a different format and feel to reflect the post-Covid situation. It will be held in early October 2023 with a mixture of in-person and online sessions.

6. Shine Camp

Shine Camp is our annual family and friends camping weekend, offering a chance to take a weekend break with other young adults living with a cancer diagnosis. This year, Shine camp was held in early August with a total of 91 people attending. The weekend offers a relaxed and friendly environment and includes optional organised activities as well as lots of opportunities to chat and meet others.

The overall rating from attendees was 4.9 out of 5 with 100% of attendees stating that they would come to camp again.

Comments received included:

- Shine Camp is almost indescribably good. It's an incredibly supportive atmosphere which wears the actual 'cancer' side of things incredibly lightly and focuses on LIVING and FUN which means you make great lasting connections and share information and support in a completely natural and unforced environment.
- I loved every second - met some amazing people, laughed more than I have in months, and felt so well understood and supported.
- It's like a family, it's a great way to connect and relate with others who are going through the awful cancer journey. It's a break, a chance to have fun and make special memories.

7. Workshops for healthcare professionals (HCPs)

As with the previous year, we continued to provide CPD-accredited training to healthcare professionals across the UK on the needs of younger adults with cancer. In total, 282 people attended five of Shine's HCP workshops this year (against a target of 150). 98% reported that they felt better able to support their patients as a result of attending. 100% reported that they would recommend the workshop to a colleague.

Feedback received included:
- This gave me better insight into what really matters to young adults diagnosed with cancer.
- It gave me insight into the journey that a patient goes on throughout treatment.
- I didn't realise the full range of support services offered by Shine. I will be referring the young people I work with and their partners to Shine ASAP.

8. Advocacy and involvement

Shine has continued to participate in regional and national initiatives to raise awareness of the concerns of young adults with cancer.

Ceinwen Giles, our Co-CEO, remains Chair of the Patient & Public Voices Forum of the NHS England Cancer Programme. Both Co-CEOs participate in Cancer52 work to raise awareness of and improve care for people diagnosed with rarer cancers. We have continued our membership with National Voices, an umbrella organisation for health and care charities in England, as well as One Cancer Voice. In addition, we signed a partnership agreement with Young Lives vs. Cancer in Spring 2023 which will support us in reaching younger members of our age group. We have also started to work in partnership with Cancer, Sex, Intimacy, a small organisation which supports sex and intimacy education after a cancer diagnosis. In the coming year, we will continue to strengthen these partnerships as well as work in collaboration with other organisations which share our aims and values.

FINANCIAL REVIEW

Financial position

At the end of the year the charity had unrestricted funds of £393,275 (2022: £339,576) and restricted funds of £95,973 (2022: £130,924). The charity's free reserves (unrestricted funds less long-term assets) are £287,906 (2022: £246,877).

FINANCIAL REVIEW

Reserves policy

In the Trustees' view, the reserves should provide the charity with adequate financial stability and the means for it to meet its charitable objectives for the foreseeable future. At a time of growth within the charity, the accounts are monitored monthly by the Co-CEOs and discussed quarterly with the Trustees to allow analysis of unexpected events, risks and issues to be managed.

The majority of Shine's income is from voluntary sources and one-off grant awards; this means that we are still affected by the general downturn in community-based events and feeling the effects of the cost-of-living crisis in reduced donations. We also know that demand for our services continues to grow and, therefore, our strategic plans include increased investment in donor stewardship and diversifying our income streams.

Having experienced the drop in community income caused by Covid restrictions and anticipating a general economic downturn in the next few years, the Trustees have agreed to maintain the level of unrestricted reserves at 12 months' running costs.

Our current unrestricted funds balance is above the reserve amount. This will continue to be reviewed by the Trustees who have no concerns about the current levels considering the plans for growth.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Shine Cancer Support was formed by Constitution, which was agreed on 23 September 2009. The association was registered as a charity with the Charity Commission of England & Wales on 17 April 2012 with the three founding Trustees: Emma Willis, Ceinwen Giles and Laura Purandare. On 6 October 2022, Emma Willis and Ceinwen Giles resigned and Francesca Woodcock was appointed, on 27 June 2023, Jennifer Talman was appointed.

The Trustees manage the charity, and by the end of this financial year, there were seven people employed by the charity. This included two of the Trustees for the first 6 days of the year, whose contracts were for work which falls outside of their Trustee duties. This was authorised by the Constitution and has been checked with the Charity Commission. The rationales for these decisions are recorded within Trustee meeting minutes. No Trustees are paid for carrying out their duties as Trustees.

Shortly after the start of this financial year, Shine's Board was restructured in order to strengthen the organisation's transparency and to ensure a separation between governance and management. As a result, Emma Willis and Ceinwen Giles were made Co-CEOs and stepped down as Trustees.

The Trustees delegate day-to-day management of the Charity to the two Co-CEOs, Emma Willis and Ceinwen Giles.

Other professionals have been paid for providing specific services to the charity on an invoice basis that does not constitute employment. The Trustees make decisions regarding the running and management of the charity with day-to-day management delegated to the two Co-CEOs who are supported by the staff and volunteers who carry out specific tasks and roles that do not involve major decision-making.

Recruitment and appointment of new trustees

Recruitment and appointment of new Trustees is the responsibility of the existing Trustees.

The Trustees may appoint any person who is willing to act as Trustee subject to the requirements of the Charity Commission and the Constitution.

The Trustees have had due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant. The Trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks. There were no serious incidents to report during the financial year.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1146902

Report of the Trustees
for the Year Ended 30 September 2023

Principal address
54 Sterte Esplanade
Poole
Dorset
BH15 2BA

Trustees
Ms C Giles (resigned 6.10.22)
Miss E Willis (resigned 6.10.22)
Ms L Purandare
C Riley
Ms R Salter
R J Cranefield
Ms F Woodcock (appointed 6.10.22)
Ms J Talman (appointed 27.6.23)

Auditors
Ward Goodman Audit Services Limited
Statutory Auditor
4 Cedar Park
Cobham Road
Ferndown Industrial Estate
Wimborne
Dorset
BH21 7SF

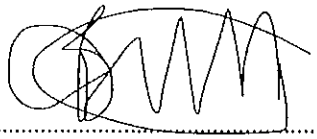
STATEMENT OF TRUSTEES' RESPONSIBILITIES
The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity 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 then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity 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 Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. 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.

Approved by order of the board of trustees on 30-4-24 and signed on its behalf by:



.....
C Riley - Trustee

Report of the Independent Auditors to the Trustees of Shine Cancer Support

Opinion

We have audited the financial statements of Shine Cancer Support (the 'charity') for the year ended 30 September 2023 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 30 September 2023 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees
As explained more fully in the Statement of Trustees' Responsibilities, the trustees are responsible for the preparation of the financial statements which give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements
We have been appointed as auditors under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- We obtained an understanding of the legal and regulatory frameworks applicable to the charity and the sector in which they operate.
- We obtained an understanding of how the charity are complying with those legal and regulatory frameworks by making enquires of management
- We assessed the susceptibility of the charities financial statements to material misstatement, including how fraud might occur. Audit procedures performed by the engagement team included:

1. Identifying and assessing the design effectiveness of controls management has in place to prevent and detect fraud
2. Understanding how those charged with governance considered and addressed the potential for override of controls or other inappropriate influence over the financial reporting process
3. Challenging assumptions and judgments made by management in its accounting estimates
4. Identifying and testing journal entries, in particular any journal entries posted with unusual account combinations; and
5. Assessing the extent of compliance with the relevant law and regulations.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Report of the Independent Auditors to the Trustees of
Shine Cancer Support

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Ward Goodman Audit Services Limited
Statutory Auditor
4 Cedar Park
Cobham Road
Ferndown Industrial Estate
Wimborne
Dorset
BH21 7SF

Date: 8 May 2024

Shine Cancer Support

Statement of Financial Activities
for the Year Ended 30 September 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	143,857	120,332	264,189	273,673
Charitable activities					
Charitable activities		3,750	-	3,750	1,000
Other trading activities	4	4,337	-	4,337	3,614
Investment income	5	3,138	-	3,138	174
Total		155,082	120,332	275,414	278,461
EXPENDITURE ON					
Raising funds		11,035	-	11,035	8,236
Charitable activities					
Charitable activities		133,461	120,801	254,262	208,065
Total		144,496	120,801	265,297	216,301
Net gains/(losses) on investments		8,631	-	8,631	(7,934)
NET INCOME/(EXPENDITURE)		19,217	(469)	18,748	54,226
Transfers between funds	15	34,482	(34,482)	-	-
Net movement in funds		53,699	(34,951)	18,748	54,226
RECONCILIATION OF FUNDS					
Total funds brought forward		339,576	130,924	470,500	416,274
TOTAL FUNDS CARRIED FORWARD		393,275	95,973	489,248	470,500

The notes form part of these financial statements

Shine Cancer Support

Balance Sheet
30 September 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	10	4,672	-	4,672	633
Investments	11	100,697	-	100,697	92,066
		105,369	-	105,369	92,699
CURRENT ASSETS					
Debtors	12	2,001	-	2,001	1,139
Cash at bank and in hand		302,333	95,973	398,306	384,170
		304,334	95,973	400,307	385,309
CREDITORS					
Amounts falling due within one year	13	(16,428)	-	(16,428)	(7,508)
NET CURRENT ASSETS		287,906	95,973	383,879	377,801
TOTAL ASSETS LESS CURRENT LIABILITIES		393,275	95,973	489,248	470,500
NET ASSETS		393,275	95,973	489,248	470,500
FUNDS	15				
Unrestricted funds				393,275	339,576
Restricted funds				95,973	130,924
TOTAL FUNDS				489,248	470,500

The financial statements were approved by the Board of Trustees and authorised for issue on 30/04/2024 and were signed on its behalf by:

C Riley - Trustee

Raelene Salter

R Salter - Trustee

The notes form part of these financial statements

Notes to the Financial Statements for the Year Ended 30 September 2023

1. LEGAL FORM

Shine Cancer Support is a charitable unincorporated association. Registered at the Charity Commission.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment	-	Straight line over 3 years

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Government grants
Government grants shall be recognised in profit or loss on a systematic basis over the periods in which the entity recognises as expenses the related costs for which the grants are intended to compensate.

Cash at bank and in hand
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

continued...

2. ACCOUNTING POLICIES - continued

Debtors and prepayments
Debtors and prepayments are recognised at the transaction price where an entity has a present obligation resulting from a past event that will probably result in the transfer of funds from a third party to the charity and the amount due to settle the obligation can be measured or estimated reliably.

Creditors and provisions
Creditors and provisions 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 and provisions are normally recognised at their transaction price after allowing for any trade discounts due.

Investments
Investments included in the accounts are included at market value. Gains arising from the sale of quoted investments are disclosed in the SOFA as realised gains. Gains arising from changes to the market values of quoted investments are disclosed in the SOFA as unrealised gains.

3. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	33,098	33,017
Gift aid	707	-
Grants	120,832	139,067
Sponsorship	69,241	88,632
Corporate	40,311	12,957
	264,189	273,673

Grants received, included in the above, are as follows:

	2023	2022
	£	£
The National Lottery	-	9,930
Winston Churchill	5,975	5,975
Merck	-	8,802
Oak Foundation	86,360	91,360
Bristol-Myers Squibb Pharmaceuticals	-	12,000
Charities Trust	-	1,000
Takeda	-	10,000
The Light Fund	5,000	-
GSK UK	5,275	-
Gilead Sciences	18,222	-
	120,832	139,067

continued...

4. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Fundraising events	190	1,145
Shop income	157	72
Other income	3,990	2,397
	4,337	3,614

5. INVESTMENT INCOME

	2023	2022
	£	£
Interest receivable - trading	3,138	174

6. SUPPORT COSTS

	Management	Governance costs	Totals
	£	£	£
Charitable activities	1,084	47,987	49,071

Included within Governance costs is the Audit fee of £5,900 (2022: £5,550).

7. TRUSTEES' REMUNERATION AND BENEFITS

	2023	2022
	£	£
Trustees' salaries	-	95,254
Trustees' social security	-	6,160
Trustees' pension contributions to money purchase schemes	-	2,483
	-	103,897

Trustees are remunerated in accordance with the Charities constitution for work that falls outside of their Trustee duties.

Trustees' expenses

	2023	2022
	£	£
Trustees' expenses	-	81

8. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	150,656	125,080
Social security costs	9,106	7,530
Other pension costs	3,012	2,945
	162,774	135,555

The average monthly number of employees during the year was as follows:

	2023	2022
Members of staff	5	4

continued...

8. STAFF COSTS - continued

No employees received emoluments in excess of £60,000.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	155,578	118,095	273,673
Charitable activities			
Charitable activities	1,000	-	1,000
Other trading activities	3,614	-	3,614
Investment income	174	-	174
Total	160,366	118,095	278,461
EXPENDITURE ON			
Raising funds	8,236	-	8,236
Charitable activities			
Charitable activities	115,511	92,554	208,065
Total	123,747	92,554	216,301
Net gains/(losses) on investments	(7,934)	-	(7,934)
NET INCOME	28,685	25,541	54,226
Transfers between funds	(288)	288	-
Net movement in funds	28,397	25,829	54,226
RECONCILIATION OF FUNDS			
Total funds brought forward	311,179	105,095	416,274
TOTAL FUNDS CARRIED FORWARD	339,576	130,924	470,500

continued...

10. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 October 2022	2,227
Additions	6,533
At 30 September 2023	8,760
DEPRECIATION	
At 1 October 2022	1,594
Charge for year	2,494
At 30 September 2023	4,088
NET BOOK VALUE	
At 30 September 2023	4,672
At 30 September 2022	633

11. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 October 2022	92,066
Revaluations	8,631
At 30 September 2023	100,697
NET BOOK VALUE	
At 30 September 2023	100,697
At 30 September 2022	92,066

There were no investment assets outside the UK.

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade debtors	315	-
Prepayments and accrued income	1,686	1,139
	2,001	1,139

continued...

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	8,359	954
Other creditors	489	404
Accrued expenses	7,580	6,150
	16,428	7,508

14. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2023	2022
	£	£
Within one year	3,960	906
Between one and five years	5,280	-
	9,240	906

15. MOVEMENT IN FUNDS

	At 1.10.22	Net movement in funds	Transfers between funds	At 30.9.23
	£	£	£	£
Unrestricted funds				
General fund	339,576	19,217	34,482	393,275
Restricted funds				
VBG camp	4,505	-	-	4,505
Lottery funding	7,118	(7,256)	138	-
M B Donation	11,593	(11,593)	-	-
Oak Foundation	100,834	(1,645)	(34,572)	64,617
Merck/MSP	899	(1,047)	148	-
Winston Churchill 2	5,975	3,555	-	9,530
GSK	-	196	(196)	-
Gilead	-	17,321	-	17,321
	130,924	(469)	(34,482)	95,973
TOTAL FUNDS	470,500	18,748	-	489,248

continued...

15. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	155,082	(144,496)	8,631	19,217
Restricted funds				
Lottery funding	-	(7,256)	-	(7,256)
M B Donation	4,500	(16,093)	-	(11,593)
Oak Foundation	86,360	(88,005)	-	(1,645)
Merck/MSP	-	(1,047)	-	(1,047)
Winston Churchill 2	5,975	(2,420)	-	3,555
GSK	5,275	(5,079)	-	196
Gilead	18,222	(901)	-	17,321
	120,332	(120,801)	-	(469)
TOTAL FUNDS	275,414	(265,297)	8,631	18,748

Comparatives for movement in funds

	At 1.10.21 £	Net movement in funds £	Transfers between funds £	At 30.9.22 £
Unrestricted funds				
General fund	311,179	28,685	(288)	339,576
Restricted funds				
VBG camp	8,570	(4,065)	-	4,505
Lottery funding	-	7,118	-	7,118
M B Donation	16,348	(4,755)	-	11,593
Winston Churchill	7,404	(7,491)	87	-
JP Morgan	1,000	(1,209)	209	-
Oak Foundation	67,869	32,965	-	100,834
Merck/MSP	1,400	(501)	-	899
Swiss Philanthropy	2,504	(2,496)	(8)	-
Winston Churchill 2	-	5,975	-	5,975
	105,095	25,541	288	130,924
TOTAL FUNDS	416,274	54,226	-	470,500

continued...

15. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	160,366	(123,747)	(7,934)	28,685
Restricted funds				
VBG camp	2,028	(6,093)	-	(4,065)
Lottery funding	9,930	(2,812)	-	7,118
M B Donation	-	(4,755)	-	(4,755)
Winston Churchill	-	(7,491)	-	(7,491)
JP Morgan	-	(1,209)	-	(1,209)
Oak Foundation	91,360	(58,395)	-	32,965
Merck/MSP	8,802	(9,303)	-	(501)
Swiss Philanthropy	-	(2,496)	-	(2,496)
Winston Churchill 2	5,975	-	-	5,975
	118,095	(92,554)	-	25,541
TOTAL FUNDS	278,461	(216,301)	(7,934)	54,226

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.10.21 £	Net movement in funds £	Transfers between funds £	At 30.9.23 £
Unrestricted funds				
General fund	311,179	47,902	34,194	393,275
Restricted funds				
VBG camp	8,570	(4,065)	-	4,505
Lottery funding	-	(138)	138	-
M B Donation	16,348	(16,348)	-	-
Winston Churchill	7,404	(7,491)	87	-
JP Morgan	1,000	(1,209)	209	-
Oak Foundation	67,869	31,320	(34,572)	64,617
Merck/MSP	1,400	(1,548)	148	-
Swiss Philanthropy	2,504	(2,496)	(8)	-
Winston Churchill 2	-	9,530	-	9,530
GSK	-	196	(196)	-
Gilead	-	17,321	-	17,321
	105,095	25,072	(34,194)	95,973
TOTAL FUNDS	416,274	72,974	-	489,248

continued...

