PELVIC RADIATION DISEASE ASSOCIATION

England & Wales · Charity number 1147802

Details

Other names	PRDA
Status	Registered
Legal form	Charitable company
Company number	07998409
Registered	2012-06-22
Register	View on the Charity Commission register

Contact

Address	62 Norbiton Avenue Kingston Upon Thames Surrey KT1 3QP
Phone	02085498091
Email	info@prda.org.uk
Website	www.prda.org.uk

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Activities

Objects: 4.1 THE PROMOTION OF HEALTH AND THE RELIEF OF PEOPLE SUFFERING RADIATION INDUCED INJURY IN PARTICULAR BUT NOT EXCLUSIVELY BY:A) PROMOTING IMPROVEMENTS IN NATIONAL HEALTH SERVICE FACILITIES AND TREATMENT TO HELP THE MANAGEMENT OF RADIATION INDUCED INJURY.B) SUPPORTING PATIENTS SUFFERING FROM RADIATION INDUCED INJURY AND IN PARTICULAR PATIENTS SUFFERING FROM PELVIC RADIATION DISEASE AND/OR THEIR CARERS AND FAMILIES AND OTHER INTERESTED PERSONS IN ANY WAY DEEMED BY THE DIRECTORS TO BE APPROPRIATE INCLUDING THROUGH A NETWORK OF INFORMAL SUPPORT GROUPS THAT ARE PROFESSIONALLY SUPPORTED.4.2 FOR THE PUBLIC BENEFIT, THE ADVANCEMENT OF THE EDUCATION OF THE PUBLIC AND HEALTH AND SOCIAL CARE PROFESSIONALS IN THE UNDERSTANDING OF ALL ASPECTS OF RADIATION DISEASE AND IN PARTICULAR BUT WITHOUT LIMITATION ISSUES RELATING TO PELVIC RADIATION DISEASE.4.3 THE ADVANCEMENT OF THE EDUCATION FOR THE PUBLIC BENEFIT BY GATHERING INFORMATION ABOUT AND PROMOTING, SUPPORTING OR CARRYING OUT RESEARCH INTO RADIATION DISEASE, IN PARTICULAR BUT NOT EXCLUSIVELY PELVIC RADIATION DISEASE AND THE CAUSES, PREVENTION, DIAGNOSIS AND METHOD OF TREATMENT AND EFFECTS THEREOF FOR THE BENEFIT OF THE PUBLIC AND TO PUBLISH THE USEFUL RESULTS OF SUCH RESEARCH.4.5 THE FURTHERANCE OF SUCH OTHER PURPOSES IN THE UNITED KINGDOM AS ARE EXCLUSIVELY CHARITABLE UNDER THE LAWS OF ENGLAND AND WALES

Activities: The term Pelvic Radiation Disease is a relatively new one, only now gaining general acceptance among health professionals as a valid and useful framework within which to describe brief or longlasting problems, mostly in the bowel, caused by pelvic radiotherapy. We aim to bring this disease to the attention of health professionals and patients to inform them about how to alleviate their symptoms.

Classification

- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** Other Charitable Purposes
- **Who:** Other Defined Groups

Geography

- Scotland
- Throughout England

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Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£34,311	£51,823	-	-
2024-03-31	£61,627	£54,879	-	-
2023-03-31	£61,947	£53,554	-	-
2022-03-31	£41,399	£38,018	-	-
2021-03-31	£28,391	£30,938	-	-

Trustees

Name	Role	Appointed
Elaine Burgess	Chair	2025-11-07
David Jillings		2015-11-02
Emma Jane Hall		2023-10-27
Faye Popham		2023-11-13
Lesley Mary Smith		2017-07-31
Lisa Ann Punt		2020-05-15
Steven John Simmonds		2024-10-15

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PELVIC RADIATION DISEASE ASSOCIATION

England & Wales - Charity number 1147802

Accounts

PELVIC RADIATION DISEASE ASSOCIATION

Annual Report 2024-2025

Every story, every voice

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Legal and Administrative Information

Registered Company number: 07998409 (England and Wales)

Registered Charity number: 1147802

Registered office: 62 Norbiton Avenue, Kingston upon Thames, Surrey, KT1 3QP

Chair: John A Webber (resigned 22.5.24)
David Jillings acting chair from 23.05.24

Trustees:

John Buckle (appointed 07.06.24)
E Jane Hall
David E Jillings acting chair
Faye Popham
Lisa A Punt
Benjamin D Sacks (resigned 04.03.25)
Bhumi K Shah
Steve Simmonds (appointed 15.10.24)
Lesley M Smith
John A Webber Chair (resigned 22.5.24)

Company Secretary: D E Jillings

Independent Examiner Details:

Mary E Ryan FCCA, CertPFS, DChA
Ark Accountancy, Chartered Certified Accountant, 31 Cheam Road Epsom Surrey, KT17 1QX

Foreword

Professor Sara Faithfull

Adjunct Professor, Trinity College Dublin, The University of Dublin
Visiting Professor King's College, London

Pelvic Radiation Disease (PRD) is a late effect of cancer treatment which is often neglected and thought of by many as the "price to pay" for survival from cancer, but symptoms that stop you being able to go out of your home, limit your life, work and relationships are distressing.

The PRDA are challenging this experience by sharing clinical guidance, informing clinicians of PRD symptom management strategies and supporting those affected by PRD. As Tara's real-life story identifies on the PRDA web site she found that following her cancer treatment her symptoms subsided but her pelvic symptoms returned 8 years later. She says, "it's critical that healthcare professionals learn about PRD and don't just assume that because you have survived cancer, everything is fine". Real life stories play a vital role in raising awareness of the challenges faced by people living with PRD but also sharing helpful ways to support living with and after a cancer diagnosis. The experience of those seeking support from PRDA is positive, with an online community, chat together group as well as signposting to services or resources help patients with PRD that show that this is a much-needed UK charity.