15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	315,448	(268,243)	697	47,902
Restricted funds				
VBG camp	2,028	(6,093)	-	(4,065)
Lottery funding	9,930	(10,068)	-	(138)
M B Donation	4,500	(20,848)	-	(16,348)
Winston Churchill	-	(7,491)	-	(7,491)
JP Morgan	-	(1,209)	-	(1,209)
Oak Foundation	177,720	(146,400)	-	31,320
Merck/MSP	8,802	(10,350)	-	(1,548)
Swiss Philanthropy	-	(2,496)	-	(2,496)
Winston Churchill 2	11,950	(2,420)	-	9,530
GSK	5,275	(5,079)	-	196
Gilead	18,222	(901)	-	17,321
	238,427	(213,355)	-	25,072
TOTAL FUNDS	553,875	(481,598)	697	72,974

Funds are restricted for the following reasons:

VBG Camp - This is income to be spent specifically on the camp run by Shine on an annual basis.

Lottery - To support the delivery of further Breakout and Circle programmes

M B Donation - Income received from a major donor 'MB' to design and deliver 6 work shops along with hosting a retreat for beneficiaries.

Winston Churchill MT - Fellowship funding to support the development of the Circles programme.

Metamorph Law - Donation to specifically support the delivery of the North Great Escape.

JP Morgan - Award to fund the purchase of a new printer and other office equipment for the office in Poole.

Lottery Covid - Emergency Covid grant to support the development of the online Breakout programme.

Merck/MSD - To support the delivery of educational workshops for Healthcare professionals and to develop information resources for young adults with cancer.

Oak Foundation - Core support to improve the lives of young adults with cancer through the strengthening and development of Shine's structure, programmes and resources.

Swiss - Support to develop a theory of change and strategic plan for Shine Cancer Support, covering 2022 - 2025

Winston Churchill MT 2 - To support the creation of a programme to support people transitioning from teenage cancer services

GSK - To support the delivery of educational workshops for healthcare professionals.

continued...

15. MOVEMENT IN FUNDS - continued

Gilead - To support a programme of events and resource creation to tackle inequalities.

Transfers between funds

A transfer has occurred in the year from the General fund to the Lottery fund and the Merck/MSD fund to cover the overspend on the respective projects, and from the GSK fund to the General fund to cover the underspend in the project.

A transfer has also occurred in the year from the Oak fund to the General fund, to reflect the parts of the grants received intended to cover core costs.

16. RELATED PARTY DISCLOSURES

During the year, a trustees relative received £nil (2022: £150) for Breakout Programme services provided.

SHINE CANCER SUPPORT

England & Wales - Charity number 1146902

Accounts

REGISTERED CHARITY NUMBER: 1146902

Report of the Trustees and

Financial Statements

for the Year Ended 30 September 2022

for

Shine Cancer Support

Ward Goodman
Statutory Auditor
4 Cedar Park
Cobham Road
Ferndown Industrial Estate
Wimborne
Dorset
BH21 7SF

Shine Cancer Support

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Shine Cancer Support

Report of the Trustees
for the Year Ended 30 September 2022

The trustees present their report with the financial statements of the charity for the year ended 30 September 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

To summarise the purposes of Shine Cancer Support as set out in our governing document, our 'Charitable Objects' are:

1. To promote physical and mental health by providing a support network for adults and their families who have been diagnosed with or in the past have suffered from cancer; through the provision of services such as but not limited to information, open meetings, social events, and a website.

2. To advance the education of the public in the subject of cancer and other cancer related subjects such as but not limited to; cancer prevention and cancer diagnoses.

The board of Trustees have had regard to the guidance issued by the Charities Commission on public benefit and this report summarises the main activities in relation to those purposes above for the public benefit and also summarises the main achievements of Shine Cancer Support and demonstrates the difference that our work has made to its beneficiaries and the wider public

Significant activities

Work. Fertility. Finance. Insurance. Sex. Dating. Mental health. Every single aspect of life is affected when you receive a cancer diagnosis. At Shine Cancer Support, we're here to help and we support young adults in their 20s, 30s and 40s who have received a cancer diagnosis - no matter what the stage or type of cancer.

An estimated 260,000 adults in their 20s, 30s and 40s are living with and beyond cancer in the UK. That's 10 times the number of children and teenagers living with the disease. Yet most cancer support services target older people, while services that do include young adults stop at age 24. A cancer diagnosis can have devastating consequences for young adults. Shine Cancer Support is the only charity in the UK focused on supporting this group of people. A young and dynamic organisation, Shine works to identify the unmet needs of people in this age group, and to develop innovative solutions to fill the "cancer support gap" facing younger adults.

Vision

We want every adult in their 20s, 30s and 40s diagnosed with cancer to know they're not alone, and to have the support, knowledge, and confidence to navigate whatever cancer throws their way.

Mission

There's never a good time for a cancer diagnosis, but in your 20s, 30s or 40s there are particular challenges to navigate, like work, dating, finances and more. At Shine Cancer Support, we've been there and we get it. We're here to help you deal with everything that your diagnosis brings, before, during and after treatment, and to welcome you into our community.

All Covid-related restrictions were lifted in 2021-2022. While this made it easier for in-person activities to resume, at Shine we were also very conscious of the on-going need to protect those who are vulnerable due to their cancer or cancer treatment, as well as to ensure that our staff and volunteers feel safe while delivering their services. Over the course of the year, online programmes continued while the Shine Networks across the country maintained activities. These were largely online for the first half of the year but started to return to in-person by the end of the summer.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Many of Shine activities and programmes took place online in 2021 - 2022, although Shine Networks did restart in-person meet ups in the latter part of the year, and Shine Camp returned for the first time since 2019.

Online programmes

We run three successful online programmes: the Break Out programme for younger adults coming to the end of treatment or in remission; the Shine Circles programme for younger adults with incurable cancer; and the Plus Ones Circle for the partners of younger adults with cancer. In 2021 - 2022, we ran:

- Four Break Out programmes, supporting 39 people
- Three Circles programmes supporting 22 people
- Two Plus Ones Circles supporting 17 people

The average score given in evaluations for the Break Out and Circles programmes were 4.7 out of 5; for the Plus Ones Circle it was 4.6 out of 5. Importantly, across all three programmes there was also a large reduction in the percentage of participants reporting that they "often felt isolated". For example, 63% reported feeling isolated before the Circles programme; this reduced to 7% after the programme.

[The best part of the programme was] meeting some pretty awesome people! The facilitators were amazing, they were really supportive and got everyone involved. The other participants were all so lovely and we really clicked as a group. The lifeline the programme has given me to information and building friendships with others in a similar situation to me has been invaluable. - Circles participant October 2021

In addition to our formal programmes, Shine ran a number of other online activities. In 2021 - 2021, this included:

- Nine Book Clubs reaching 65 people
- 10 Film Clubs reaching 51 people
- Four online meet ups for all reaching 17 people
- One Chronic Cancer Chat reaching 7 people
- Three Shine Connected meet ups (for Shine members from Black, Asian and Minoritised Ethnic communities reaching 23 people

Shine Networks

Shine has 16 networks across the country, all of which are run by volunteers. In total 2021 - 2022, the Networks collectively ran 57 meet ups reaching 350 people both in person and online.

Social media and online groups

Shine runs a number of online groups via Facebook for younger adults with cancer and their supporters. By 30th September 2022, our groups had the following membership:

- Our main Facebook group for young adults with cancer had 2873 members
- Our Shine Lifers group, for young adults with incurable cancer had 322 members
- Our Plus Ones group had 355 members.

Our social media presence has also grown and by the end of the year we had 4861 followers on facebook, 3502 on Instagram and 4566 on Twitter.

Other resources

In addition to our private Facebook group, we have a number of other key online resources. This includes our podcast; we produced 12 episodes in 2021 -2021 and also moved the podcast to the Podbean platform which has allowed sharing across multiple sites including Spotify and Amazon Music. Listenership has been increasing, with almost 3,000 downloads by the end of the year, but regular month-on-month increases.

We also produced two booklets this year: one for young adults living with incurable cancer and one for Plus Ones. Both of these booklets were co-produced with their audiences to ensure that they are relevant and strike the right tone. Both booklets, together with our booklet for newly diagnosed young adults with cancer, are available at Maggie's Cancer Centres across the country. We regularly distribute booklets to participants of our healthcare professional workshops as well.

In total, our website had more than 38,000 users and more than 50,000 sessions. We are currently working with our graphic designer and a user experience expert to tweak the website to improve user experience and ensure that users receive the information that they are looking for.

Shine Connect

Shine Connect was held between 13 and 18th November online. In total, 346 participants registered for the conference, a 10% increase over the year before. We were particularly pleased with this given the levels of "Zoom fatigue" being reported and the earlier cancellation of similar online events by other charities shortly before Shine Connect. We ran a total of 24 sessions, of which 16 were entirely patient-led.

This year's keynote speaker was Professor Andrew Biankin, a global expert in genomic medicine based in Glasgow. Professor Biankin's session had more than 60 people attend via Zoom.

In total, 75% of participants rated the conference as "fantastic" with the remaining 25% stating that it was "good". All (100%) of participants said that they would attend again. We asked what the best part of the conference was and feedback included:

- Being able to connect with people affected by the big C on topics of our high relevance.
- The wide range of topics featured and hearing from lots of members of the Shine community.
- Touching on the relationship subject, which I've not been able to discuss before
- First one I found for only young people, amazing!!
- Love it being online so able to drop in to sessions of interest whilst balancing other commitments. The subjects were varied so I felt there was something for everyone.

Shine Camp

Reaching 85 people

Workshops for healthcare professionals
Throughout 2021 - 2022, we continued to provide training to healthcare professionals across the UK. These workshops are CPD-accredited. In total, we trained 191 healthcare professionals through ten online workshops. 98% reported that the workshop met their expectations, with 100% stating that they would refer younger patients to Shine in the future and 100% stating that they would recommend the workshop to a colleague.

Feedback received in 2021 - 2022 included:
So impressed with today! Keep up the fantastic work!
I thought the workshop was really engaging and well-facilitated.
I thought the input was really interesting and informative. I liked the mixed content (quiz, guest speaker, case studies etc.)

Advocacy and involvement

Shine has continued to participate in regional and national initiatives to raise awareness of the concerns of young adults with cancer. Ceinwen Giles, our Co-CEO, remains Chair of the Patient & Public Voices Forum of the NHS England Cancer Programme, and both Co-CEOs participate in Cancer52 work to raise awareness of and improve care for people diagnosed with rarer cancers. We have also continued our membership with National Voices, an umbrella organisation for health and care charities in England and also joined One Cancer Voice in summer 2022.

FINANCIAL REVIEW
Financial position
At the end of the year the charity had unrestricted funds of £339,576 (2021: £311,179) and restricted funds of £130,924 (2021: £105,095). The charity's free reserves (unrestricted funds less long-term assets) are £246,877 (2021: £311,179).

FINANCIAL REVIEW

Reserves policy

In the Trustees' view, the reserves should provide the charity with adequate financial stability and the means for it to meet its charitable objectives for the foreseeable future. At a time of growth within the charity, the accounts are monitored monthly and discussed quarterly with the Trustees to allow analysis of unexpected events, risks and issues to be managed.

The majority of Shine's income is from voluntary sources and one-off grant awards, this means that we are still affected by the general downturn in community-based events and feeling the effects of the cost-of-living crisis in reduced donations. We also know that demand for our services continues to grow and, therefore, our strategic plans include increased investment in donor stewardship and diversifying our income streams.

Having experienced the drop in community income caused by Covid restrictions and anticipating a general economic downturn in the next few years, the Trustees have agreed to maintain the level of unrestricted reserves at 12 months' running costs.

Our current unrestricted funds balance is above the reserve amount. This will continue to be reviewed by the Trustees who have no concerns about the current levels considering the plans for growth.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Shine Cancer Support was formed by Constitution, which was agreed on 23rd September 2009. The association was registered as a charity with the Charities Commission of England & Wales on 17th April 2012 with the three founding Trustees: Emma Willis, Ceinwen Giles and Laura Purandare. At the end of the financial year Trustees included the three founding Trustees alongside Christopher Riley, Raelene Salter and Richard Cranefield. On the 6th October 2022, Emma Willis and Ceinwnen Giles resigned and Francesca Woodcock was appointed.

The Trustees manage the charity and, during this financial year, there were four people employed by the charity. This included two of the Trustees, whose contracts were for work which falls outside of their Trustee duties. This was authorised by the Constitution and has been checked with the Charities Commission. The rationales for these decisions are recorded within Trustee meeting minutes. No Trustees are paid for carrying out their duties as Trustees.

Shortly after the year end, Shine's Board was restructured in order to strengthen the organisation's transparency and to ensure a separation between governance and management. As a result, Emma Willis and Ceinwen Giles were made Co-CEOs and stepped down as Trustees.

The Trustees delegate day-to-day management of the Charity to the two Co-CEOs, Emma Willis & Ceinwen Giles.

Other professionals have been paid for providing specific services to the charity on an invoice basis that does not constitute employment. The Trustees make all decisions regarding the running and management of the charity and are supported by volunteers who carry out specific tasks and roles that do not involve major decision-making.

Recruitment and appointment of new trustees

Recruitment and appointment of new Trustees is the responsibility of the existing Trustees.

The Trustees may appoint any person who is willing to act as Trustee subject to the requirements of the Charities Commission and the Constitution.

The Trustees have had due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant. The Trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks. There were no serious incidents to report during the financial year.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1146902

Principal address

54 Sterte Esplanade
Poole
Dorset
BH15 2BA

Trustees
Ms C Giles (resigned 6.10.22)
Miss E Willis (resigned 6.10.22)
Ms L Purandare
C Riley
Ms R Salter
R J Cranefield
Ms F Woodcock (appointed 6.10.22)

Auditors
Ward Goodman
Statutory Auditor
4 Cedar Park
Cobham Road
Ferndown Industrial Estate
Wimborne
Dorset
BH21 7SF

STATEMENT OF TRUSTEES' RESPONSIBILITIES
The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity 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 then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity 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 Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. 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.

Approved by order of the board of trustees on 15 February 2023 and signed on its behalf by:



.....
C Riley - Trustee

Report of the Independent Auditors to the Trustees of Shine Cancer Support

Opinion

We have audited the financial statements of Shine Cancer Support (the 'charity') for the year ended 30 September 2022 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 30 September 2022 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees are responsible for the preparation of the financial statements which give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

We have been appointed as auditors under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- We obtained an understanding of the legal and regulatory frameworks applicable to the charity and the sector in which they operate.
- We obtained an understanding of how the charity are complying with those legal and regulatory frameworks by making enquires of management
- We assessed the susceptibility of the charities financial statements to material misstatement, including how fraud might occur. Audit procedures performed by the engagement team included:

1. Identifying and assessing the design effectiveness of controls management has in place to prevent and detect fraud
2. Understanding how those charged with governance considered and addressed the potential for override of controls or other inappropriate influence over the financial reporting process
3. Challenging assumptions and judgments made by management in its accounting estimates
4. Identifying and testing journal entries, in particular any journal entries posted with unusual account combinations; and
5. Assessing the extent of compliance with the relevant law and regulations.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Report of the Independent Auditors to the Trustees of Shine Cancer Support

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Ward Goodman

Ward Goodman
Statutory Auditor
4 Cedar Park
Cobham Road
Ferndown Industrial Estate
Wimborne
Dorset
BH21 7SF

Date: 16th February 2023

Shine Cancer Support

Statement of Financial Activities
for the Year Ended 30 September 2022

	Notes	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	155,578	118,095	273,673	272,171
Charitable activities					
Charitable activities		1,000	-	1,000	-
Other trading activities	4	3,614	-	3,614	852
Investment income	5	174	-	174	11
Total		160,366	118,095	278,461	273,034
EXPENDITURE ON					
Raising funds		8,236	-	8,236	3,736
Charitable activities					
Charitable activities		115,511	92,554	208,065	190,870
Total		123,747	92,554	216,301	194,606
Net gains/(losses) on investments		(7,934)	-	(7,934)	-
NET INCOME		28,685	25,541	54,226	78,428
Transfers between funds	15	(288)	288	-	-
Net movement in funds		28,397	25,829	54,226	78,428
RECONCILIATION OF FUNDS					
Total funds brought forward		311,179	105,095	416,274	337,846
TOTAL FUNDS CARRIED FORWARD		339,576	130,924	470,500	416,274

The notes form part of these financial statements

Shine Cancer Support

Balance Sheet
30 September 2022

	Notes	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	10	633	-	633	-
Investments	11	92,066	-	92,066	-
		92,699	-	92,699	-
CURRENT ASSETS					
Debtors	12	1,139	-	1,139	338
Cash at bank and in hand		253,246	130,924	384,170	421,797
		254,385	130,924	385,309	422,135
CREDITORS					
Amounts falling due within one year	13	(7,508)	-	(7,508)	(5,861)
NET CURRENT ASSETS		246,877	130,924	377,801	416,274
TOTAL ASSETS LESS CURRENT LIABILITIES		339,576	130,924	470,500	416,274
NET ASSETS		339,576	130,924	470,500	416,274
FUNDS	15				
Unrestricted funds				339,576	311,179
Restricted funds				130,924	105,095
TOTAL FUNDS				470,500	416,274

The financial statements were approved by the Board of Trustees and authorised for issue on 15 February 2023 and were signed on its behalf by:

.....
C Riley - Trustee

.....
R Salter - Trustee

The notes form part of these financial statements

1. LEGAL FORM

Shine Cancer Support is a charitable unincorporated association. Registered at the Charity Commission.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - Straight line over 3 years

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Government grants
Government grants shall be recognised in profit or loss on a systematic basis over the periods in which the entity recognises as expenses the related costs for which the grants are intended to compensate.

Cash at bank and in hand
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Debtors and prepayments

continued...

2. ACCOUNTING POLICIES - continued

Debtors and prepayments are recognised at the transaction price where an entity has a present obligation resulting from a past event that will probably result in the transfer of funds from a third party to the charity and the amount due to settle the obligation can be measured or estimated reliably.

Creditors and provisions
Creditors and provisions 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 and provisions are normally recognised at their transaction price after allowing for any trade discounts due.

Investments
Investments included in the accounts are included at market value. Gains arising from the sale of quoted investments are disclosed in the SOFA as realised gains. Gains arising from changes to the market values of quoted investments are disclosed in the SOFA as unrealised gains.

3. DONATIONS AND LEGACIES

	2022	2021
	£	£
Donations	33,017	21,402
Grants	139,067	146,365
Sponsorship	88,632	98,554
Corporate	12,957	5,850
	273,673	272,171

Grants received, included in the above, are as follows:

	2022	2021
	£	£
The National Lottery	9,930	25,379
Government Grants - JRS	-	15,859
Winston Churchill	5,975	7,404
Merck	8,802	8,518
Swiss Philanthropy	-	5,000
DWP - Access to work	-	2,845
Oak Foundation	91,360	81,360
Bristol-Myers Squibb Pharmaceuticals	12,000	-
Charities Trust	1,000	-
Takeda	10,000	-
	139,067	146,365

continued...

4. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Fundraising events	1,145	110
Shop income	72	22
Other income	2,397	720
	3,614	852

5. INVESTMENT INCOME

	2022	2021
	£	£
Interest receivable - trading	174	11

6. SUPPORT COSTS

	Management	Governance costs	Totals
	£	£	£
Charitable activities	1,130	41,262	42,392

Included within Governance costs is the Audit fee of £5,550 (2021: £5,300).

7. TRUSTEES' REMUNERATION AND BENEFITS

	2022	2021
	£	£
Trustees' salaries	95,254	91,669
Trustees' social security	6,160	6,222
Trustees' pension contributions to money purchase schemes	2,483	2,344
	103,897	100,235

Trustees are remunerated in accordance with the Charities constitution for work that falls outside of their Trustee duties.

Trustees' expenses

	2022	2021
	£	£
Trustees' expenses	81	-

8. STAFF COSTS

	2022	2021
	£	£
Wages and salaries	125,080	137,765
Social security costs	7,530	9,701
Other pension costs	2,945	3,255
	135,555	150,721

The average monthly number of employees during the year was as follows:

	2022	2021
Members of staff	4	5

continued...

8. STAFF COSTS - continued

No employees received emoluments in excess of £60,000.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	144,510	127,661	272,171
Other trading activities	852	-	852
Investment income	11	-	11
Total	145,373	127,661	273,034
EXPENDITURE ON			
Raising funds	3,736	-	3,736
Charitable activities			
Charitable activities	127,107	63,763	190,870
Total	130,843	63,763	194,606
NET INCOME	14,530	63,898	78,428
Transfers between funds	(752)	752	-
Net movement in funds	13,778	64,650	78,428
RECONCILIATION OF FUNDS			
Total funds brought forward	297,401	40,445	337,846
TOTAL FUNDS CARRIED FORWARD	311,179	105,095	416,274

continued...

10. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 October 2021	2,556
Additions	949
Disposals	(1,278)
At 30 September 2022	2,227
DEPRECIATION	
At 1 October 2021	2,556
Charge for year	316
Eliminated on disposal	(1,278)
At 30 September 2022	1,594
NET BOOK VALUE	
At 30 September 2022	633
At 30 September 2021	-

11. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
Additions	100,000
Revaluations	(7,934)
At 30 September 2022	92,066
NET BOOK VALUE	
At 30 September 2022	92,066
At 30 September 2021	-

There were no investment assets outside the UK.

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Prepayments and accrued income	1,139	338

continued...

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade creditors	954	-
Other creditors	404	561
Accrued expenses	6,150	5,300
	7,508	5,861

14. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2022	2021
	£	£
Within one year	906	4,974
Between one and five years	-	906
	906	5,880

15. MOVEMENT IN FUNDS

	At 1.10.21	Net movement in funds	Transfers between funds	At 30.9.22
	£	£	£	£
Unrestricted funds				
General fund	311,179	28,685	(288)	339,576
Restricted funds				
VBG camp	8,570	(4,065)	-	4,505
Lottery funding	-	7,118	-	7,118
M B Donation	16,348	(4,755)	-	11,593
Winston Churchill	7,404	(7,491)	87	-
JP Morgan	1,000	(1,209)	209	-
Oak Foundation	67,869	32,965	-	100,834
Merck/MSP	1,400	(501)	-	899
Swiss Philanthropy	2,504	(2,496)	(8)	-
Winston Churchill 2	-	5,975	-	5,975
	105,095	25,541	288	130,924
TOTAL FUNDS	416,274	54,226	-	470,500

continued...

15. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	160,366	(123,747)	(7,934)	28,685
Restricted funds				
VBG camp	2,028	(6,093)	-	(4,065)
Lottery funding	9,930	(2,812)	-	7,118
M B Donation	-	(4,755)	-	(4,755)
Winston Churchill	-	(7,491)	-	(7,491)
JP Morgan	-	(1,209)	-	(1,209)
Oak Foundation	91,360	(58,395)	-	32,965
Merck/MSP	8,802	(9,303)	-	(501)
Swiss Philanthropy	-	(2,496)	-	(2,496)
Winston Churchill 2	5,975	-	-	5,975
	118,095	(92,554)	-	25,541
TOTAL FUNDS	278,461	(216,301)	(7,934)	54,226

Comparatives for movement in funds

	At 1.10.20 £	Net movement in funds £	Transfers between funds £	At 30.9.21 £
Unrestricted funds				
General fund	297,401	14,530	(752)	311,179
Restricted funds				
VBG camp	8,570	-	-	8,570
Lottery funding	-	(797)	797	-
M B Donation	16,348	-	-	16,348
Winston Churchill	7,900	(597)	101	7,404
JP Morgan	1,000	-	-	1,000
Lottery Covid	6,627	(6,481)	(146)	-
Oak Foundation	-	67,869	-	67,869
Merck/MSP	-	1,400	-	1,400
Swiss Philanthropy	-	2,504	-	2,504
	40,445	63,898	752	105,095
TOTAL FUNDS	337,846	78,428	-	416,274

continued...

15. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	145,373	(130,843)	14,530
Restricted funds			
Lottery funding	25,379	(26,176)	(797)
Winston Churchill	7,404	(8,001)	(597)
Lottery Covid	-	(6,481)	(6,481)
Oak Foundation	81,360	(13,491)	67,869
Merck/MSP	8,518	(7,118)	1,400
Swiss Philanthropy	5,000	(2,496)	2,504
	127,661	(63,763)	63,898
TOTAL FUNDS	273,034	(194,606)	78,428

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.10.20 £	Net movement in funds £	Transfers between funds £	At 30.9.22 £
Unrestricted funds				
General fund	297,401	43,215	(1,040)	339,576
Restricted funds				
VBG camp	8,570	(4,065)	-	4,505
Lottery funding	-	6,321	797	7,118
M B Donation	16,348	(4,755)	-	11,593
Winston Churchill	7,900	(8,088)	188	-
JP Morgan	1,000	(1,209)	209	-
Lottery Covid	6,627	(6,481)	(146)	-
Oak Foundation	-	100,834	-	100,834
Merck/MSP	-	899	-	899
Swiss Philanthropy	-	8	(8)	-
Winston Churchill 2	-	5,975	-	5,975
	40,445	89,439	1,040	130,924
TOTAL FUNDS	337,846	132,654	-	470,500

continued...

15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	305,739	(254,590)	(7,934)	43,215
Restricted funds				
VBG camp	2,028	(6,093)	-	(4,065)
Lottery funding	35,309	(28,988)	-	6,321
M B Donation	-	(4,755)	-	(4,755)
Winston Churchill	7,404	(15,492)	-	(8,088)
JP Morgan	-	(1,209)	-	(1,209)
Lottery Covid	-	(6,481)	-	(6,481)
Oak Foundation	172,720	(71,886)	-	100,834
Merck/MSP	17,320	(16,421)	-	899
Swiss Philanthropy	5,000	(4,992)	-	8
Winston Churchill 2	5,975	-	-	5,975
	245,756	(156,317)	-	89,439
TOTAL FUNDS	551,495	(410,907)	(7,934)	132,654

Funds are restricted for the following reasons:

VBG Camp - This is income to be spent specifically on the camp run by Shine on an annual basis.
Lottery - To support the delivery of further Breakout and Circle programmes
M B Donation - Income received from a major donor 'MB' to design and deliver 6 work shops along with hosting a retreat for beneficiaries.
Winston Churchill MT - Fellowship funding to support the development of the Circles programme.
Metamorph Law - Donation to specifically support the delivery of the North Great Escape.
JP Morgan - Award to fund the purchase of a new printer and other office equipment for the office in Poole.
Lottery Covid - Emergency Covid grant to support the development of the online Breakout programme.
Merck/MSD - To support the delivery of educational workshops for Healthcare professionals and to develop information resources for young adults with cancer.
Oak Foundation - Core support to improve the lives of young adults with cancer through the strengthening and development of Shine's structure, programmes and resources.
Swiss - Support to develop a theory of change and strategic plan for Shine Cancer Support, covering 2022 - 2025
Winston Churchill MT 2 - To support the creation of a programme to support people transitioning from teenage cancer services

Transfers between funds

Transfers have been completed to show the actual spend on the project.

continued...

16. RELATED PARTY DISCLOSURES

During the year, the Trustees donated a total of £nil (2021: £nil) to the charity.

During the year, a trustee received £nil (2021: £18) as a gift to volunteers.

During the year, a trustees relative received £150 (2021: £160) for Breakout Programme services provided.

Detailed Statement of Financial Activities for the Year Ended 30 September 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	33,017	21,402
Grants	139,067	146,365
Sponsorship	88,632	98,554
Corporate	12,957	5,850
	273,673	272,171
Other trading activities		
Fundraising events	1,145	110
Shop income	72	22
Other income	2,397	720
	3,614	852
Investment income		
Interest receivable - trading	174	11
Charitable activities		
Conference	1,000	-
Total incoming resources	278,461	273,034
EXPENDITURE		
Raising donations and legacies		
Fundraising	8,236	3,736
Charitable activities		
Trustees' salaries	95,254	91,669
Trustees' social security	6,160	6,222
Trustees' pension contributions	2,483	2,344
Trustees' expenses	81	-
Wages	29,826	46,096
Social security	1,370	3,479
Pensions	462	911
Telephone	1,294	1,845
Postage and stationery	1,480	1,333
Advertising	2,214	812
Sundries	1,995	101
Room hire	3,480	-
Gifts for volunteers	887	655
Travel	550	-
Subscriptions	1,979	1,954
Refreshments	2,703	(31)
Office rental	6,064	6,045
Staff training	153	6
Carried forward	158,435	163,441

Detailed Statement of Financial Activities for the Year Ended 30 September 2022

	2022	2021
	£	£
Charitable activities		
Brought forward	158,435	163,441
Office equipment	299	-
Purchases - Merchandise	529	-
Website and computer costs	3,145	1,371
Irrecoverable VAT	2,949	-
Depreciation of tangible fixed assets	316	852
	165,673	165,664
Support costs		
Management		
Insurance	1,130	1,054
Governance costs		
Bank fees	116	-
Accountancy and legal fees	7,450	6,076
Professional fees	33,696	18,076
	41,262	24,152
Total resources expended	216,301	194,606
Net income	62,160	78,428

SHINE CANCER SUPPORT

England & Wales - Charity number 1146902

Accounts

annual report

Report of the Trustees and audited financial statements for the year ended 30th September 2021

'I can't tell you enough how much you have completely changed the course of these past few months for me. It could have been such a dark time and instead you filled it with such hope, community and support.'

- Shine Circles participant 2020



shine
CANCER SUPPORT

Registered Charity in England & Wales No 1146902
Registered Address:
54 Sterte Esplanade, Poole, Dorset, BH15 2BA
Trustees: Emma Willis, Ceinwen Giles, Laura Purandare, Christopher Riley, Raelene Salter & Richard Cranefield (appointed 26/01/2020).



‘There is nothing else like Shine that is both a really active support network and also a great source of information. Their huge range of programmes and types of support is really impressive.’

- 2020 Impact Survey respondent

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financial summary 22



message from the chair

I am delighted to publish our Annual Report for the 2020–2021 financial year. Like many other organisations, we have found this year a little testing at times and the pandemic continues to impact and challenge our community in many ways.

I am proud of everyone at Shine HQ whose innovation and devotion has ensured we have reached and supported many young adults with cancer. The team has continued the expansion of our online support, including our Break Out and Circles programmes. Our 2020 Shine Connect conference was also a great success. We had 312 people register, more than we had pre-Covid, and the feedback has been overwhelmingly positive.

We deeply value the input of our volunteers, especially as they are all dealing with their own health issues. We were also, as always, amazed by the generosity of our fundraisers, who excelled despite constraints. We were extremely happy to receive a multi-year grant from the Oak Foundation. All this effort will allow us to continue our work and to help as many people as possible.

While we all adapt to new ways of working, I trust we have continued our vocation to provide support for young adults with cancer. We endeavour to keep up this good work and to reach even more people in the future, ensuring no one is alone.

Christopher Riley
Chair of the Board of Trustees

message from the directors



The last 12 months have been *a lot* and as we look back on the last year we see both real struggle and real success. Having thought things would definitely be 'back to normal' by the start of 2021, we were confronted by yet another lockdown and the prospect of remaining at home and online for months.

As is always the case, we've been truly heartened by the support of our community and by the agility and innovative spirit shown by those we work with. Our fundraisers continued to step up, raising money whether they were alone or in groups (but almost always outside!), while our staff, volunteers and consultants worked hard to make sure that our programmes not only continued, but expanded. We have all learned more about Zoom, MS Teams and Google Meets than we'd care to admit, but we're happy that they offered an opportunity for connection throughout the year.

As we look towards 2022, we have high hopes that, if not 'normal', things will return to being more feasible. We're conscious that national restrictions as well as the health and safety of our volunteers have meant that we haven't been able to reach people in person as much as we'd like. With high levels of immunity in the community, we have our eyes set on creating more opportunities to bring people together both in-person and online in the year to come.

Running a small charity in a pandemic has been no easy feat; we've had to balance the health of our staff and volunteers with the needs of our beneficiaries, and the risks posed by Covid, all during an increasingly difficult financial context. We're proud to come out of this year in a strong position and we are looking forward to building on that in the years to come.

Ceinwen & Emma

why is Shine needed?

Work. Fertility. Finance. Insurance. Sex. Dating. Mental health. Every single aspect of life is affected when you receive a cancer diagnosis. At Shine Cancer Support, we're here to help and we support young adults in their 20s, 30s and 40s who have received a cancer diagnosis - no matter what the stage or type of cancer.

An estimated 210,000 adults in their 20s, 30s and 40s are living with and beyond cancer in the UK. That's 10 times the number of children and teenagers living with the disease. Yet most cancer support services target older people, while services that do include young adults stop at age 24. A cancer diagnosis can have devastating consequences for young adults. Shine Cancer Support is the only charity in the UK focused on supporting this group of people. A young and dynamic organisation, Shine works to identify the unmet needs of people in this age group, and to develop innovative solutions to fill the 'cancer support gap' facing younger adults.

Vision

We want every adult in their 20s, 30s and 40s diagnosed with cancer to know they're not alone, and to have the support, knowledge, and confidence to navigate whatever cancer throws their way.

Mission

There's never a good time for a cancer diagnosis, but in your 20s, 30s or 40s there are particular challenges to navigate, like work, dating, finances and more. At Shine Cancer Support, we've been there and we get it. We're here to help you deal with everything that your diagnosis brings, before, during and after treatment, and to welcome you into our community.

Throughout 2020 and 2021, the need for our services has continued. In May 2020 we carried out a survey of beneficiaries which found that almost 50% were experiencing the symptoms of depression at a higher rate than pre-pandemic, with almost 60% reporting feeling more anxious. The lifting of all Covid restrictions in England on 19th July 2021, while welcome in many ways, also made life for some of our beneficiaries more difficult – particularly those who were in treatment or remained immune-compromised.

As we enter a new, more endemic, phase of Covid, pressures on the NHS have continued to grow, with record numbers of people coming forward for treatment and increases in waiting times for both elective and non-elective treatment and surgeries. All of this takes a toll on both those who are seeking healthcare and those who are charged with delivering it. Shine remains committed to supporting all of those in our age group who are living with or beyond cancer.



our team

Shine is run by two Founding Directors: **Emma Willis**, Director of Operations and Training, and **Ceinwen Giles**, Director of Partnerships and Evaluation. Our team also includes **Jon**, who manages our social media, and **Neil**, our Network Support Officer, who supports our volunteers across the UK.

The Directors benefit from the advice and support of our Board of Trustees, our employees, and our many volunteers and supporters. Most of our volunteers and Trustees have had cancer themselves. As we grow, we believe it is important that Shine remains a patient-led organisation. Both of the Directors had cancer as young adults, as have Shine's two staff members. Over the past year we have increasingly worked with facilitators to deliver our online programmes; two out of three of these individuals also had cancer as younger adults.



Ceinwen Giles

Emma Willis



Jonathan Smith



Neil MacVicar

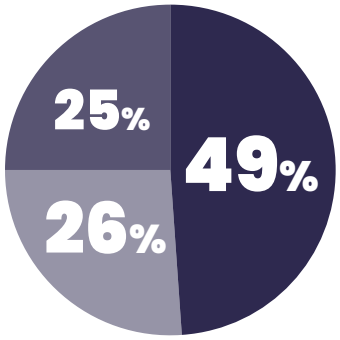


summary of impact

Every year, we carry out an annual impact survey to help us understand how well our services are meeting the needs of our beneficiaries. In November 2021, we ran a short survey for Shine beneficiaries to gain insight into areas that affect the people we support and how our work is making a difference.