Having worked with the PRDA team, over the last few years, as a clinical adviser and supporter I have always been impressed by the reach, ambition and clinical network that the team have developed. In the coming year I hope that the PRDA can develop and grow their resources and support services, fostering positive environments for those living with PRD, but also that by helping clinicians with the best practice guidance on how to support those with PRD, in their own clinical settings, that PRD will be better managed, improving people's lives. I feel privileged to support the charity and their work in the coming year.

David Jillings - Acting Chair

This year marked a period of transition and renewed focus. With a change in leadership in May 2024, the charity has continued to evolve, guided by a clear sense of purpose and ambition. I've had the privilege of stepping into the role of Acting Chair during this time and have seen the strength of our community and the impact of our collaborative efforts first-hand. The foundations laid in recent years have enabled us to move forward with confidence, building on our strategic aims and deepening our commitment to people affected by Pelvic Radiation Disease.

Over the past financial year, we bid farewell to trustee Dr Ben Sacks, who has served with commitment and insight for five years. We are very thankful for his contributions and continued support of our mission.

This year has been marked by meaningful progress and strengthened partnerships. We expanded our virtual peer support programme, welcoming new volunteers whose energy and compassion have greatly enriched our work. We have been privileged to receive a number of powerful submissions through our Every Story, Every Voice call to action, as individuals living with PRD generously shared their experiences. These real-life stories continue to play a vital role in raising awareness, deepening understanding, and driving more compassionate, informed care.

A key development this year was expanding our Out and About Toolkit service, making it easier for patients to access resources directly through participating clinics.

We remain committed to advocating for standardised care for PRD in clinical practice. Our collaborative ethos was reflected in our recent contribution to the Society of Radiographers' Imaging and Oncology publication, which emphasised the vital role of partnerships between patients, charities, and healthcare professionals. Our ongoing work with the Sheffield Late Effects Clinic exemplifies this approach, supporting the development of a tool to improve how late effects following pelvic radiotherapy are assessed and managed.

As we look ahead, our ambition is clear: to build on these collaborations, deepen our impact, and continue raising awareness of PRD so that every patient receives the care and understanding they deserve.

David Jillings

Our Aims and Objectives

The Pelvic Radiation Disease Association (PRDA) is committed to improving the lives of an estimated 100,000 people in the UK who live with the long-term effects of Pelvic Radiation Disease (PRD).
PRD affects people who have completed radiotherapy treatment for cancer but continue to experience life-changing symptoms, including issues with bladder and bowel function, fertility, intimacy, mobility, and mental health. These challenges can significantly impact their quality of life, relationships, social interactions, independence, and the ability to return to work.
PRDA makes a significant difference to the lives of people living with this debilitating condition by providing information, peer-to-peer support, and advocating for better care. By giving a voice to those affected by PRD, we help raise awareness, improve understanding of its impact, and reduce the stigma often associated with its symptoms.

The key objectives and outcomes of our work are:

Fewer people feel alone while experiencing the debilitating symptoms of PRD

- Expanding our Chat Together peer support service offer.
- Increasing the number of people signing up to our peer support services

Better information made available to patients in advance of radiotherapy treatment

- Promoting the PRD Best Practice Pathway, which highlights the need for early, clear communication about potential long-term side effects before treatment begins.
- Sharing up-to-date research and developments in radiotherapy, helping patients to make informed decisions and understand potential outcomes.

Better understanding among health professionals who are treating people with PRD symptoms

- Building a 'community of practice' among healthcare professionals, united by a shared commitment to improving care for those living with PRD.
- Collaborating directly with clinicians and specialists to build awareness, share expertise, and embed PRD into mainstream conversations about survivorship care.
- Increasing the PRDA's presence at professional conferences, enhancing visibility and encouraging wider engagement.

Reduced stigma associated with having long-term, embarrassing symptoms after cancer treatment

- Broader distribution of Out and About Toolkits in NHS clinics, enabling more individuals to feel prepared and confident managing symptoms in public settings.
- Expansion of peer-to-peer support opportunities, helping more people feel empowered to speak openly about PRD and share their experiences without shame.

Improved quality of life for people affected by PRD

- Advocating for integrated, patient-centred care across all NHS regions, PRDA responded to the 10-Year Health Plan for England by calling for nationwide provision of late effects services—encompassing psychological support, self-management tools, clear care pathways, staff training, and strengthened research infrastructure.

Expanding our virtual peer support

Our regular Chat Together peer support sessions have been expanded to offer more opportunities for connection. In addition to our existing evening session, we've now introduced an afternoon slot to make the service more accessible.

New volunteer roles

We welcome three new volunteers this year and form our team of Chat Together facilitators. As people with lived experience of PRD, they play a key role in helping us run and grow the sessions.

"I'm excited to get involved in facilitating Chat Together sessions so as many people as possible can benefit from the support the PRDA provide. PRDA has a special place in my heart"

Gill - Volunteer Chat Together Facilitator

Our call for 'Every Story Every Voice'

This year, we placed a stronger focus on gathering and sharing real-life stories through our Every Story, Every Voice call to action. This initiative has encouraged consistent submissions from individuals living with PRD, enriching our growing collection of real-life stories. Sharing lived experiences remains at the heart of our efforts to raise awareness and understanding of PRD.

"I can't remember if I was ever told about any long term effects but I still would not have changed the treatment I had, it saved my life at the end of the day..."