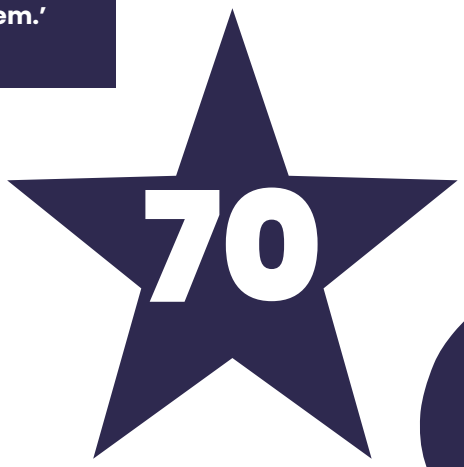
'Shine is a fantastic charity. I missed out on a lot of support because of Covid and Shine was there when I needed them.'
- 2021 Impact Survey respondent

As in previous years, we have continued to support people with a wide range of cancer types including breast cancer, bowel cancer and blood cancer, as well as gynaecological cancers, sarcoma, testicular and brain tumours. Approximately 75% of those we supported last year had either **finished treatment (49%)** or were **in treatment (26%)** **The remaining 25% of beneficiaries are living with incurable or chronic cancers.**





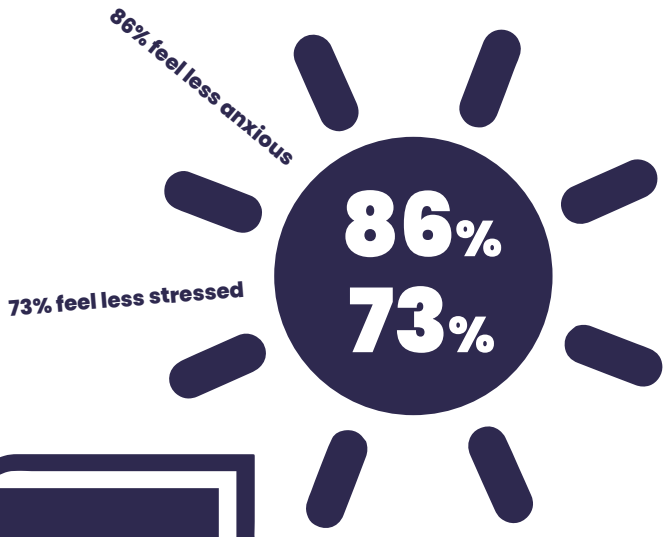
86% feel better supported as a young adult with cancer since joining Shine

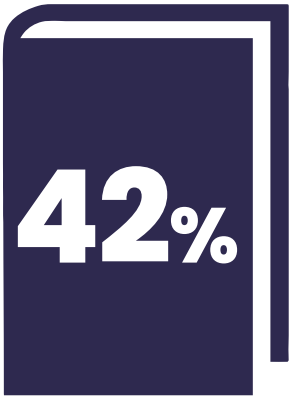


Shine's Net Promoter Score is 70 which shows a high level of satisfaction with Shine's services



83% feel less emotionally isolated since becoming involved with Shine

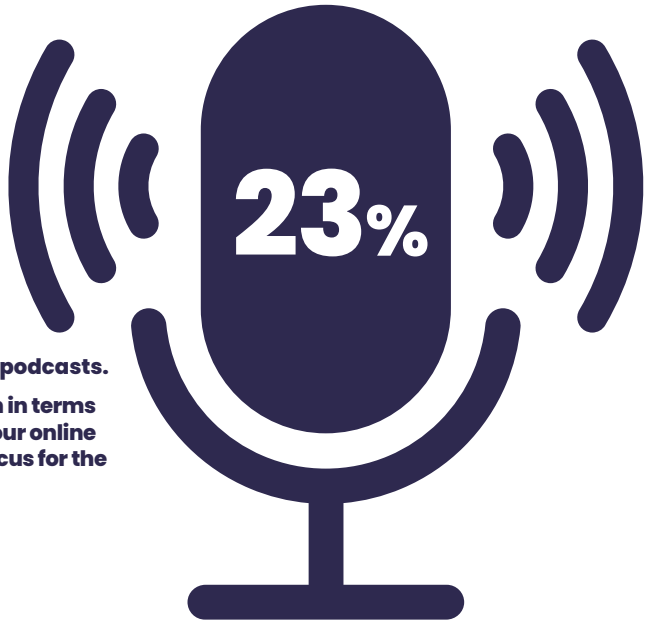




42% regularly read the personal experiences on our website...

...while 23% access our podcasts.

This indicates that there is room for growth in terms of encouraging our community to access our online resources, something which is an area of focus for the coming year.



our activities

As part of our online transition, the Shine team has worked hard to create a means through which the content of our in-person Great Escape retreats could be provided to participants online. The result was the creation of two new programmes: the Break Out programme, which is aimed at anyone in Shine's group who has been diagnosed with cancer, and the Shine Circles programme which is more specific and has small groups of either young adults living with incurable cancer, or the partners of young adults with cancer (Plus Ones).

Between October 2020 and September 2021, we supported 107 people through these programmes in 15 small groups. Each group met online for two hours a week for six weeks. Led by our skilled team of facilitators, the participants spent each session discussing a specific topic and hearing about tools that can help them as they move forward in their cancer experience. On average, the overall scores given by participants were 4.7/5 for the Break Out Programme and 4.8/5 for Circles. Importantly, six months after the programmes, participants were still enjoying the benefits. For example, 92% of participants in the January 2021 Break Out programme reported that they continued to feel much more emotionally supported, while 67% of Circles participants reported feeling less lonely six months after the programme ended.



'I can share how I feel with people who relate. It has given me support when I feel upset. I can share what I'm going through with people who understand. I can also laugh and have fun and share humour.'
- Circles participant

'My mental health has significantly improved since attending the Circles programme. I am more positive and feel I can cope better. I am more motivated to 'live' as much as I can. Thank you so much for this invaluable help.'
- Circles participant

'Of all the support I've accessed, Breakout has been the most valuable because of the connections which run beyond the life of the programme itself. Shine does so well at making you feel you belong somewhere, and someone's got your back. It's not so much about doing things differently as feeling different (better) about life.'
- Break Out programme participant

'I'm in regular contact with our Breakout 'gang' and it feels as if I have a new supportive set of buddies who really understand what I'm going through.'
- Break Out programme participant

our activities

Shine networks

Shine Networks continue to be a cornerstone of our work across the UK. Between October 2020 and September 2021, we ran 62 online Network events. In addition to location-based online meet ups, new 'meet-ups for all' were added and eight events were held throughout the year. In addition, nine book clubs and 14 film clubs were held online; both of these 'clubs' have proven popular and will be continued into the new year.

In order to deal with 'Zoom fatigue', which led to small numbers of people joining online Network meet-ups, we have started running joint meet-ups so that members from a number of regions (e.g. Devon, Bristol and Dorset) come together online.

Following the lifting of restrictions, and recognising that there was an increasing interest in meeting in person, a small number of Networks began to pilot outdoor meet-ups from August 2021. These generally had small numbers but will be restarted again in Spring 2022.

'I think it's an extremely valuable source of support, reassurance, emotional help, and information sharing. I find that having this incredible support system has really made a huge difference in my recovery. I find Shine to be particularly helpful especially as the medical care team support reduces (after treatment), but our emotional and support needs as cancer patients can increase.'
- 2021 Impact Survey respondent

'I like that it's for people in my age range. So many other cancer charities are for children or are mainly older people, so it's nice to have people a similar age to me.'
- 2021 Impact Survey respondent

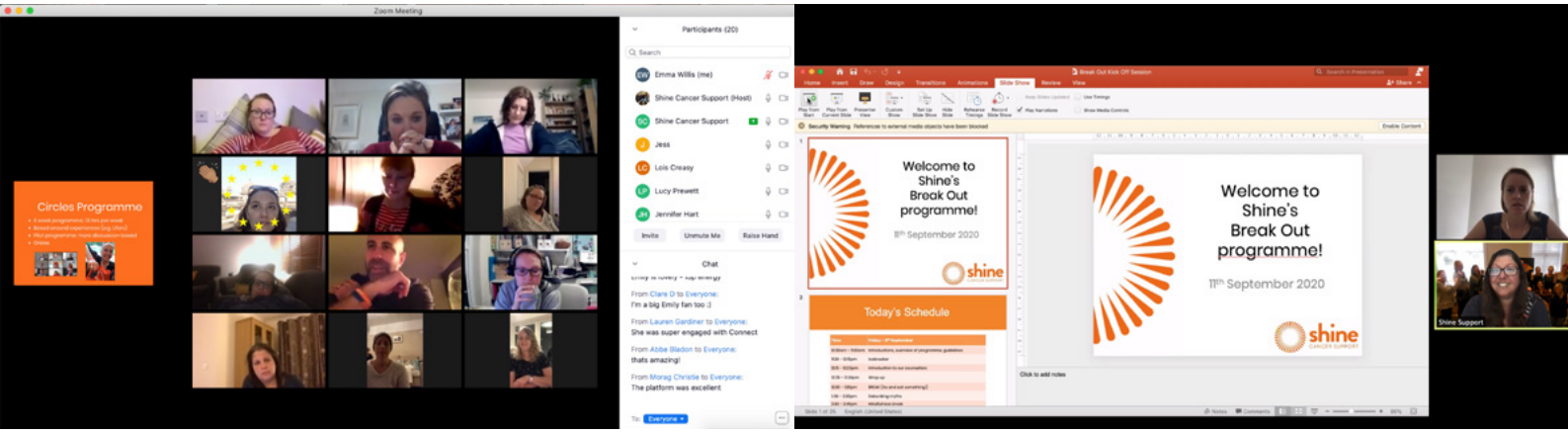


social media and online groups

Our website, social media channels and closed Facebook groups remain an important part of how we connect with both supporters of the charity and our beneficiaries. In 2020-2021, we had a total of 4,554 followers on Facebook, 4,295 followers on Twitter, and 2,717 followers on Instagram.

'I don't often post but will often comment on others' posts. It's helpful knowing we're not alone and often have similar thoughts.'
- 2021 Impact Survey respondent

Our Facebook groups continued to grow throughout the year. Our main private group added, on average, 30 members per month, giving us a total of 2,473 members by the end of September 2021. Our Shine Plus Ones group (for the family, friends and partners of young adults with cancer) grew to 282 members, while our Shine Lifers group expanded to 242 members. Our newer Dating after Cancer group has 119 members, while our Menopause after Cancer group has 198 members.



other online resources

In addition to our private Facebook group, we have a number of other key online resources. This includes our blog, which published 10 posts this year, and our podcast. We released only two new episodes in 2020-2021; however, we now have plans in place to record and publish these on a more regular basis.

Throughout the year, we also ran six online activity (yoga, pilates and circuits) classes. As well as being shown live via Zoom, these are available on our website and Shine's YouTube channel where they have been viewed more than 600 times.

Our biggest piece of work in terms of resources this year was the production of a new booklet for young adults who are newly diagnosed with cancer. This booklet was co-produced with a group of younger adults who attended an online workshop to assist with the content. They then reviewed a draft of the booklet. It is available in both hard and soft copies and has been distributed to many hospitals across the country, as well as Maggie's Cancer Centres.

In total, our website received more than 80,000 page views over this year. This is an increase over 2019-2020 and highlights the benefit of redesigning the site last year.

our activities

Shine connect

Our annual conference, Shine Connect, is usually held in person in London. We had originally planned to run it in May and delayed it until November 2020. It soon became clear, however, that even November would be unlikely. Working with our corporate supporters, TTA, we moved the conference online and were delighted to reach more than double our usual audience. Run between 13th and 18th November, we had 312 registrations.

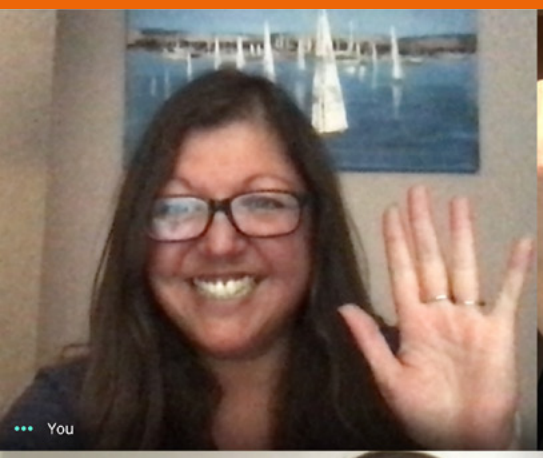
The conference featured an entertaining keynote talk from Professor Sir David Spiegelhalter, a global expert in the public understanding of science, as well as 25 other sessions on topics including managing brain fog, surrogacy as a route to parenthood, living well with incurable cancer, exercise and movement, and parenting with cancer. The conference also included a number of sessions which used activities such as art and writing to engage participants.

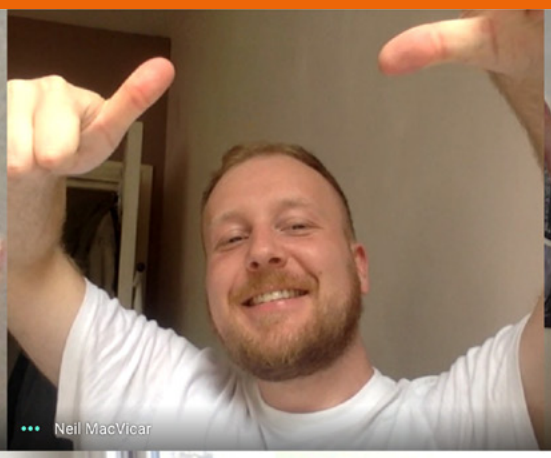
80% of participants rated the virtual event as 'Fantastic', 15% 'Good' and only 5% said they preferred the in-person format. Video content from Shine Connect 2020 is still available to view on demand by the wider Shine community via **Shine's website** and **YouTube** channel.

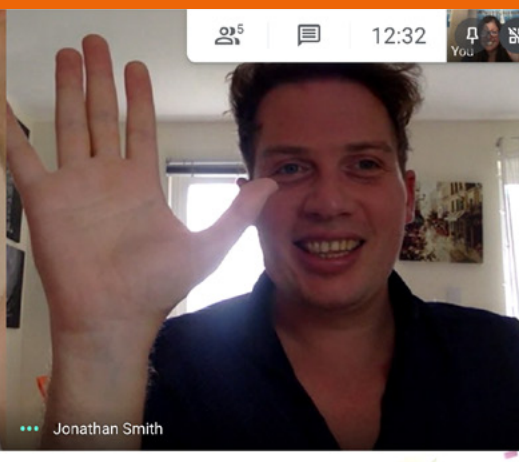




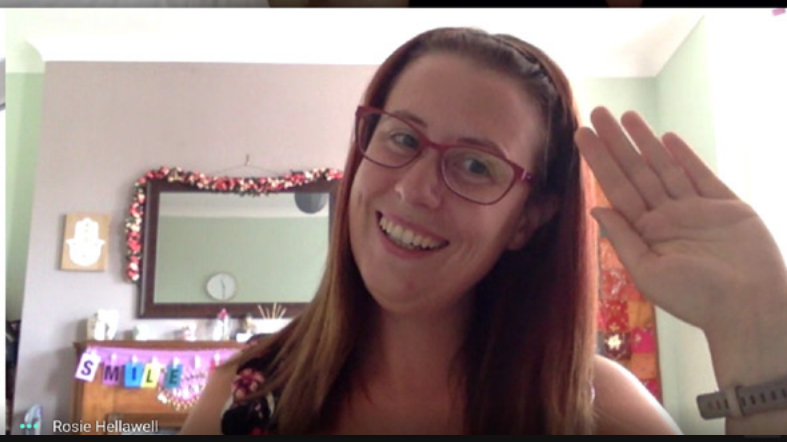


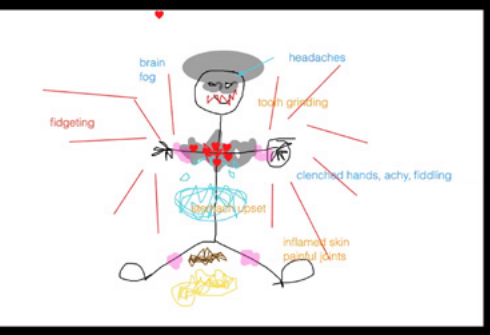

You


Neil MacVicar

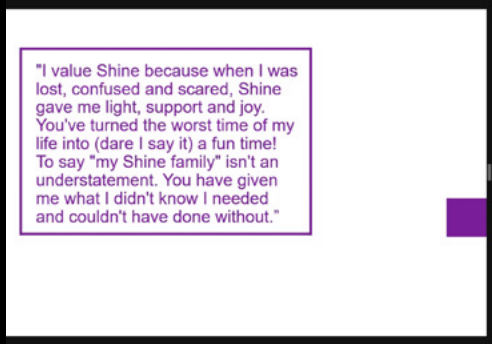

12:32
Jonathan Smith

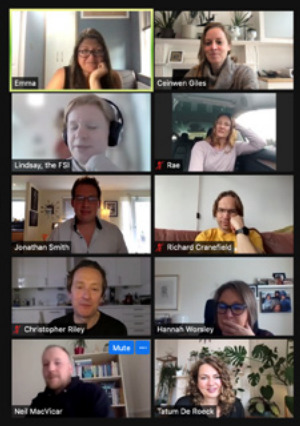

Ceinwen Giles


Rosie Hellawell


brain fog
headaches
tooth grinding
fidgeting
clenched hands, achy, fiddling
inflamed skin
painful joints


Kerrie Saegert


"I value Shine because when I was lost, confused and scared, Shine gave me light, support and joy. You've turned the worst time of my life into (dare I say it) a fun time! To say "my Shine family" isn't an understatement. You have given me what I didn't know I needed and couldn't have done without."


Emma
Ceinwen Giles
Lindsay, the FSI
Rae
Jonathan Smith
Richard Cranefield
Christopher Riley
Hannah Worsley
Mute
Neil MacVicar
Tatum De Roock




Emma

advocacy and training

workshops for healthcare professionals

In August 2020, Shine's workshop for healthcare professionals (HCPs) was CPD-accredited. Throughout our 2020-2021 financial year, we continued to provide training to HCPs across the UK. In total, we trained 112 healthcare professionals through six online workshops. 98% of attendees reported feeling better able to support their younger patients as a result of attending, with 100% stating that they would refer younger patients to Shine in the future.



'As a result of attending I will definitely recommend Shine and feel more informed of the challenges facing younger people.'