Amy - Real-life Story

Roll out of PRD toolkits across the UK

This year, we've significantly expanded our Out and About Toolkit service by providing bulk supplies to participating Late Effects Services across the UK, allowing eligible patients to receive the kits directly in clinic. So far, we've given out 231 kits through this new approach – a significant number of people we hope now feel more confident going out and about.

A Voice for Patients at ESTRO

The 2024 European Society for Radiotherapy and Oncology (ESTRO) Congress featured dedicated sessions on *Quality of Life After Cancer Treatment* and *Late Effects of Radiotherapy*. PRDA Trustee, David Jillings, was a guest speaker as part of the *Quality of Life after Cancer Treatment* session, sharing the patient perspective and emphasising the importance of raising awareness of PRD.

The congress hall was full, and there was a very positive reaction to the talk by professionals on social media, showing the growing interest and understanding of quality of life issues for radiotherapy patients

Advocating for Standardised PRD Care in Clinical Practice

The PRDA was invited to contribute an article to the Society of Radiographers' Imaging and Oncology publication, which highlighted the importance of collaborative work with people affected by PRD, charities, and health professionals.

The piece advocated for better recognition, management, and support within healthcare, and emphasised the need for standardised care. It also encouraged the use of the PRD Best Practice Pathway to support professionals in delivering consistent, effective care.

How collaboration is making a big impact in the field of pelvic radiotherapy late effects

Knowing that what I was going through was all linked together made me feel calmer in a way and ready to look out for any other changes in my body that may occur. If I had been informed of PRD either before or during my treatment, I could have prepared myself more effectively in advance."

Maria Dullaghan - living with PRD and article contributor

Partnering for Patient-Centred Innovation

The PRDA is proud to be working in partnership with the Sheffield Late Effects Clinic, led by Professor Diana Greenfield, to provide Patient and Public Involvement and Engagement (PPIE) and endorse the development of a novel web-based assessment tool. The electronic Personal Assessment Questionnaire (ePAQ) tool is designed to support the assessment of late effects following pelvic radiotherapy, helping to improve patient care and outcomes.

"We anticipate that the questionnaire will support individuals in identifying, recording, and communicating their condition and concerns, helping them access the right support and advice."

Helen - PRDA Professional Engagement Coordinator

Our Year in Numbers

428 Out and About Toolkits provided

We have distributed 231 to participating Late effects services and 197 through individual enquiries.
More than a 100% increase in distribution compared to last year.

PROUD TO SUPPORT THE SUNFLOWER FOR INDIVIDUALS WITH HIDDEN DISABILITIES

Over 3573 Best Practice Pathway views

Our BPP remains a popular resource on our website and is consistently one of the most visited pages each month.

Over 53,000 page views on our website

Averaging 4484 page views a month. This equates to a 24% uplift compared with the previous year.

Our Online Community has 752 members

A 24% increase from last year - this growth reflects the strength of peer support and the value members find in sharing experiences and understanding

Social media followers up 15%

Our social media presence continues to expand, with Facebook seeing the most significant growth with a 40% increase in followers.

Our annual turnover was £34,311

Turnover growth was steadier this year, but as a small charity we're still punching above our weight. We were thrilled to grow our team with a new staff member.

Our Programmes

The PRDA works on two fronts to address PRD, focusing on both immediate support and long-term improvement. We provide direct patient support to help those living with PRD today, while also collaborating with healthcare professionals to develop better care pathways for the future.

Direct patient support

Online Community

Established in 2020, this peer-to-peer social support network enables individuals with PRD to connect with one another. Available 24/7, it provides a safe and supportive environment where members can share experiences and learn from each other. The community has grown steadily each year, with an average of 145 new members joining annually.

Out and About Toolkit

Our Out and About Toolkits are designed to help those with PRD-related continence issues feel more confident when venturing out. They provide valuable information, practical tips, and useful tools to offer support and reassurance.

Toolkits include essential items such as a 'Just Can't Wait' toilet card, a RADAR key —used to unlock over 10,000 accessible toilets across the UK that are part of the National Key Scheme—a Sunflower lanyard—a discreet way for people with hidden disabilities to signal that they may need assistance or understanding without having to explain their condition—Wype, an eco-friendly product that transforms toilet paper into a wet wipe, and hand sanitiser.

Chat Together

Open to people aged 18+ who are living with PRD, Chat Together is our online peer support group. Providing a safe, supportive space to share experiences, learn coping strategies, and connect with others who understand.

> "It's critical that healthcare professionals learn about PRD and don't just assume that because you've survived cancer, everything is fine."
>
> **Tara** - person living with Pelvic Radiation Disease

Real-life Stories

Real-life stories guide individuals to our support services, inform them about their condition, and educate both healthcare professionals and the public. These voices make a meaningful difference in the lives of those affected by PRD. When shared on social media, they consistently spark high engagement and meaningful discussion, underscoring their powerful impact and resonance within our wider community.

Let's Talk

Currently in development, with plans to relaunch in an improved format, we will be incorporating feedback and recommendations from our service users and our Patient Advisory Group. The new service will integrate education, peer support, and insights from guest experts, as well as individuals with lived experience, to help develop users' understanding of PRD.

Once developed, it will serve as a central hub, providing access to resources and offering a greater understanding of new or emerging PRD symptoms they experience at any point in their life.

Direct enquiries

We currently receive individual enquiries via our online contact forms. In response, individuals are directed to the most relevant information, resources, or services best suited to address their query. This may include signposting to information and resources on the PRDA website, PRDA support services, or external services. The support we provide is not a substitute for professional care.

The PRDA cannot provide medical advice or facilitate direct connections with healthcare professionals.

General information

Service users living with PRD can access a comprehensive range of information and resources on the PRDA website, including downloadable materials such as the PRD Best Practice Pathway, our 'Diet, Nutrition and PRD' guide, a symptom checklist, a symptoms diary, and a list of Late Effects clinics, as well as other external support services.

Our media library features video recordings from previous conferences, covering topics such as self-management of PRD, current research, and the management of PRD symptoms. We also plan to expand our video resources in the future as part of our ongoing service offering

Discover how we can support individuals living with PRD by visiting our website at **prda.org.uk/support**

Professional engagement

Collaborating for Greatest Impact

PRDA volunteers have added value to the development of a new web-based questionnaire. Based on the PRD Best Practice Pathway, the NHS clinical team in Sheffield anticipate that this questionnaire will help individuals to identify, document and communicate their condition and concerns, and access appropriate help and advice they need.

Building a Community of Practice

Our Community of Practice brings together health and research professionals from a range of disciplines, specialties, and settings to form an informative and supportive network. This year, we are seeking to broaden our reach by connecting with relevant professional societies and other organisations with a shared interest in PRD. By sharing knowledge and collaborating, members work collectively to enhance PRD services and advance research.

Working together to support patients

Following the successful 100% uptake of Out and About Toolkits by patients in the Leeds PRD service pilot, and the universally positive feedback received, we were able to extend this initiative nationally to all Late Effects services across the country. As a result, 11 services enrolled in the programme, collectively distributing 231 toolkits to patients through the clinic setting.

> "Being able to receive orders of the 'out & about' toolkits is invaluable to my work... it gives [patients] the sense of being cared for and understood... I'm very grateful to PRDA for providing them."
>
> **Samantha Bostock, Macmillan Radiotherapy Late Effects Lead Radiographer**

Professional Networking events

Our annual in-person networking day offers members of the Community of Practice a valuable opportunity to hear from leading experts, explore key studies in the field of PRD, and exchange knowledge and ideas in a supportive, collaborative environment. Following a successful day in London last year, we are planning for our next networking event in Birmingham in July 2025

Greater visibility of PRD

As part of the Department of Health and Social Care's public consultation on England's new 10-Year Health Plan, the Pelvic Radiation Disease Association called for the integration of comprehensive, networked radiotherapy late effects services across all NHS regions. This includes integrated psychological care as part of a wider initiative to improve supportive oncology care across primary, community, and secondary care.

BPP – preparations for update

The Best Practice Pathway (BPP) webpage attracted 3,573 views last year, demonstrating its ongoing relevance and value to the community. The BPP features in the new *British Society of Gastroenterology practice guidance on the management of acute and chronic gastrointestinal symptoms and complications as a result of treatment for cancer*. We are currently preparing for the next revision, drawing on insights from the evaluation of the MASCC survey results to ensure updates are evidence-based and aligned with current needs.

Professional Conferences

In 2024/25, we attended key healthcare conferences, including the annual meetings of the British Society of Gastroenterology, the Society of Radiographers, the Pelvic Floor Society, European Society for Radiotherapy and Oncology , and Multinational Association of Supportive Care in Cancer . These events provided valuable opportunities to raise awareness of Pelvic Radiation Disease (PRD) among healthcare professionals.

We actively share updates on conferences featuring programme content relevant to PRD across our website and social media platforms. Highlighting our attendance at these events further promotes PRD awareness within the healthcare community.

Promotion of Research, Guidance, and Education

As a charity, we play a key role in promoting research, clinical guidance, and professional education related to pelvic radiation disease (PRD). We regularly share relevant updates, resources, and events through our website and social media channels to support healthcare professionals and raise awareness of best practices. Over the past year, we have signposted and promoted:

- The launch of the Rad Chat website - a new hub for radiotherapy education.
- Published article - Radiotherapy toxicities: mechanisms, management, and future directions which explores the science behind late effects and strategies for improved care.
- The RTUK Talks series, focusing on patient experience.
- A webinar hosted by Prostate Cancer Research on radiotherapy and the management of late effects
- NICE guidelines on vitamin B12 deficiency, which now recognise prior pelvic radiotherapy as a contributing risk factor
- The British Society of Gastroenterology practice guidance on the management of acute and chronic gastrointestinal symptoms and complications as a result of treatment for cancer.

Grants and corporate donors

We are sincerely grateful to the trusts, foundations, and corporate partners who have supported our work this year. Their generosity enables us to continue providing vital resources and services to those affected by PRD.
We would especially like to thank Wype for their continued in-kind support, supplying a key component of our Out and About Toolkit at cost price.

- The Albert Hunt Trust
- The Dawnie Charitable Trust
- The D'Oyly Carte Charitable Trust
- Gledswood Charitable Trust
- The PF Charitable Trust
- William Allen Young Charitable Trust

Regular donations

Thanks to the incredible generosity of our community, regular monthly donations reached an impressive £3,318 this year, with one-off contributions totalling £5,594. These donations form a vital foundation for sustaining our support services and initiatives, helping us continue to make a meaningful difference for people living with PRD.

Worthing Wobble annual challenge

Once again, the wonderful 'Wobblers' took to their bikes for the annual Worthing Wobble, cycling over 100 miles from Hampton Court to Worthing and back. Their continued dedication and energy are a true testament to the power of community fundraising, and we're deeply grateful for their ongoing support. The Wobblers raised over £1200 this year for PRDA.

Individual Fundraising

Our heartfelt thanks go to the individuals who went the extra mile to support our work this year.

One standout effort came from Lesley, who undertook a truly unique and entertaining challenge to raise awareness of PRD and funds for the charity.

Dressed as 'Elvis the Pelvis', Lesley embarked on a 14-hour journey across London, visiting tube, train, and bus stops whose initials spelled out Pelvic Radiation Disease—a creative and heartfelt tribute to the cause. Her dedication and sense of humour helped raise over £2,500, and we are so thankful for her inspiring support.