'It was great to learn about the support available to our patients. It was also extremely useful to hear from people who have actually gone through similar experiences as our patients. It was fantastic!'



advocacy and involvement

Where capacity has allowed, Shine has continued to participate in regional and national initiatives to raise awareness of the concerns of young adults with cancer. Ceinwen Giles, our Director, is currently Chair of the Patient & Public Voices Forum of the NHS England Cancer Programme, and both Directors participate, where possible, in Cancer52 work to raise awareness of and improve care for people diagnosed with rarer cancers. We have also continued our membership with National Voices, an umbrella organisation for health and care charities in England, with one of our Directors recording a video about the need for continued support for people who are immuno-compromised after the lifting of Covid restrictions in England in July 2021.





our thanks





thanks

As a small charity we can only do what we do because of the support of our volunteers, fundraisers and corporate sponsors.

We have been exceptionally lucky over the last few years to have been supported by two fabulous companies: Oliver Spencer and the Turner Agency (TTA).

TTA has been a huge support to Shine this year, enabling us to deliver Shine Connect completely online for the first time in November 2020. A team from TTA also organised and completed a Three Peaks Challenge event, completing the three mountains within 30 hours to celebrate their 30 year anniversary. They raised over £6,000 to support our work.

With large fundraising events still much reduced, we've had an amazing response from supporters taking on all sorts of fundraising challenges, from cake sales to runs and plenty of virtual challenges. We also had our largest number of London Marathon runners taking part in the live and virtual events in early October 2021 with an amazing £15,000 of fundraising between them.





A special mention this year for the Shah family (Amit, Meera and Rohan), who celebrated Meera's 10 years of living with cancer by creating a family triathlon including all of them walking 10k, Rohan cycling 10k and Amit cycling another 100k with a group of friends. They raised over £10,000 which is an amazing family achievement and makes a big impact on the work we've been able to do this year.

We'd also like to give huge thanks to the Oak Foundation for their ongoing support. Other funders such as MSD and the Winston Churchill Memorial Trust have also been integral in supporting both new and existing programmes.





Finally, this year, we welcomed actor Laura Carmichael to the Shine team as an Ambassador. Laura is best known for her portrayal of Lady Edith Crawley in Downton Abbey, and she lives in London with her partner Michael and their Jack Russell, Ned. We're delighted to have her support.



our plans for 2021-2022

new strategic plan

With support from the Oak Foundation, we've been working on refining our goals and strategy for the next few years.

Working with consultants from the Foundation for Social Improvement, we've spent time surveying and talking with our communities, holding focus groups with various stakeholders and developing plans to ensure that we are continuing to grow both sustainably and in the right direction.

As we write this report, we have completed a new five-year strategic plan and have started to implement it.

Shine is at a pivotal point, having grown organically since our foundation. We are now entering a growth phase and have ambitions to scale up our impactful work. Therefore, this strategy focuses on building strong foundations for growth, and investing in reaching more people with more programmes. This includes ensuring our Shine community is truly inclusive and diverse, and piloting more targeted programmes where needed.

We've seen through Covid the benefits of online services, and see a big opportunity to keep building on this. However, we've also been able to recognise the unique benefits of face-to-face support and the special energy created at a retreat. Our strategy incorporates both of these elements, with space to scale up existing successful projects, and to trial new approaches.

We recognise as we grow that we want to have more widespread impact, by influencing structural players. This includes the healthcare service, employers of younger adults with cancer, and those in decision-making roles - through training, advocacy, influencing, and raising up the voice of our community.

To underpin all of this ambitious growth, we require strong systems, staffing and governance, and a sustainable business model that positions us to continue going from strength to strength in the long term.

Five-year strategic objectives

1. **Connect** - build a nationwide community of younger adults with cancer and the people around them, reducing isolation and supporting their physical and mental well-being
2. **Inform** - ensure that younger adults with cancer have access to the knowledge and support they need to make the best decisions for them
3. **Influence** - grow our influencing position and partnerships to shape a healthcare system and wider support that are suitable for YAWC's needs
4. **Reach** - increase the profile and reach of Shine, aiming for every young adult diagnosed with cancer to have access to our services and support
5. **Build** - invest in Shine's internal capacity, governance and sustainability to build firm foundations for growth

As a cross-cutting issue, we will also work to ensure our community is truly diverse and inclusive, through targeted outreach and marketing, and tailored programmes where needed.





regulatory information



Shine's structure, governance and management

To summarise the purposes of Shine Cancer Support as set out in our governing document, our Charitable Objects are:

1. To promote physical and mental health by providing a support network for adults and their families who have been diagnosed with or in the past have suffered from cancer, through the provision of services such as but not limited to information, open meetings, social events, and a website.

2. To advance the education of the public in the subject of cancer and other cancer-related subjects such as but not limited to cancer prevention and cancer diagnoses.

The Board of Trustees have had regard to the guidance issued by the Charity Commission on public benefit, and this report summarises the main activities in relation to those purposes above for the public benefit and also summarises the main achievements of Shine Cancer Support and demonstrates the difference that our work has made to its beneficiaries and the wider public.

Shine Cancer Support was formed by Constitution, which was agreed on 23rd September 2009. The association was registered as a charity with the Charity Commission for England & Wales on 17th April 2012 with the three founding Trustees: Emma Willis, Ceinwen Giles and Laura Purandare. The current Trustees include the three founding Trustees alongside Christopher Riley, Raelene Salter and Richard Cranefield.



Methods adopted for the recruitment and appointment of new Trustees

Recruitment and appointment of new Trustees is the responsibility of the existing Trustees.

The Trustees may appoint any person who is willing to act as Trustee, subject to the requirements of the Charity Commission and the Constitution.

The Trustees manage the charity and there are four people employed by the charity. This includes two of the Trustees, whose contracts are for work which falls outside of their Trustee duties. This is authorised by the Constitution and has been checked with the Charity Commission. The rationales for these decisions are recorded within Trustee meeting minutes. No Trustees are paid for carrying out their duties as Trustees. Other professionals have been paid for providing specific services to the charity on an invoice basis that does not constitute employment. The Trustees make all decisions regarding the running and management of the charity and are supported by volunteers who carry out specific tasks and roles that do not involve major decision-making.

The Trustees have had due regard to the Commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant. The Trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks. There were no serious incidents to report during the financial year 2020-2021.

financial review

The pandemic continues to have an impact on our overall income. The availability of emergency grant funding is much reduced from last year and Government support from the job retention scheme has now ended.

We are grateful to have secured multi-year funding from the Oak Foundation, supporting us with our plans for growth and funding the creation of our new strategic plan. This support is key in allowing us to grow sustainably through these uncertain times.

With the support of our community and other regular funders, we have been able to maintain and even increase our online services. While restrictions have meant that we have not been able to return to in-person events, this does also represent a significant cost-saving on venue hire and office space in London.

It is still difficult to predict the full impact the pandemic will have on future fundraising and income. However, with continued close monitoring of our budgets and plans, we are in a stable financial position that will allow us to focus on our plans for growth and delivering our new strategic plan.

reserve policy summary

In the Trustees' view, the reserves should provide the charity with adequate financial stability and the means for it to meet its charitable objectives for the foreseeable future. At a time of growth within the charity, the accounts are monitored monthly and discussed quarterly with the Trustees to allow analysis of unexpected events, risks and issues to be managed.

As the majority of our income is from voluntary sources and one-off grant awards, it is still difficult to reliably predict the ongoing income against a backdrop of the significant economic impact caused by the global pandemic.

Having experienced the drop in community income caused by Covid restrictions and anticipating a general economic downturn in the next few years, the Trustees have agreed to maintain the level of unrestricted reserves at 12 months' running costs.

Some of the adaptations we have made to services during the pandemic have temporarily reduced our costs. The implementation of the five-year strategic plan includes plans to increase staffing alongside the return of in-person events which will increase both immediate costs and the need for greater financial stability.

Thanks to these reduced costs and some emergency funding received, our current unrestricted funds balance is above the reserve amount. This will continue to be reviewed by the Trustees who have no concerns about the current levels considering the plans for growth.

At the end of the year the charity had unrestricted funds of £311,179 (2020: £297,401) and restricted funds of £105,095 (2020: £40,445). The charity's free reserves (unrestricted funds less long-term assets) are £311,179 (2020: £296,549).

Report of the Trustees and

Financial Statements

for the Year Ended 30 September 2021

for

Shine Cancer Support

Ward Goodman
Statutory Auditor
4 Cedar Park
Cobham Road
Ferndown Industrial Estate
Wimborne
Dorset
BH21 7SF

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The trustees present their report with the financial statements of the charity for the year ended 30 September 2021. 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).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1146902

Principal address

54 Sterte Esplanade
Poole
Dorset
BH15 2BA

Trustees

Ms C Giles
Miss E Willis
Ms L Purandare
C Riley
Ms R Salter
R J Cranefield

Auditors

Ward Goodman
Statutory Auditor
4 Cedar Park
Cobham Road
Ferndown Industrial Estate
Wimborne
Dorset
BH21 7SF

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity 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 then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity 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 Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. 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.

Shine Cancer Support

Report of the Trustees
for the Year Ended 30 September 2021

Approved by order of the board of trustees on 7th March 2022 and signed on its behalf by:



.....
C Riley - Trustee

Report of the Independent Auditors to the Trustees of Shine Cancer Support

Opinion
We have audited the financial statements of Shine Cancer Support (the 'charity') for the year ended 30 September 2021 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:
- give a true and fair view of the state of the charity's affairs as at 30 September 2021 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion
We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern
In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information
The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception
We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:
- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Report of the Independent Auditors to the Trustees of Shine Cancer Support

Responsibilities of trustees
As explained more fully in the Statement of Trustees' Responsibilities, the trustees are responsible for the preparation of the financial statements which give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements
We have been appointed as auditors under Section 145 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- We obtained an understanding of the legal and regulatory frameworks applicable to the charity and the sector in which they operate.
- We obtained an understanding of how the charity are complying with those legal and regulatory frameworks by making enquires of management
- We assessed the susceptibility of the charities financial statements to material misstatement, including how fraud might occur. Audit procedures performed by the engagement team included:

1. Identifying and assessing the design effectiveness of controls management has in place to prevent and detect fraud
2. Understanding how those charged with governance considered and addressed the potential for override of controls or other inappropriate influence over the financial reporting process
3. Challenging assumptions and judgments made by management in its accounting estimates
4. Identifying and testing journal entries, in particular any journal entries posted with unusual account combinations; and
5. Assessing the extent of compliance with the relevant law and regulations.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Report of the Independent Auditors to the Trustees of
Shine Cancer Support

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Ward Goodman
Statutory Auditor
4 Cedar Park
Cobham Road
Ferndown Industrial Estate
Wimborne
Dorset
BH21 7SF

Date: 17 May 2022

Shine Cancer Support

Statement of Financial Activities
for the Year Ended 30 September 2021

	Notes	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	144,510	127,661	272,171	334,828
Charitable activities					
Charitable activities		-	-	-	2,000
Other trading activities	4	852	-	852	1,044
Investment income	5	11	-	11	119
Total		145,373	127,661	273,034	337,991
EXPENDITURE ON					
Raising funds		3,736	-	3,736	1,988
Charitable activities					
Charitable activities		127,107	63,763	190,870	221,630
Total		130,843	63,763	194,606	223,618
NET INCOME		14,530	63,898	78,428	114,373
Transfers between funds	14	(752)	752	-	-
Net movement in funds		13,778	64,650	78,428	114,373
RECONCILIATION OF FUNDS					
Total funds brought forward		297,401	40,445	337,846	223,473
TOTAL FUNDS CARRIED FORWARD		311,179	105,095	416,274	337,846

The notes form part of these financial statements

Shine Cancer Support

Balance Sheet
30 September 2021

	Notes	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Tangible assets	10	-	-	-	852
CURRENT ASSETS					
Debtors	11	338	-	338	150
Cash at bank and in hand		316,702	105,095	421,797	339,594
		317,040	105,095	422,135	339,744
CREDITORS					
Amounts falling due within one year	12	(5,861)	-	(5,861)	(2,750)
NET CURRENT ASSETS		311,179	105,095	416,274	336,994
TOTAL ASSETS LESS CURRENT LIABILITIES		311,179	105,095	416,274	337,846
NET ASSETS		311,179	105,095	416,274	337,846
FUNDS	14				
Unrestricted funds				311,179	297,401
Restricted funds				105,095	40,445
TOTAL FUNDS				416,274	337,846

The financial statements were approved by the Board of Trustees and authorised for issue on 7th March 2022 and were signed on its behalf by:



.....
C Riley - Trustee



.....
E Willis - Trustee

Shine Cancer Support

Notes to the Financial Statements
for the Year Ended 30 September 2021

1. LEGAL FORM

Shine Cancer Support is a charitable unincorporated association. Registered at the Charity Commission.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment	-	Straight line over 3 years

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Government grants
Government grants shall be recognised in profit or loss on a systematic basis over the periods in which the entity recognises as expenses the related costs for which the grants are intended to compensate.

Cash at bank and in hand
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Debtors and prepayments

2. ACCOUNTING POLICIES - continued

Debtors and prepayments are recognised at the transaction price where an entity has a present obligation resulting from a past event that will probably result in the transfer of funds from a third party to the charity and the amount due to settle the obligation can be measured or estimated reliably.

Creditors and provisions
Creditors and provisions 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 and provisions are normally recognised at their transaction price after allowing for any trade discounts due.

3. DONATIONS AND LEGACIES

	2021	2020
	£	£
Donations	21,402	122,316
Grants	146,365	84,978
Sponsorship	98,554	81,042
Corporate	5,850	46,492
	272,171	334,828

Grants received, included in the above, are as follows:

	2021	2020
	£	£
The National Lottery	25,379	49,295
Government Grants - JRS	15,859	20,911
Metamorph Law	-	1,000
Winston Churchill	7,404	10,000
CAF	-	3,772
Merck	8,518	-
Swiss Philanthropy	5,000	-
DWP - Access to work	2,845	-
Oak Foundation	81,360	-
	146,365	84,978

4. OTHER TRADING ACTIVITIES

	2021	2020
	£	£
Fundraising events	110	225
Shop income	22	253
Other income	720	566
	852	1,044

5. INVESTMENT INCOME

	2021	2020
	£	£
Interest receivable - trading	11	119

6. SUPPORT COSTS

	Management	Governance costs	Totals
	£	£	£
Charitable activities	1,054	24,152	25,206

Included within Governance costs is the Audit fee of £5,300 (2020: Independent Examination fee of £2,600).

7. TRUSTEES' REMUNERATION AND BENEFITS

	2021	2020
	£	£
Trustees' salaries	91,669	84,491
Trustees' social security	6,222	4,957
Trustees' pension contributions to money purchase schemes	2,344	2,163
	100,235	91,611

Trustees are remunerated in accordance with the Charities constitution for work that falls outside of their Trustee duties.

Trustees' expenses

	2021	2020
	£	£
Trustees' expenses	-	64

8. STAFF COSTS

	2021	2020
	£	£
Wages and salaries	137,765	134,463
Social security costs	9,701	8,862
Other pension costs	3,255	3,097
	150,721	146,422

The average monthly number of employees during the year was as follows:

	2021	2020
Members of staff	5	5

No employees received emoluments in excess of £60,000.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	273,533	61,295	334,828
Charitable activities			
Charitable activities	2,000	-	2,000
Other trading activities	1,044	-	1,044
Investment income	119	-	119
Total	276,696	61,295	337,991
EXPENDITURE ON			
Raising funds	1,988	-	1,988
Charitable activities			
Charitable activities	170,168	51,462	221,630
Total	172,156	51,462	223,618
NET INCOME	104,540	9,833	114,373
Transfers between funds	(463)	463	-
Net movement in funds	104,077	10,296	114,373
RECONCILIATION OF FUNDS			
Total funds brought forward	193,324	30,149	223,473
TOTAL FUNDS CARRIED FORWARD	297,401	40,445	337,846

10. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 October 2020 and 30 September 2021	2,556
DEPRECIATION	
At 1 October 2020	1,704
Charge for year	852
At 30 September 2021	2,556
NET BOOK VALUE	
At 30 September 2021	-
At 30 September 2020	852

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Prepayments and accrued income	338	150

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Other creditors	561	150
Accrued expenses	5,300	2,600
	5,861	2,750

13. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2021	2020
	£	£
Within one year	4,974	5,784
Between one and five years	906	5,880
	5,880	11,664

14. MOVEMENT IN FUNDS

	At 1.10.20	Net movement in funds	Transfers between funds	At 30.9.21
	£	£	£	£
Unrestricted funds				
General fund	297,401	14,530	(752)	311,179
Restricted funds				
VBG camp	8,570	-	-	8,570
Lottery funding	-	(797)	797	-
M B Donation	16,348	-	-	16,348
Winston Churchill	7,900	(597)	101	7,404
JP Morgan	1,000	-	-	1,000
Lottery Covid	6,627	(6,481)	(146)	-
Oak Foundation	-	67,869	-	67,869
Merck/MSP	-	1,400	-	1,400
Swiss Philanthropy	-	2,504	-	2,504
	40,445	63,898	752	105,095
TOTAL FUNDS	337,846	78,428	-	416,274

14. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	145,373	(130,843)	14,530
Restricted funds			
Lottery funding	25,379	(26,176)	(797)
Winston Churchill	7,404	(8,001)	(597)
Lottery Covid	-	(6,481)	(6,481)
Oak Foundation	81,360	(13,491)	67,869
Merck/MSP	8,518	(7,118)	1,400
Swiss Philanthropy	5,000	(2,496)	2,504
	127,661	(63,763)	63,898
TOTAL FUNDS	273,034	(194,606)	78,428

Comparatives for movement in funds

	At 1.10.19 £	Net movement in funds £	Transfers between funds £	At 30.9.20 £
Unrestricted funds				
General fund	193,324	104,540	(463)	297,401
Restricted funds				
VBG camp	8,635	(65)	-	8,570
Lottery funding	717	(1,180)	463	-
M B Donation	20,797	(4,449)	-	16,348
Winston Churchill	-	7,900	-	7,900
JP Morgan	-	1,000	-	1,000
Lottery Covid	-	6,627	-	6,627
	30,149	9,833	463	40,445
TOTAL FUNDS	223,473	114,373	-	337,846

14. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	276,696	(172,156)	104,540
Restricted funds			
VBG camp	-	(65)	(65)
Lottery funding	39,382	(40,562)	(1,180)
M B Donation	-	(4,449)	(4,449)
Winston Churchill	10,000	(2,100)	7,900
Metamorph	1,000	(1,000)	-
JP Morgan	1,000	-	1,000
Lottery Covid	9,913	(3,286)	6,627
	61,295	(51,462)	9,833
TOTAL FUNDS	337,991	(223,618)	114,373

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.10.19 £	Net movement in funds £	Transfers between funds £	At 30.9.21 £
Unrestricted funds				
General fund	193,324	119,070	(1,215)	311,179
Restricted funds				
VBG camp	8,635	(65)	-	8,570
Lottery funding	717	(1,977)	1,260	-
M B Donation	20,797	(4,449)	-	16,348
Winston Churchill	-	7,303	101	7,404
JP Morgan	-	1,000	-	1,000
Lottery Covid	-	146	(146)	-
Oak Foundation	-	67,869	-	67,869
Merck/MSP	-	1,400	-	1,400
Swiss Philanthropy	-	2,504	-	2,504
	30,149	73,731	1,215	105,095
TOTAL FUNDS	223,473	192,801	-	416,274

14. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	422,069	(302,999)	119,070
Restricted funds			
VBG camp	-	(65)	(65)
Lottery funding	64,761	(66,738)	(1,977)
M B Donation	-	(4,449)	(4,449)
Winston Churchill	17,404	(10,101)	7,303
Metamorph	1,000	(1,000)	-
JP Morgan	1,000	-	1,000
Lottery Covid	9,913	(9,767)	146
Oak Foundation	81,360	(13,491)	67,869
Merck/MSP	8,518	(7,118)	1,400
Swiss Philanthropy	5,000	(2,496)	2,504
	188,956	(115,225)	73,731
TOTAL FUNDS	611,025	(418,224)	192,801

Funds are restricted for the following reasons:

VBG Camp - This is income to be spent specifically on the camp run by Shine on an annual basis.
Lottery - This is income from the Lottery Building connection grant
M B Donation - Income received from a major donor 'MB' to design and deliver 6 work shops along with hosting a retreat for beneficiaries.
Winston Churchill MT - Fellowship funding to support the development of the Circles programme.
Metamorph Law - Donation to specifically support the delivery of the North Great Escape.
JP Morgan - Award to fund the purchase of a new printer and other office equipment for the office in Poole.
Lottery Covid - Emergency Covid grant to support the development of the online Breakout programme.
Merck/MSD - To support the delivery of educational workshops for Healthcare professionals and to develop information resources for young adults with cancer.
Oak Foundation - Core support to improve the lives of young adults with cancer through the strengthening and development of Shineís structure, programmes and resources.
Swiss - Support to develop a theory of change and strategic plan for Shine Cancer Support, covering 2022 - 2025

Transfers between funds

Transfers have been completed to show the actual spend on the project.

15. RELATED PARTY DISCLOSURES

During the year, the Trustees donated a total of £nil (2020: £34) to the charity.

During the year, a trustee received £18 (2020: £nil) as a gift to volunteers for facilitation of an online session as part of the Breakout programme.

During the year, a trustees relative received £160 (2020: £nil) for facilitating sessions as part of the Breakout Programme.

We'd love to meet you!

To find out more information, check out our website, follow us on social media, or drop us an email.

hi@shinecancersupport.org

shinecancersupport.org

shinecancersupport

shinecancersupport

@ShineCancerSupp

shine-cancer-support

shine cancer support

shine
CANCER SUPPORT

SHINE CANCER SUPPORT

England & Wales - Charity number 1146902

Accounts

annual report

Report of the Trustees and Unaudited Financial Statements for the Year Ended 30 September 2020

"Shine is about living. Being a part of Shine has made cancer a lot less scary for me.**"**

2019 Impact Survey respondent



shine
CANCER SUPPORT

Registered Charity in England & Wales No 1146902

Registered Address:
54 Sterte Esplanade, Poole, Dorset, BH15 2BA

Trustees: Emma Willis, Ceinwen Giles, Laura Purandare, Christopher Riley, Raelene Salter & Richard Cranefield (appointed 26/01/2020).



"There is nothing else like Shine that is both a really active support network and also a great source of information. Their huge range of programmes and types of support is really impressive."

- 2020 Impact Survey respondent

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message from the chair

I have great pleasure in publishing our Annual Report for the 2019 – 2020 financial year. As for many organisations, this has been a very different and challenging year. The impact of Covid-19 has resulted in higher rates of anxiety, stress and pressure in our community.

The wonderful and dedicated team at Shine HQ successfully managed the transition of our programmes from in-person to online, which has allowed us to reach and continue to support as many young adults with cancer as possible.

We are thankful for the ongoing support of our wider community. I would like to express my personal gratitude to all our volunteers and fundraisers who excelled in their innovative ways of raising money, despite the cancellation of many large outdoor activities and fundraising events. This has provided us with the opportunity to carry on with our work. I would also like to thank Shine's grant funders for their generosity and support, which assisted us in financing the pilots of new online virtual programmes.

It is difficult to foresee how the next 12 months will unravel, but you can be assured we will strive to provide ongoing information and support to as many young adults with cancer as possible.

Christopher Riley

Chair of the Board of Trustees



message from the directors

Well, it's been quite a year!

We began our 2019 - 2020 financial year with plans for expansion and we were already running more events than ever when we heard about a virus in China....By early March, we were beginning to really worry about Covid-19 but figured we'd be back to normal by September. Not quite, it turned out.

The pandemic has presented Shine with huge challenges. We typically raise 40% of our income in the summer months, through sponsored events such as the Nightrider bike challenge, or the London Marathon, but by early April 2020 all mass participation events had been cancelled. We began to worry about the longer-term impact of the pandemic on Shine's finances and, most importantly, our ability to support the thousands of young adults who are diagnosed with cancer each year.

However, if the last year has shown us anything, it's how amazing and resourceful our Shine community is. Early on, we worked closely with our employees, Trustees and volunteers to come up with ideas about how we could continue to support those who need us most. With all face-to-face events cancelled, we began running meetups and workshops via Zoom, and by the summer were designing new online programmes for small groups of young adults. We also created new activities such as a virtual book club and film club - things that we haven't done before, but that have been really successful.

To ensure Shine's financial stability, we revised our planned budget and reduced costs in as many areas as possible. We gave up our co-working space in London, for example, and with some of our programmes on hold, we placed three of our employees on furlough, while reducing the hours and salary of our other two employees. In April 2020, we launched an emergency fundraising appeal and were very touched by all of those who donated to keep us going, or who developed their own events to raise much-needed funds. We also put in many grant applications for emergency support and we were pleased that some of these were successful.

While Covid-19 has put a stop to many things, it hasn't stopped cancer. Young adults are still being diagnosed and they are still facing treatment, but they're now doing it in particularly difficult circumstances. We know from the surveys that we've run that rates of anxiety, depression and isolation among our community are higher now than ever before. We don't know what the next 12 months will bring but we're committed to making sure that our programmes keep going and that young adults with cancer know that they're not alone.

Ceinwen & Emma

why is Shine needed?

Work. Fertility. Finance. Insurance. Sex. Dating. Mental health. Every single aspect of life is affected when you receive a cancer diagnosis. At Shine Cancer Support, we're here to help, and we support young adults in their 20s, 30s and 40s who have received a cancer diagnosis - no matter what the stage or type of cancer.

An estimated 210,000 adults in their 20s, 30s and 40s are living with and beyond cancer in the UK. That's 10 times the number of children and teenagers living with the disease. Yet most cancer support services target older people, while services that do include young adults stop at age 24. A cancer diagnosis can have devastating consequences for young adults. Shine Cancer Support is the only charity in the UK focused on supporting this group of people. A young and dynamic organisation, Shine works to identify the unmet needs of people in this age group, and to develop innovative solutions to fill the 'cancer support gap' facing younger adults.

Our vision is that every adult in the UK living with cancer in their 20s, 30s or 40s can access the help and support that they need in a way that suits their lifestyle, and that they are a part of a confident, supportive and empowered community of young adults living with cancer.

Our mission is to provide tailored information and peer support for anyone in their 20s, 30s or 40s diagnosed with any cancer. Everything we do supports people, practically and emotionally, at a difficult time in their lives.

Shine's work has been particularly important throughout Covid-19: a July 2020 survey found that 68% of Shine's community were 'shielding' from the virus (e.g. taking extreme care, not leaving home) while 60% of young adults were experiencing symptoms of depression more frequently since lockdown began (a dramatic 25.4% increase from previous surveys). Seventy-one percent reported feeling anxious more often than before lockdown, and 66% reported feeling 'very stressed'. At the same time, nearly one quarter of respondents reported increasing difficulties contacting their medical team, issues which were exacerbated by the stresses on the NHS, including staff redeployment and sickness.



our team

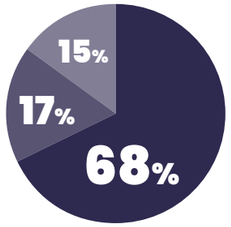
Shine is run by two Founding Directors: **Emma Willis**, Director of Operations and Training, and **Ceinwen Giles**, Director of Partnerships and Evaluation. The Directors benefit from the advice and support of our Board of Trustees, as well as our many volunteers and supporters. Most of our volunteers and Trustees have had cancer themselves. As we grow, we believe it is important that Shine remains a patient-led organisation. Both of the Directors had cancer as young adults: Emma was diagnosed with breast cancer at 29, while Ceinwen was diagnosed with non-Hodgkin lymphoma in 2010 shortly after the birth of her daughter. Shine's three staff members have also had cancer diagnoses. **Jon**, who supports our fundraisers and manages our social media, had a brain tumour in his 20s. **Rosie**, our Programme Assistant, oversees the management and administration of many of our activities while living with breast cancer. **Neil**, our Network Support Officer, still lives with the impact of a brain tumour in his mid-20s.



summary of impact

Every year, we carry out an annual impact survey to help us understand the changes brought about by our work. In October 2020, we ran a short survey for Shine beneficiaries to help us gain insight into areas that affect the people we support and how our work is making a difference. This year, we were especially keen to learn what impact our new ways of working had had for our community.

In the last year, we've supported people with a wide range of cancer types including breast cancer, bowel cancer and blood cancer, as well as gynaecological cancers, sarcoma, testicular cancer and brain tumours. Sixty-eight percent of those we supported had finished treatment for cancer, while 17% were currently in treatment. The remaining 15% of beneficiaries were living with incurable or chronic cancers. This is an area we are particularly keen to support in future years.



4.7/5

Respondents gave Shine **an average score of 4.7 out of 5** when asked how well they felt Shine had responded to the pandemic.

85%

85% feel less emotionally isolated since becoming involved with Shine

75% feel less anxious

75%

74%

74% feel less stressed

50%

50% of respondents received Shine's weekly newsletter.

87%

87% of respondents agreed that they would recommend Shine's services to a friend or family in our age group.

our activities

Pre-pandemic, Shine's work was organised into three strands:

1. **Online support and information**
2. **In-person workshops, activities and peer support**
3. **Advocacy and training for health professionals.**

During the first five months of our financial year, we were able to carry out our activities as planned. However, in mid-March 2020, we cancelled all in-person events for the foreseeable future. While this created challenges in ensuring that we were still able to support our community members, we worked hard - with the help of Trustees and volunteers - to pivot all of our work online.



in-person events

great escapes

We ran two Great Escape retreats before the pandemic hit: one in Manchester in October 2019, and one in Bournemouth in January 2020. In total, 38 people attended these events, taking part in Shine's unique blend of peer support and expert information - with more than a few therapy animals thrown in for good measure!

Results from the Escape evaluations show that 90% of participants rated the events as 'fantastic overall'. The percentage of participants who said they felt more emotionally supported as a result of the Escape was also significant: only 19% of participants stated that they were very emotionally supported before the Escape, and this improved to 90% after the event.

Importantly, the benefits of the Escapes have continued, even in the face of the challenges presented by the pandemic. In our six-month follow up surveys, 94% of people who attended were still in touch with at least one person they met for the first time on the Escape, and 90% felt more hopeful as a result of attending. Many people took specific actions following the Escape as well, including seeing a counsellor or dietician, joining a gym, or attending a regular support group.

Many of our Escape groups have also met up over Zoom throughout the pandemic, including 'Escapees'; from 2016 and 2017!

"It is hard to convey how important this weekend has been. Life changing. What Shine does is amazing and necessary. There is no one else doing this and without them, as a young adult with cancer, there would be only isolation and a feeling of otherness. I hope more people get to do this."

"The whole experience has been so valuable to me and has made me feel so good! At no time did I feel alone or worried - I was taken care of so well and so much thought has been put into making us all feel secure, accepted, comfortable and safe to share."

"My favourite part of the Escape was being able to connect with other young adults and being able to talk so openly and honestly in a safe environment without feeling judged."



northern retreat

Between 6-9 March 2020, we held a retreat in the North of England with funding from our Building Connections Lottery grant.

We were able to host eight young adults with cancer at a rented house where they shared meals and experiences and took part in a range of group activities, from country walks to pub lunches. The retreat was designed to be less intensive than our Great Escape. Eighty-eight percent of participants rated the retreat as 'fantastic' (the remaining 12% said it was 'very good'). A similar proportion of participants (88%) said that they felt much more emotionally supported as a result of attending the event, with 75% stating that the weekend had made them feel more hopeful.

"I met some wonderful people, laughed a lot and had some fantastic conversations throughout the weekend without feeling judged. It was great to take some guilt-free time off, away from my lovely family and friends. I hadn't realised how much I needed the weekend until it came to going home. I could have happily spend my a week with the group!"

"It was very chilled, and offered support and new friendship. Lovely food, nice outings, knowledgeable yoga/relaxation session. Lots and lots of laughs!"

workshops

We held two in-person workshops before the pandemic hit.

On the evening of 25 February, we held a workshop in collaboration with Look Good, Feel Better at the Maggie's Centre at St. Bartholomew's Hospital in East London. We had 11 women and three men join us for male and female grooming sessions run by Look Good, Feel Better. Everyone who attended took home a great goody bag full of products and learned valuable tips for looking and feeling their best while living with cancer.

On 2 March, we held our first ever in-person workshop for Shine Lifers, those young adults who are living with a chronic or incurable cancer. We worked with our community of Lifers as well as a counsellor to develop a one-day programme that provided an opportunity to discuss the challenges of living with an incurable diagnosis, while also learning approaches for managing anxiety and relaxation. Participants gave the workshop an average rating of 4.5 out of 5, with all participants stating that we should run the workshop again.

"The best part of the day? Meeting people, hearing their experiences, being able share my own experiences and having the opportunity to laugh at the absurdities we encounter."

"It was so useful to have my difficult emotions validated!"

"I found it so valuable to be in a room and know that others understood me and wouldn't try to fix me. It was also refreshing being in a room with other people who didn't say "oh, but you look so well!".







Shine online

As Covid-19 shut down the world, we worked as quickly as we could to move the main strands of our work online. Inevitably, some things were changed or delayed, but overall we're really pleased that we managed to maintain high levels of support despite the huge challenges that everyone was facing (and - let's be honest - continues to face).

At the start of the pandemic we finalised our brand update and new website. Both had been in the works for a few months but with everyone working at home and going online, we made a big push to finalise them by the end of March 2020. The new website provides a much-improved user experience, with clearer signposting to resources, personal experiences, and other resources such as Shine's blog and podcast.

Huge thanks also go to our Shine Network Leaders and Trustees who, early on, joined the Shine team to think through the new activities we could add, and how we could change our existing activities so that they worked online. We couldn't have got through 2020 without them!



private online groups

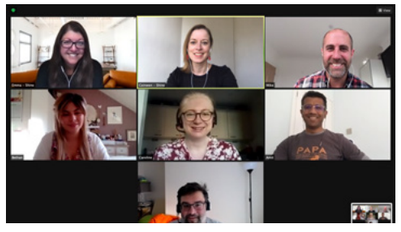
Our website, social media channels and closed Facebook groups have never been more valuable in allowing us to connect with both supporters of the charity and our beneficiaries across the UK.

In 2019-2020, we gained 241 followers on Facebook (giving us a total of 4,451), 407 new followers on Twitter (taking us to a total of 3,986) and 592 followers on Instagram (giving us a total of 2,292).

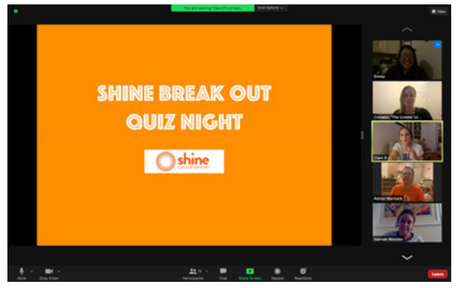
Our Facebook groups continued to grow throughout the year. Our main private group added, on average, 32 members per month, giving us a total of 2,221 members by the end of September 2020. Our Shine Plus Ones group (for the family, friends and partners of young adults with cancer) grew from 190 members to 235 members, while our Shine Lifers group expanded to 176 members. Our newer Dating after Cancer group has 68 members, while our Menopause after Cancer group has 65 members.

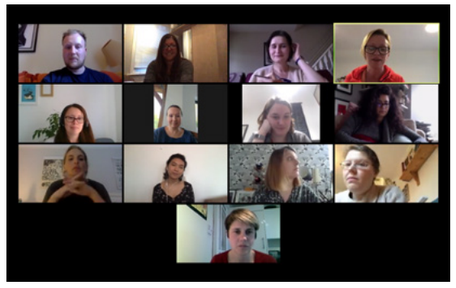
Our private Facebook groups remain an important way for Shine to provide peer support at any time of day or night. At the start of the pandemic, we tried to manage the posts relating to Covid-19 in order to ensure that issues related to cancer were still being highlighted. The need for this has reduced as time has gone on.