Individual donations and fundraising remains a vital part of our income, helping to sustain our services and raise awareness of PRD. This year, we were thrilled to receive **£5,326** from personal fundraising efforts, including Gift Aid—support that makes a real and lasting difference to people living with PRD. We are hugely grateful to everyone who has contributed.

Other donation streams

Our Festive Fundraiser brought light and hope to the season, with supporters helping us reach our £500 target. Each donation added a shining star to our virtual Christmas tree, symbolising support and solidarity for people living with Pelvic Radiation Disease. Every contribution—big or small—helped make a meaningful impact

"Thank you for being there, for caring, and for making a difference. Together, we are stronger. I'm so proud to be part of this amazing community which helps me face each day with hope and resilience"

- Message left by an anonymous donor on our tree

This year, we launched our fundraising partnership with the **Kingston Community Lottery**—a fantastic new way for supporters to contribute to PRDA while also getting the chance to win up to £25,000 each week. We hope this initiative offers a fun way to get involved, and that even more people will join in 2025/26 for the chance to win while supporting PRDA.

Give as you Live

Give as you Live is a simple way supporters can help us through their everyday purchases from grocery shopping to holiday bookings. Every purchase made through the platform earns a donation for our charity, making a big difference with no added expense to our supporters.

Legacy gifts and donations in memory

Legacy gifts and donations in memory—such as through funeral collections—are a meaningful way for supporters to leave a lasting impact. These heartfelt contributions help sustain our work and honour the lives of those of people affected by PRD.

Challenge events

We continue to encourage supporters to take part in our challenge events as a great way to get involved and raise vital funds. We've secured ten places for the 2025 London Royal Parks Half Marathon, giving us the exciting opportunity to send a dedicated team of runners to the start line. We're currently recruiting our very first 'Team PRDA'—a group of enthusiastic individuals ready to take on the challenge and run in support of people living with Pelvic Radiation Disease.
Let us know if you're interested in taking part

We'd like to thank everyone who donated, took part in personal challenges, and our Challenge Events, to raise money for the PRDA.

Personal stories offer powerful insight into what it's like to live with Pelvic Radiation Disease. By sharing these experiences, we shine a light on the realities of PRD—both the challenges and the resilience. These voices not only foster greater understanding and compassion but also help others feel seen, supported, and less alone. At PRDA, we're proud to centre lived experience in everything we do.

Laurie's Story

I was diagnosed with cervical cancer in May 2022. Treatment consisted of 5 weeks of chemo, 5 weeks of external beam radiotherapy and then internal radiotherapy (brachytherapy). Unfortunately, my veins aren't that good, so I had to have a PICC line to administer the chemo, but my vein wasn't particularly happy about that either and it caused some pretty hefty blood clots. I had to be hospitalised with a nasty blood clot but, up until that point, I was really active during my cancer treatment with my horse, dog and work.
Fortunately, the treatment did the trick, and my cancer had 'vacated the building', as I say.

Everything seemed to be heading in the right direction but in October, I started to get problems with my stomach. It started with just being uncomfortable eating a few things. Radiotherapy and chemotherapy can affect your bowels and appetite, but I was confused because that had all returned to normal. The pain started to increase when eating, and I think Christmas 2022 was the last time I ate a proper meal. The pain I felt from the Christmas dinner was so excruciating that it made for a pretty miserable Christmas.

"I was losing weight, and it was becoming apparent that there was something very wrong every time I ate."

During October and December 2022, I had multiple A&E trips due to the bowel pain. I contacted my radiotherapy team to ask why this could be happening. I was losing weight, and it was becoming apparent that there was something very wrong every time I ate. All I was told was to take Buscopan and try different types of diet. Buscopan did nothing, and after going vegan for a few weeks with no success, I managed to get a diagnosis from an A&E doctor of 'colitis of the colon' in December 2022. However, at a routine appointment, my consultant told me it wasn't that; it was actually 'radiation enteritis of the small bowel'.

The radiation I received to my cervix had to go through an area of my bowel, and unfortunately, it had damaged a 40cm section of it. I was finally referred to a gastro' consultant and the dietitian team. It all took time to actually see someone, so I took matters into my own hands and researched the condition. I found that only a few foods didn't cause pain and I started to live off mostly water, milk, white bread, plain Greek yoghurt, white meat and smooth peanut butter.

Everything else that I would try was a gamble and sometimes didn't cause pain, but mostly, I would be left doubled over for 24-48 hours in the worst pain you can imagine. I learnt to not eat, really, and went from 9.5 stone pre-treatment to 6.4 stone at my worst.

In May 2023, I insisted I be admitted to hospital. I was worried after a very bad week of pain and stuck in the bedroom that I'd never make it out. Once admitted, I went on to a Fortisip shake and powdered meal with milk diet. My new normal started to look better, and I put on some weight. Working was easier; I couldn't really eat out with my family or friends but that was a compromise to be able to enjoy other activities with them again. I started to ride my horse more often and walk the dog further, but then in August 2023, what I thought was just a bad meal choice turned out to be something that would totally change my life.

In August 2023, out of nowhere, I ended up with a [bowel] blockage, an abscess, and a perforation in my small bowel. The damaged 40cm of my bowel had finally had enough and very much told me so. I had to have an emergency operation to cut the bowel away and give me a stoma bag. During the 6-hour operation, they also found another 20cm of damage bowel further up, which they didn't want to leave in. So then 'Grot bag' was born—haha.

"...I'm constantly reminding myself that although it's challenging living with it, I'm alive and it's enabling me to do the things I love to do."

Having the ileostomy operation and stoma has come with many obstacles for me. Due to the positioning, how thin I was going into the operation (I hadn't eaten for 9 days prior), and generally how unwell I was, all contributed to a bumpy road of this next stage in my journey. I have short bowel syndrome and high output. I can't maintain my own magnesium or hydration levels without medication and supplements, and I struggle a lot with the bag leaking due to the contents always being like liquid. I do get quite anxious if I'm not within easy reach of a toilet; journeys have to be well thought-out shall we say.

'Grot bag' has enabled me to enjoy most foods again, have a foodie social life again and I'm slowly but surely putting weight back on—currently sitting at around 7.8 stone. 2024 has been a challenge of many hospital visits due to dehydration issues and critical magnesium levels, but I'm starting to learn how best to manage all this. I tried a clinical trial, which unfortunately didn't end well and highlighted that my bowel still isn't in a good place to be able to have the stoma reversal operation yet. I'm hopeful that maybe next year this could happen, but if my stoma is here for life then I'm constantly reminding myself that although its challenging living with it, I'm alive and it's enabling me to do the things I love to do. It's just a new kinda normal.

What I've explained may sound scary and put people off having radiotherapy, but the only answer I can give is that without it, I doubt I'd still be here. Complications such as these are rare, but if you feel something isn't right after treatment, keep speaking up!

Our volunteers

Our volunteers bring passion, dedication, and lived experience that are central to everything we do. From fundraising and awareness-raising to direct patient support and shaping our digital and printed resources, they play an active role across all areas of our work.

We are proud to place people living with Pelvic Radiation Disease at the heart of our organisation, ensuring our efforts are shaped by those who truly understand the challenges. By generously sharing their time, skills, and stories, our volunteers offer hope, reduce isolation, and help build a more informed, supportive, and empowered community.

We're committed to building a stronger, more connected community by expanding the ways volunteers can get involved. We're currently looking to welcome a Social Media Volunteer and an Online Community Volunteer to help us engage and support people affected by Pelvic Radiation Disease through our digital platforms and peer support networks.

Patient Advisory Group

Our Patient Advisory Group (PAG) plays a vital role in ensuring the voices and experiences of people living with PRD remain at the heart of everything we do. By sharing their insights and lived experience, PAG members help guide our work, influence our priorities in direct support services, and ensure we stay true to our mission of supporting individuals affected by Pelvic Radiation Disease. This year PAG members helped to shape the development of a new electronic questionnaire (ePAQ) for PRD

Chat Together Group Facilitators

Our Chat Together Group Facilitators — **Donna, Gill, and Trudy** — play a vital role in co-hosting our online peer support meetings via Zoom. Living with PRD themselves, they bring invaluable empathy, insight, and lived experience to each session. We are deeply grateful for their continued dedication to supporting others in the community.

Our Community of Practice

We are proud to be supported by a growing network of professional volunteers who generously share their expertise to improve care for people affected by PRD. Our Medical Advisory Panel provides trusted clinical guidance and supports both our Trustees and operational team with enquiries from frontline healthcare professionals.

With the appointment of our Professional Engagement Coordinator, we are committed to further developing our Community of Practice—a collaborative network of healthcare and research professionals from diverse disciplines and settings. Through shared learning, peer support, and joint initiatives, members are helping to strengthen services and advance PRD research.

Meet our staff team

This year marked an exciting step forward for PRDA with the growth of our staff team, including the addition of a new role focused on professional engagement. Each member of the team brings a unique blend of professional expertise and personal commitment, working together to ensure people affected by PRD receive the support, information, and advocacy they need. From fundraising to awareness, engagement, and service delivery, the team is united by a shared passion for making a meaningful difference.

Fundraising and Operations Manager - Cat

Cat joined PRDA in 2024 and leads on income generation and day-to-day operations. With a background in NHS, local government, and charity management, she brings a strong focus on service development and organisational efficiency.

"It's an exciting time to join the PRDA, I'm looking forward to growing the number of people we support and our reach as we advocate for people living with PRD."

Information and Awareness Co-ordinator - Sarah

Part of the team since 2016, Sarah provides information and raises awareness through talks and outreach. As someone living with PRD, she brings powerful insight and empathy to her role, helping both patients and professionals better understand the condition.

"... I want people living with PRD to know that we truly understand what they're going through and that we are here for them."

Professional Engagement Co-ordinator - Helen

Helen has been part of the team since 2022 and plays a pivotal role in building relationships with healthcare professionals and organisations— promoting best practice in Pelvic Radiation Disease, and ensuring professional engagement remains central to PRDA's mission. With a background in research leadership within the charity sector, Helen brings valuable experience and insight to her role. Her work helps bridge the gap between patients and professionals, raising awareness, encouraging collaboration, and supporting improved care.

"I want to make a difference by supporting healthcare professionals to come together and work collaboratively towards improving the lives of people living with PRD."

Services and Volunteer Co-ordinator - Maria

Maria joined PRDA in 2025 with a strong background in social care and volunteer management. She's passionate about person-centred services and is committed to creating inclusive spaces where volunteers and service users feel supported and empowered.

"I'm looking forward to supporting the wonderful work we do and helping to grow the number of people we can assist.

Meet the Trustees

PRDA is guided by a committed and diverse Board of Trustees whose professional expertise and lived experience help shape our strategy, governance, and services. With backgrounds in healthcare, science, and public service, they share a united goal: to raise awareness and improve the lives of those affected by Pelvic Radiation Disease.

David Jillings

Hon. Treasurer and Acting Chair of Trustees

A retired civil servant with a background in IT and digital media, David brings both strategic insight and lived experience of PRD following treatment for rectal cancer.

John Buckle

With a PhD in Physiology and extensive experience in the pharmaceutical industry, John supports PRDA with strategic thinking and business development expertise. He joined the board in 2024 following his own experience with PRD.