Feedback from our members

"I get a huge amount from the main Facebook group, both from being able to ask for help and from being able to offer it. There is a fantastic sense of community. The separate menopause group is helpful too as it's a more niche topic and can be sensitive."

"I think the Facebook groups are great. A good mix of information, amusement, serious issues, help and support being given. It's a really good balance."

"The main group is a great place to see relevant questions and answers from people my age, and not just with the same cancer I have - some issues happen regardless of cancer type."

"It's nice to know that people are there and understand what you are going through. I spoke with someone else with the same cancer type as me and in a similar location. I found her on Shine and to-date she is still the only person I know. It's definitely what I needed when I was newly diagnosed."

"The groups are great. They give me a space to ask questions and vent, but also give support to others, without feeling exposed or worrying that the other people won't understand."

other online resources

In addition to our private Facebook group, we have a number of other key online resources. This includes our blog, which published a record 24 posts this year. We released four new episodes of our podcast, which have been listened to more than 500 times.

Shine networks

Shine Networks continue to be a cornerstone of our work across the UK. Between October 2019 and March 2020, we ran 67 in-person meetups for young adults with cancer, reaching a total of 396 people. We also added three new Networks in Devon, Edinburgh and Guernsey.

After mid-March, and with in-person events not possible, Shine Networks quickly began meeting up virtually. While these will never be a full replacement for meeting up in a pub, we've been really pleased with the number of Zoom-based events we've run, and the number of people who have joined them. Between April and September 2020, we ran 95 local Shine Network meetups online. In addition, we ran 10 yoga and wellbeing sessions and 16 book and film club meetups. In total, we reached 1049 people through these activities.

We are really pleased that beneficiaries regularly tell us what a great time they've had and how helpful it is for them to be able to meet up with others that 'get it'. We know that Zoom meetups aren't for everyone but we've worked hard to ensure that they're as inclusive as possible and that people can join them in an informal and relaxed way.

Our new website has allowed us to build out a number of new resource pages, including pages on mental health, sex, fertility, dating, and work. We have also added a number of pages to highlight activities that are being done by the Shine community during lockdown, as well as links to other useful organisations in the UK.

"Shine helped me to feel more normal and more human in what I'm feeling. It was priceless to meet other people who have gone through treatment and looking normal."

"The group meetups instantly made me feel at ease. It's so great to have volunteers giving up their time to help and connect others."

"The best part of Shine is knowing there are other people feeling a similar way to me. And hopefully meeting some of them in person in the future!"





break out programme

In September 2020, we piloted a new activity called the Break Out programme. The Break Out programme was originally conceived as a way of providing the content of our in-person Great Escape retreats via Zoom. Working with our volunteers and previous Escape participants and facilitators, we designed a seven-week programme which launched on 11 September with 12 participants. Two groups of participants met for two hours each week, covering specific topics such as anxiety and depression, coping with grief and loss, and developing new priorities after a diagnosis. Following the end of this programme, we will be reviewing feedback and, if necessary, updating the content and format. We plan to run another Break Out programme in early 2021.

online workshops

Our shift to online delivery of programmes extended to our workshops, and between March and September 2020 we ran a number of online workshops and activities to support our community.

In March 2020, we ran our first online workshop for Shine Plus Ones, the partners, family and friends of young adults living with a cancer diagnosis. This had already been scheduled as a face-to-face workshop so we worked quickly to move this online within the same month. Seven people attended the workshop, which covered a mixture of tools and techniques to manage anxiety, and gave attendees an opportunity to meet with others in similar situations. One hundred percent of respondents rated the workshop as useful and all commented that they would be interested in attending more.

In July we included two workshops on managing anxiety that were delivered in collaboration with Paul DuBois, a trainer and executive coach who has been a long-time supporter of Shine. In total, we had 50 people attended the workshops, of which 84% agreed that the sessions were very useful. All (100% of participants) said that they would recommend the sessions to a friend.



"[The best part of the workshop was] to be able to voice my anxieties and to listen to others who are experiencing the same feelings."

"It was really helpful simply being in a space where I found (to my great surprise) that other people had similar reactions to their own situations, even though there is no blueprint and everyone was at different stage in their own journey."

"The best part of the session was learning how to break down the ways in which anxiety manifests in our minds, bodies and behaviours."

"The workshop was useful in helping me to recognise the really wide range of ways anxiety and stress can show up. They also were really helpful in making me more aware of when I'm running on stress and anxiety and might not even know it!"

"The session was very non-judgemental and the facilitator made me feel better about self-identifying with some not so good qualities/behaviours."

advocacy and training

workshops for healthcare professionals

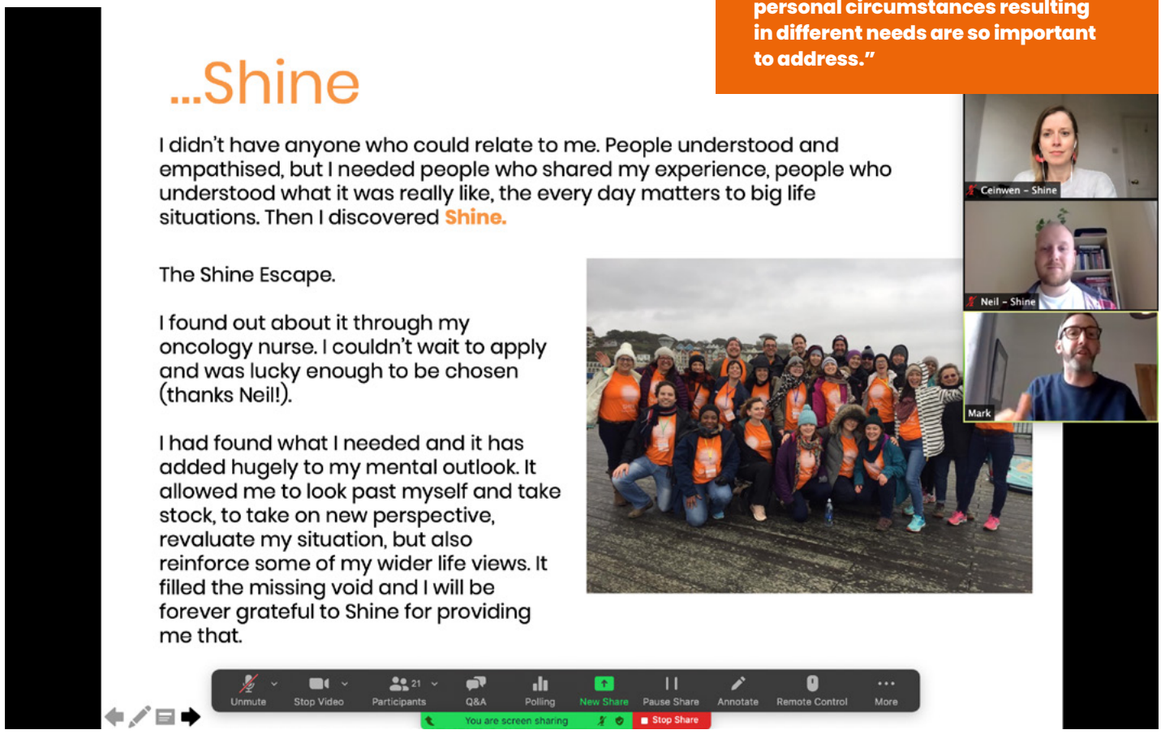
With support from the Building Connections Fund of the National Lottery, Shine had planned to run a series of workshops for healthcare professionals. Between September and February we held six in-person workshops for a total of 116 people. However, further workshops were cancelled from March 2020 onwards.

In August 2020, we decided to formalise the workshop as an online training course and to seek CPD accreditation. This was granted in early September 2020. A pilot workshop of the material was held online in August 2020 with 63 people. We have been very pleased with the results of the online workshop: 98% of participants said that they felt better able to support their younger patients as a result of attending the workshop, with 100% stating that they would refer younger patients to Shine in the future.

"It was really helpful to hear the perspective of people who have experienced cancer treatment themselves and how they were thinking and feeling at this time, and what they wanted to chat about."

"Thank you so much for such an engaging, friendly and interactive workshop. I felt as though I learned a lot in such a short space of time - there really was so much valuable information and I've taken loads of practical advice away with me which I can use immediately."

"I was so impressed by the quality of your delivery and your use of technology - I didn't feel I lost out by a virtual session. The content of the session and the way you presented makes it difficult for me to forget the needs of younger adults. The longevity of the impacts - either late effects of treatment or changes in lifestyle/ personal circumstances resulting in different needs are so important to address."



advocacy and involvement

Voicing the concerns of young adults with cancer has always been a core aim of Shine and we've been glad to be able to do this throughout the pandemic. Through our membership of Cancer52, a coalition of charities focused on rarer cancers, we have contributed to surveys and discussions on issues such as shielding.

In mid-2020, we joined National Voices, an umbrella organisation for health and care charities in England, participating in workshops on peer support, shielding and how those with underlying health conditions can continue to be supported throughout Covid-19. We have also worked as part of the All.Can partnership of UK charities and large pharmaceutical companies to highlight the need of young adults with cancer to access good quality psychosocial support.

In addition, our Director Ceinwen Giles has continued to chair the Patient and Public Voices Forum of the NHS England Cancer Programme throughout the pandemic, raising issues related to treatment changes and delays and changes to psychosocial support.

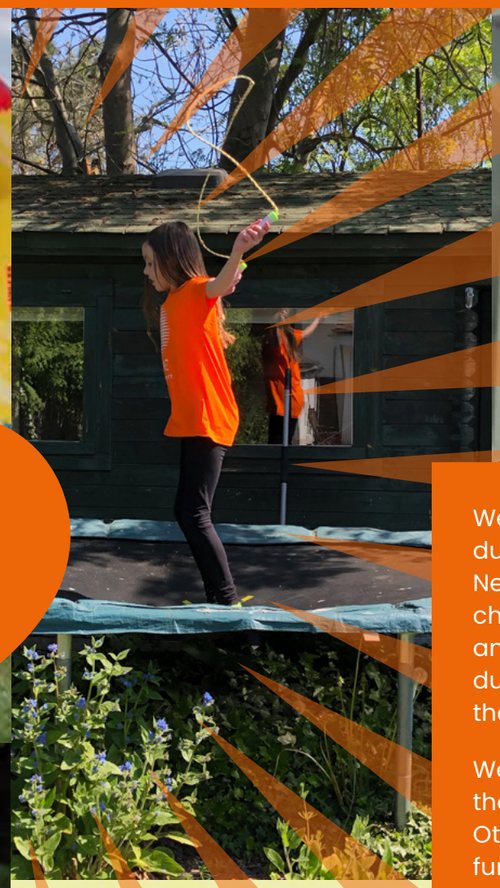


our thanks





thanks





We'd like to give a special shout-out to Fran Woodcock who, during the first national lockdown, climbed the height of Ben Nevis on a rickety treadmill while wearing a range of costumes chosen by friends and family. She raised more than £12,000, and also raised awareness of the challenges facing shielders during the pandemic. Special thanks also go to participants in the 2.6 Challenge who collectively raised over £13,000 for us.

We'd also like to give huge thanks to the Oak Foundation for their support both during and after the first phase of pandemic. Other funders who have provided emergency Covid-related funding include the National Lottery Community Fund, Janssen, Pfizer, Charities Aid Foundation, St. James's Place Charity Foundation, and the Winston Churchill Memorial Trust.

As a small charity, our success relies on the support of our volunteers and corporate sponsors. This has never been truer than in 2020.

We have been exceptionally lucky over the last few years to have been supported by two fabulous companies: Oliver Spencer and the Turner Agency (TTA). Oliver Spencer and his team provided amazing support to Shine during the first lockdown, donating a percentage of online sales to Shine to keep our services going. TTA has also been a huge support to Shine this year, helping us to manage changes to the scheduling of Shine Connect and develop plans for an online conference in November 2020.

More than ever, our work wouldn't be possible without the amazing fundraising carried out by our community. In the past twelve months we've had runners, walkers, footballers, artists and musicians raise money for us either through participation in large events or, once that was impossible, by putting on their own.







our plans for 2020-2021

We have spent a lot of time over the last year - and the last six months in particular - looking at how we operate: streamlining our systems and ensuring that we can operate online as effectively and efficiently as possible. Prior to the pandemic, our work focused on three strands, one of which was in-person activities. At the time of writing, we are unsure when in-person activities will resume but we have planned to suspend them until at least August 2021. Shine Connect, our annual conference, will be held online for the first time in November 2020 and we will take the learning from the delivery of the conference, together with our other online programmes, to devise a new strategy, fit for a post-Covid world.

At present, our areas of strategic focus are:

1: Continue to grow and develop Shine's peer support and information workstreams, reaching as many young adults with cancer as possible.

Objective: Ensure that younger adults with cancer are able to access good quality information and support 24/7, no matter where they are in the UK.

Aims and activities:

- Create new online content to include more reference pages and videos on topics of interest to young adults with cancer (e.g. adoption, fertility, etc.).
- Continue to grow Shine's private online support groups, including Shine's new topic-focused groups such as Menopause and Dating after Cancer.
- Produce at least four new podcasts and 10 new blogs, reflecting the key topics that matter to young adults with cancer.
- Develop new online resources and programmes on topics such as returning to work and living with incurable cancer.
- When possible, restart Shine's in-person support activities in a Covid-secure way. This work will recognise the benefits of online activities - such as increased reach - and may include hybrid programmes which combine in-person and online elements.

2: Build knowledge and expertise for young adult cancer support among health and care professionals in the UK, while acting as a voice for young adult cancer patients in national-level policy discussions.

Objective: Ensuring that healthcare professionals have the skills to support young adult patients, and that the voices of young adults with cancer are heard in discussions at local and national level on key issues such as shielding and returning to work.

Aims and activities:

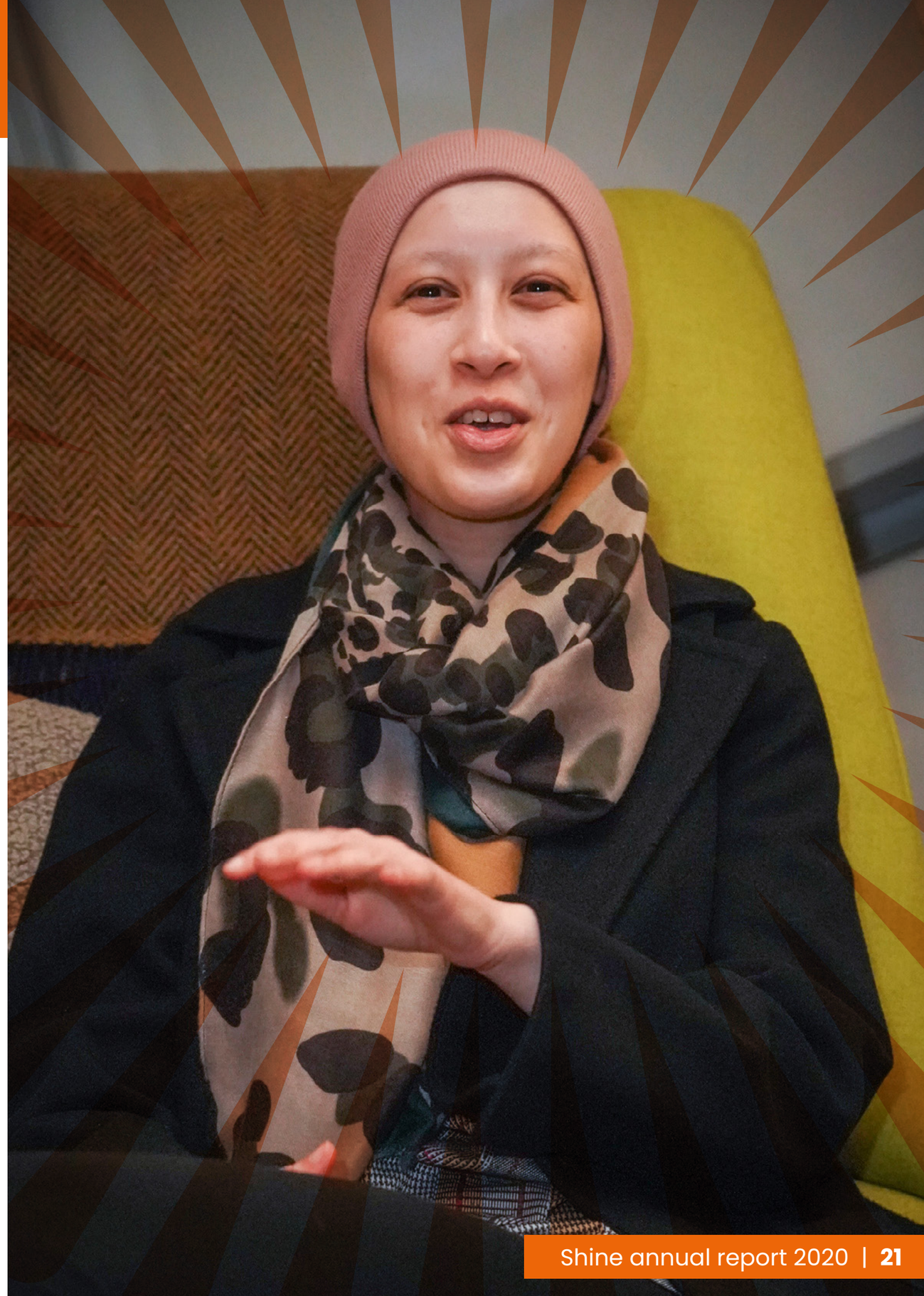
- Continue to deliver high-quality CPD-accredited training programmes for healthcare professionals through regular online workshops.
- Continue to participate in national-level activities (e.g. NHS Cancer Programme) where there are opportunities to shape delivery of services.
- Maintain an active status as members of National Voices, Cancer52, and other coalitions and advocacy groups.