Jane Hall

A Therapeutic Radiographer with a background in clinical care and service development, Jane brings frontline insight to the board. She is currently Leading the Pelvic Late Effects Service in Lincolnshire.

Faye Popham

A senior HR leader in the charity sector, Faye brings expertise in safeguarding and organisational development. Her personal connection to PRD through her mother drives her advocacy work.

Lisa Punt

Lisa is a Consultant Radiographer and Centre Head at Maggie's, Cambridge. Her clinical and research background in pelvic radiotherapy consequences is a vital asset to PRDA's work.

Steve Simmonds

With experience in healthcare communications and consultancy, Steve offers strategic marketing and engagement expertise. He joined the board in 2024 to help raise PRDA's profile.

Lesley Smith

Senior Programme Manager at NHS England, Lesley has worked extensively on the consequences of pelvic cancer treatments. Her NHS and Macmillan experience enrich PRDA's professional engagement focus.

Updating the Pelvic Radiation Disease Best Practice Pathway

We are preparing for the next revision of the Pelvic Radiation Disease Best Practice Pathway. This update will be informed by insights from the recent evaluation of the Multinational Association of Supportive Care in Cancer (MASCC) survey, as well as the latest British Society of Gastroenterology (BSG) guidance on managing gastrointestinal symptoms after cancer treatment. Our aim is to ensure the pathway remains evidence-based and continues to provide a guide to high-quality, multi-disciplinary, person-centred pathways of care.

Annual Professional Networking Event

In July 2025, we will bring together members of the Community of Practice for our annual professional networking event. The day will provide a unique platform to learn from individuals with lived experience of Pelvic Radiation Disease (PRD), hear insights from leading specialists, review recent research developments, and share ideas and best practice in an open, collaborative setting.

Embedding PRD in Clinical Language - the PRD Pledge

In 2025, we are launching the PRD Pledge — a campaign encouraging healthcare professionals to use the term Pelvic Radiation Disease in clinical discussions and written correspondence. By adopting consistent terminology, we aim to improve awareness and understanding of PRD across both primary and secondary care, as well as among patients themselves.

The campaign supports a key recommendation from our Best Practice Pathway: that the term Pelvic Radiation Disease should be included alongside any organ-specific diagnoses in medical records and clinic letters. This recognises that PRD often affects multiple organs and tissues, as well as mental health, and promotes a multi-professional, holistic approach to long-term care.

We plan to promote the PRD Pledge at relevant events and across digital platforms to help embed this practice widely within clinical settings.

Helping People Understand and Manage PRD

In response to feedback from service users and our Patient Advisory Group, we are developing a new Understanding PRD service. Designed to combine education, peer support, and insights from both clinical experts and people with lived experience, this resource will help individuals build a deeper awareness of PRD and its potential impacts.

Once launched, it will act as a central access point for trusted information, helping users to recognise, interpret, and respond to new or evolving symptoms throughout their lives.

Promoting Awareness Through Professional Forums

To maximise our impact and extend the reach of our work, we will continue to attend key healthcare conferences, including the annual meetings of the British Society of Gastroenterology, the Society of Radiographers, and the International Multidisciplinary Anal Cancer Conference.

These events offer vital opportunities to raise awareness of Pelvic Radiation Disease (PRD) among healthcare professionals, share best practice, and ensure that the patient voice is represented

We give a voice to people affected by Pelvic Radiation Disease

The Pelvic Radiation Disease Association aims to support all people affected by, or at risk of, side effects due to pelvic radiotherapy, at any stage of cancer treatment, and however long ago cancer treatment was given.

The Best Practice Pathway for Pelvic Radiation Disease addresses the lack of awareness about the impact PRD has on people's lives, and the lack of knowledge about how to improve symptoms and quality of life.

The Best Practice Pathway for Pelvic Radiation Disease can be accessed via the QR code.

Each chapter covers key clinical management steps, and points users to published guidance, service models, quality standards and sources of professional education. There is also a comprehensive section on supporting people to self-manage their PRD symptoms. In addition, the document provides advice on service development.

prda.org.uk/prd-best-practice-pathway

website | prda.org.uk
email | info@prda.org.uk

#PelvicRadiationDisease #PRDPledge

September 2025

REGISTERED COMPANY NUMBER: 07998409 (England and Wales)
REGISTERED CHARITY NUMBER: 1147802

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 March 2025

for

PELVIC RADIATION DISEASE ASSOCIATION

Ark Accountancy Limited
Chartered Certified Accountant
56-58 High Street
Ewell
Epsom
Surrey
KT17 1RW

PELVIC RADIATION DISEASE ASSOCIATION

Contents of the Financial Statements
for the Year Ended 31 March 2025

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PELVIC RADIATION DISEASE ASSOCIATION

Report of the Trustees
for the Year Ended 31 March 2025

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The term Pelvic Radiation Disease is still to gain general acceptance among health professionals as a valid and useful framework within which to describe brief or long lasting problems, mostly in the bowel, caused by pelvic radiotherapy. The trustees aim to bring this disease to the attention of health professionals and patients to inform them about how to alleviate their symptoms. The trustees work to have the most up to date information for patients on the various aspects of Pelvic Radiation Disease and available resources for treatment.

The objectives of the charity as per the Articles are:

- To campaign for the wider recognition of Pelvic Radiation Disease as well as for improvement in National Health Service facilities and treatment to help the management of radiation induced injury.
- To support patients suffering from radiation induced injury and in particular patients suffering from Pelvic Radiation Disease in any appropriate way including through a network of informal support groups that are professionally supported.
- To gather information about and support research into Pelvic Radiation Disease.