3: Strengthened governance and management of Shine, ensuring resilience to Covid-19 and associated financial and operational pressures.

Objective: Ensure the long-term viability of Shine by strengthening community and major donor fundraising, together with improved marketing and communications.

Aims and activities:

- Work with Trustees and staff to efficiently manage the development and delivery of Shine's programmes, making use of government support programmes (e.g. furlough) where appropriate.
- Review Shine's financial controls policy, as well as cashflow and accounting systems, to ensure resilient management throughout the pandemic and beyond.
- Develop further in-house expertise in community, corporate and major donor fundraising, thereby diversifying Shine's income base.



regulatory information



Shine's structure, governance and management

To summarise the purposes of Shine Cancer Support as set out in our governing document, our 'Charitable Objects' are:

1. To promote physical and mental health by providing a support network for adults and their families who have been diagnosed with or in the past have suffered from cancer through the provision of services such as, but not limited to, information, open meetings, social events, and a website.

2. To advance the education of the public in the subject of cancer and other cancer-related subjects such as, but not limited to, cancer prevention and cancer diagnoses.

The board of Trustees have had regard to the guidance issued by the Charities Commission on public benefit and this report summarises the main activities in relation to those purposes above for the public benefit, and also summarises the main achievements of Shine Cancer Support and demonstrates the difference that our work has made to its beneficiaries and the wider public.

Shine Cancer Support was formed by Constitution, which was agreed on 23 September 2009. The association was registered as a charity with the Charities Commission of England and Wales on 17 April 2012 with the three founding Trustees: Emma Willis, Ceinwen Giles and Laura Purandare. The current Trustees include the three founding Trustees alongside Christopher Riley, Raelene Salter and Richard Cranefield (appointed 26 January 2020).

Methods adopted for the recruitment and appointment of new Trustees

Recruitment and appointment of new Trustees is the responsibility of the existing Trustees.

The Trustees may appoint any person who is willing to act as Trustee subject to the requirements of the Charities Commission and the Constitution.

The Trustees manage the charity and there are five people employed by the charity. This includes two of the Trustees, whose contracts are for work which falls outside of their Trustee duties. This is authorised by the Constitution and has been checked with the Charities Commission. The rationales for these decisions are recorded within Trustee meeting minutes. No Trustees are paid for carrying out their duties as Trustees. Other professionals have been paid for providing specific services to the charity on an invoice basis that does not constitute employment. The Trustees make all decisions regarding the running and management of the charity and are supported by volunteers who carry out specific tasks and roles that do not involve major decision-making.

The Trustees have had due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant. The Trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks. There were no serious incidents to report during the financial year 2019-2020.

financial review

As expected, the Covid-19 pandemic has had a major impact on our predicted levels of community fundraising income. To offset the impact of this, we have been fortunate to receive some emergency grant funding and also had a great initial response to some fundraising campaigns at the start of the pandemic. As time has moved on, we are increasingly unable to predict levels of community fundraising.

Early in 2020, as we became aware of the potential impact of the pandemic, we reviewed our financial standing and budgets with the Trustees and developed a plan to mitigate the impact of the pandemic. We were able to access support from the government's Job Retention Scheme which allowed us to avoid potential immediate redundancies. At the same time, we were seeing an increase in demand from our community and a need to develop new services and adapt others to replace our face-to-face support. This needed careful planning and regular reviews of our budget and accounts.

With the support of our team and our Board of Trustees, we have been able to maintain and increase online services while making cost savings in other areas (for example, by cancelling our shared office space in London). Together with the emergency funding received, the cost savings have meant that we have ended this financial year in a stronger position than anticipated.

As we write this report, we are midway into the next financial year. Community fundraising continues to be negatively impacted by lockdowns and emergency grant funding is less available. We are aware that the longer term and wider financial impact of Covid-19 is yet to be felt and we continue to monitor our budgets and plans regularly with the Trustees.

We are grateful for the support we have received this year, which has allowed us to continue to provide services to our beneficiaries at an exceptionally difficult time. We are hopeful that, with careful financial management, we will be able to continue our plans for growth over the next few years.

reserve policy summary

In the Trustees' view, the reserves should provide the charity with adequate financial stability and the means for it to meet its charitable objectives for the foreseeable future. At a time of growth within the charity, the accounts are monitored monthly and discussed quarterly with the Trustees to allow analysis of unexpected events, risks and issues to be managed.

As the majority of our income is from voluntary sources and one-off grant awards, it is increasingly difficult to predict ongoing income reliably against a backdrop of the significant economic impact caused by the global pandemic.

Having experienced the drop in community income caused by Covid-19 restrictions and anticipating a general economic downturn in the next few years, the Trustees propose to increase the level of unrestricted reserves. Previous plans were to base the amount on a minimum operating cost which would see a reduction in services. The current situation has shown us that, at the same time as facing a reduction in income, we may be facing an increase in demand and need for new services.

With this in mind, we have increased the target reserves to allow for reduced - rather than minimum - costs to be covered, allowing us to continue to provide services should we experience fluctuations in income over the next few years.

For the year 2020-21, we have calculated twelve months of reduced running costs to be £200,000. Thanks to some emergency funding and other financial support received this year, our current unrestricted funds balance is above the reserve amount. This will continue to be reviewed by the Trustees, who have no concerns about the current levels.

At the end of the year the charity had unrestricted funds of £297,401 (2019: £193,324) and restricted funds of £40,445 (2019: £30,149). The charities free reserves (Unrestricted funds less long term assets) are £296,549 (2019: £191,620).

REGISTERED CHARITY NUMBER: 1146902

Report of the Trustees and

Unaudited Financial Statements

for the Year Ended 30 September 2020

for

Shine Cancer Support

Ward Goodman
4 Cedar Park
Cobham Road
Ferndown Industrial Estate
Wimborne
Dorset
BH21 7SF

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Report of the Trustees for the Year Ended 30 September 2020

The trustees present their report with the financial statements of the charity for the year ended 30 September 2020. 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).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1146902

Principal address

54 Sterte Esplanade
Poole
Dorset
BH15 2BA

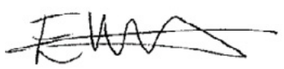
Trustees

Ms C Giles
Miss E Willis
Ms L Purandare
C Riley
Ms R Salter
R J Cranefield (appointed 26.1.2020)

Independent Examiner

Ward Goodman
4 Cedar Park
Cobham Road
Ferndown Industrial Estate
Wimborne
Dorset
BH21 7SF

Approved by order of the board of trustees on 28 May 2021 and signed on its behalf by:



.....
Miss E Willis - Trustee

Independent Examiner's Report to the Trustees of
Shine Cancer Support

Independent examiner's report to the trustees of Shine Cancer Support
I report to the charity trustees on my examination of the accounts of Shine Cancer Support (the Trust) for the year ended 30 September 2020.

Responsibilities and basis of report
As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICAEW which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Mr I M Rodd BSc FCA FCCA
ICAEW
Ward Goodman
4 Cedar Park
Cobham Road
Ferndown Industrial Estate
Wimborne
Dorset
BH21 7SF

Date: 25 June 2021

Shine Cancer Support

Statement of Financial Activities
for the Year Ended 30 September 2020

	Notes	Unrestricted fund £	Restricted funds £	2020 Total funds £	2019 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	273,533	61,295	334,828	270,975
Charitable activities					
Charitable activities		2,000	-	2,000	9,183
Other trading activities	4	1,044	-	1,044	8,456
Investment income	5	119	-	119	604
Total		276,696	61,295	337,991	289,218
EXPENDITURE ON					
Raising funds		1,988	-	1,988	2,708
Charitable activities					
Charitable activities		170,168	51,462	221,630	250,864
Total		172,156	51,462	223,618	253,572
NET INCOME		104,540	9,833	114,373	35,646
Transfers between funds	13	(463)	463	-	-
Net movement in funds		104,077	10,296	114,373	35,646
RECONCILIATION OF FUNDS					
Total funds brought forward		193,324	30,149	223,473	187,827
TOTAL FUNDS CARRIED FORWARD		297,401	40,445	337,846	223,473

Balance Sheet

30 September 2020

	Notes	Unrestricted fund £	Restricted funds £	2020 Total funds £	2019 Total funds £
FIXED ASSETS					
Tangible assets	10	852	-	852	1,704
CURRENT ASSETS					
Debtors	11	150	-	150	113
Cash at bank and in hand		299,149	40,445	339,594	225,204
		299,299	40,445	339,744	225,317
CREDITORS					
Amounts falling due within one year	12	(2,750)	-	(2,750)	(3,548)
NET CURRENT ASSETS		296,549	40,445	336,994	221,769
TOTAL ASSETS LESS CURRENT LIABILITIES		297,401	40,445	337,846	223,473
NET ASSETS		297,401	40,445	337,846	223,473
FUNDS	13				
Unrestricted funds				297,401	193,324
Restricted funds				40,445	30,149
TOTAL FUNDS				337,846	223,473

The financial statements were approved by the Board of Trustees and authorised for issue on 21 June 2021 and were signed on its behalf by:



.....
E Willis - Trustee

Notes to the Financial Statements

for the Year Ended 30 September 2020

1. LEGAL FORM

Shine Cancer Support is a charitable unincorporated association. Registered at the Charity Commission.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - Straight line over 3 years

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Government grants
Government grants shall be recognised in profit or loss on a systematic basis over the periods in which the entity recognises as expenses the related costs for which the grants are intended to compensate.

Notes to the Financial Statements - continued
for the Year Ended 30 September 2020

3. DONATIONS AND LEGACIES

	2020	2019
	£	£
Donations	122,316	118,606
Grants	84,978	40,087
Sponsorship	81,042	91,421
Corporate	46,492	20,861
	334,828	270,975

Grants received, included in the above, are as follows:

	2020	2019
	£	£
AFCB Community Grant	-	1,000
The National Lottery	49,295	34,087
Aviva Community Fund	-	5,000
Government Grants - JRS	20,911	-
Metamorph Law	1,000	-
Winston Churchill	10,000	-
CAF	3,772	-
	84,978	40,087

4. OTHER TRADING ACTIVITIES

	2020	2019
	£	£
Fundraising events	225	7,661
Shop income	253	768
Other income	566	27
	1,044	8,456

5. INVESTMENT INCOME

	2020	2019
	£	£
Interest receivable - trading	119	604

Notes to the Financial Statements - continued
for the Year Ended 30 September 2020

6. SUPPORT COSTS

	Other 3	Governance costs	Totals
	£	£	£
Charitable activities	858	11,403	12,261

Included within Governance costs is the Independent Examination fee of £2,600 (2019: £2,600).

7. TRUSTEES' REMUNERATION AND BENEFITS

	2020	2019
	£	£
Trustees' salaries	84,491	85,682
Trustees' social security	4,957	9,472
Trustees' pension contributions to money purchase schemes	2,163	1,777
	91,611	96,931

Trustees are remunerated in accordance with the Charities constitution for work that falls outside of their Trustee duties.

Trustees' expenses

	2020	2019
	£	£
Trustees' expenses	64	-

8. STAFF COSTS

	2020	2019
	£	£
Wages and salaries	134,463	126,620
Social security costs	8,862	9,592
Other pension costs	3,097	2,522
	146,422	138,734

The average monthly number of employees during the year was as follows:

	2020	2019
Members of staff	5	4

No employees received emoluments in excess of £60,000.

Notes to the Financial Statements - continued
for the Year Ended 30 September 2020

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	202,979	67,996	270,975
Charitable activities			
Charitable activities	9,183	-	9,183
Other trading activities	8,456	-	8,456
Investment income	604	-	604
Total	221,222	67,996	289,218
EXPENDITURE ON			
Raising funds	2,708	-	2,708
Charitable activities			
Charitable activities	202,507	48,357	250,864
Total	205,215	48,357	253,572
NET INCOME	16,007	19,639	35,646
Transfers between funds	27	(27)	-
Net movement in funds	16,034	19,612	35,646
RECONCILIATION OF FUNDS			
Total funds brought forward	177,290	10,537	187,827
TOTAL FUNDS CARRIED FORWARD	193,324	30,149	223,473

10. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 October 2019 and 30 September 2020	2,556
DEPRECIATION	
At 1 October 2019	852
Charge for year	852
At 30 September 2020	1,704
NET BOOK VALUE	
At 30 September 2020	852

Notes to the Financial Statements - continued
for the Year Ended 30 September 2020

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Prepayments and accrued income	150	113

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Trade creditors	-	315
Other creditors	150	633
Accrued expenses	2,600	2,600
	2,750	3,548

13. MOVEMENT IN FUNDS

	At 1.10.19 £	Net movement in funds £	Transfers between funds £	At 30.9.20 £
Unrestricted funds				
General fund	193,324	104,540	(463)	297,401
Restricted funds				
VBG camp	8,635	(65)	-	8,570
Lottery funding	717	(1,180)	463	-
M B Donation	20,797	(4,449)	-	16,348
Winston Churchill	-	7,900	-	7,900
JP Morgan	-	1,000	-	1,000
Lottery Covid	-	6,627	-	6,627
	30,149	9,833	463	40,445
TOTAL FUNDS	223,473	114,373	-	337,846

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	276,696	(172,156)	104,540
Restricted funds			
VBG camp	-	(65)	(65)
Lottery funding	39,382	(40,562)	(1,180)
M B Donation	-	(4,449)	(4,449)
Winston Churchill	10,000	(2,100)	7,900
Metamorph	1,000	(1,000)	-
JP Morgan	1,000	-	1,000
Lottery Covid	9,913	(3,286)	6,627
	61,295	(51,462)	9,833
TOTAL FUNDS	337,991	(223,618)	114,373

Notes to the Financial Statements - continued
for the Year Ended 30 September 2020

13. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.10.18 £	Net movement in funds £	Transfers between funds £	At 30.9.19 £
Unrestricted funds				
General fund	177,290	16,007	27	193,324
Restricted funds				
VBG camp	7,742	893	-	8,635
TIF - Escape	779	(252)	(527)	-
ACT FDN Workshop	2,016	(2,016)	-	-
Lottery funding	-	717	-	717
AFC Bournemouth - Community grant	-	(500)	500	-
M B Donation	-	20,797	-	20,797
	10,537	19,639	(27)	30,149
TOTAL FUNDS	187,827	35,646	-	223,473

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	221,222	(205,215)	16,007
Restricted funds			
VBG camp	1,908	(1,015)	893
TIF - Escape	-	(252)	(252)
ACT FDN Workshop	-	(2,016)	(2,016)
Lottery funding	34,088	(33,371)	717
Red Trouser Day	1,000	(1,000)	-
AFC Bournemouth - Community grant	1,000	(1,500)	(500)
M B Donation	25,000	(4,203)	20,797
Aviva Camp	5,000	(5,000)	-
	67,996	(48,357)	19,639
TOTAL FUNDS	289,218	(253,572)	35,646

Notes to the Financial Statements - continued
for the Year Ended 30 September 2020

13. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.10.18 £	Net movement in funds £	Transfers between funds £	At 30.9.20 £
Unrestricted funds				
General fund	177,290	120,547	(436)	297,401
Restricted funds				
VBG camp	7,742	828	-	8,570
TIF - Escape	779	(252)	(527)	-
ACT FDN Workshop	2,016	(2,016)	-	-
Lottery funding	-	(463)	463	-
AFC Bournemouth - Community grant	-	(500)	500	-
M B Donation	-	16,348	-	16,348
Winston Churchill	-	7,900	-	7,900
JP Morgan	-	1,000	-	1,000
Lottery Covid	-	6,627	-	6,627
	10,537	29,472	436	40,445
TOTAL FUNDS	187,827	150,019	-	337,846

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	497,918	(377,371)	120,547
Restricted funds			
VBG camp	1,908	(1,080)	828
TIF - Escape	-	(252)	(252)
ACT FDN Workshop	-	(2,016)	(2,016)
Lottery funding	73,470	(73,933)	(463)
Red Trouser Day	1,000	(1,000)	-
AFC Bournemouth - Community grant	1,000	(1,500)	(500)
M B Donation	25,000	(8,652)	16,348
Aviva Camp	5,000	(5,000)	-
Winston Churchill	10,000	(2,100)	7,900
Metamorph	1,000	(1,000)	-
JP Morgan	1,000	-	1,000
Lottery Covid	9,913	(3,286)	6,627
	129,291	(99,819)	29,472
TOTAL FUNDS	627,209	(477,190)	150,019

Funds are restricted for the following reasons:

VBG Camp - This is income to be spent specifically on the camp run by Shine on an annual basis.

Notes to the Financial Statements - continued
for the Year Ended 30 September 2020

13. MOVEMENT IN FUNDS - continued

TIF Escape - This is income from the TIF Group to be spent on the escape that Shine ran early in the year.
ACT FDN Workshop - This is income to be spent specifically on the workshops that are run by Shine throughout the year.
Lottery - This is income from the Lottery Building connection grant
Red Trouser Day - Income from Red Trouser Day to fund a bowel cancer patient attending a Great Escape
AFCB Community grant - Income received from the AFCB Community Grant scheme
M B Donation - Income received from a major donor 'MB' to design and deliver 6 work shops along with hosting a retreat for beneficiaries.
Aviva Camp - Income from an Aviva grant to be spent on the Shine Camp.
Winston Churchill MT - Fellowship funding to support the development of the Circles programme.
Metamorph Law - Donation to specifically support the delivery of the North Great Escape.
JP Morgan - Award to fund the purchase of a new printer and other office equipment for the office in Poole.
Lottery Covid - Emergency Covid grant to support the development of the online Breakout programme.

Transfers between funds

Transfers have been completed to show the actual spend on the project.
For the TIF fund, it was agreed with the trustees that the restriction could be lifted for the remaining balance.

14. RELATED PARTY DISCLOSURES

During the year the Trustees donated a total of £34 (2019: £206) to the charity.

We'd love to meet you!

To find out more information, check out our website, follow us on social media, or drop us an email.

hi@shinecancersupport.org
shinecancersupport.org

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shine-cancer-support
shine cancer support

shine
CANCER SUPPORT