Significant activities

Founded sixteen years ago as a patient support group and registered as a charity in 2012, the trustees continue to dedicate themselves, with the support of volunteers and our much-valued members of staff, to expand the outreach of the Pelvic Radiation Disease Association (PRDA) and to further refine the charity's provision of information, support and guidelines to both patients and health professionals.

FINANCIAL REVIEW

Financial position

The charity has continued to make a significant impact both among healthcare professionals and by helping people affected by PRD. Although income was not as strong as we would have hoped we go forward into the new financial year with stronger fundraising resources and adequate reserves. The trustees see no reason why the charity should not continue to increase its outreach and service provision in line with recent years' growth.

The gross income of the charity for the year ended 31 March 2025 amounted to £34,311 (2023/24: £61,627) whereas costs for charitable activities were £51,823 (2023/24: £54,879), of which Governance costs were £2,229 (2023/24: £1,808). The net deficit for the year was £17,512 (2023/24: surplus £6,748).

The overall net assets of the company have decreased from £53,823 to £43,059.

Reserves policy

It is the policy of the trustees to maintain unrestricted funds, which are the free reserves of the charity, at the minimum level of £25,000.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity was established under a Memorandum of Association which established the objects of the charitable company, and is governed under its Articles of Association.

The charity is governed by the Board of trustees, which meets on a regular basis. The trustees oversee all day to day operations of the charity, and support and advise on all financial matters. Trustees receive written minutes at Board Meetings held during the year to ensure they are kept up to date with the activities of the charity. In addition, the trustees review the Pelvic Radiation Disease Association portfolio of policies and procedures on a regular basis, and introduce new policies and procedures as appropriate.

The charity is registered with the Fundraising Regulator.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

All trustees of the charity are also Directors of the charitable company, and vice versa. 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).

During the year two trustees resigned, John Webber and Ben Sacks. The board is extremely grateful for the valuable contributions made by John and Ben.

Two new trustees were welcomed to the board – John Buckle and Steve Simmonds.

Related parties

The Charity has no subsidiaries. There are no related parties in the charity.

Risk management

The trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operation and finances of the charity, and are satisfied that the systems are in place to mitigate their exposure to the major risks. Efforts are continuously made to increase funds. Internal risks are minimized by implementation of satisfactory operational procedures, and consistent quality of service delivery. These are reviewed by the Board on a regular basis.

PRDA does not hold any investments.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

07998409 (England and Wales)

Registered Charity number

1147802

Registered office

62 Norbiton Avenue
Kingston upon Thames
Surrey
KT1 3QP

Trustees

John W Buckle	(appointed 7.6.24)
E Jane Hall	
David E Jillings	(acting Chair from 22.5.24)
Faye Popham	
Lisa A Punt	
Benjamin D Sacks	(resigned 4.3.25)
Bhumi K Shah	
Steven J Simmonds	(appointed 15.10.24)
Lesley M Smith	
John A Webber - Chair	(resigned 22.5.24)

Company Secretary

D E Jillings

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Mary E Ryan
Ark Accountancy Limited
Chartered Certified Accountant
56-58 High Street
Ewell
Epsom
Surrey
KT17 1RW

Approved by order of the board of trustees on 19 August 2025 and signed on its behalf by:

.....
D E Jillings - Trustee

Independent examiner's report to the trustees of PELVIC RADIATION DISEASE ASSOCIATION ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

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

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

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

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

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

Mary E Ryan

Mary E Ryan

Ark Accountancy Limited
Chartered Certified Accountant
56-58 High Street
Ewell
Epsom
Surrey
KT17 1RW

Date: 2/9/2025

PELVIC RADIATION DISEASE ASSOCIATION

Statement of Financial Activities
for the Year Ended 31 March 2025

	Notes	Unrestricted fund £	Restricted fund £	31.3.25 Total funds £	31.3.24 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		11,133	-	11,133	10,459
Charitable activities					
Dawnie Trust		2,000	-	2,000	-
P F Trust		4,000	-	4,000	4,000
Albert Hunt Trust		5,000	-	5,000	3,000
National Lottery Community Fund		-	-	-	(3,057)
Aspire Pharma		-	-	-	20,000
The D'Oyly Carte Charitable Trust		5,000	-	5,000	4,000
William Allen Young Charitable Trust		2,000	-	2,000	-
The Foyle Foundation		-	-	-	10,000
The Will CharitableTrust		-	-	-	8,000
Douglas Arter Foundation		-	-	-	500
Gledswood CharitableTrust		1,000	-	1,000	-
Other trading activities	2	4,178	-	4,178	4,725
Total		34,311	-	34,311	61,627
EXPENDITURE ON					
Charitable activities					
Charitable activities		51,823	-	51,823	54,879
NET INCOME/(EXPENDITURE)		(17,512)	-	(17,512)	6,748
RECONCILIATION OF FUNDS					
Total funds brought forward		60,571	-	60,571	53,823
TOTAL FUNDS CARRIED FORWARD		43,059	-	43,059	60,571

The notes form part of these financial statements

Balance Sheet
31 March 2025

	Notes	Unrestricted fund £	Restricted fund £	31.3.25 Total funds £	31.3.24 Total funds £
CURRENT ASSETS					
Stocks	7	105	-	105	105
Debtors	8	200	-	200	200
Cash at bank		50,986	-	50,986	66,181
		51,291	-	51,291	66,486
CREDITORS					
Amounts falling due within one year	9	(8,232)	-	(8,232)	(5,915)
NET CURRENT ASSETS		43,059	-	43,059	60,571
TOTAL ASSETS LESS CURRENT LIABILITIES		43,059	-	43,059	60,571
NET ASSETS		43,059	-	43,059	60,571
FUNDS	10				
Unrestricted funds				43,059	60,571
TOTAL FUNDS				43,059	60,571

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for
(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

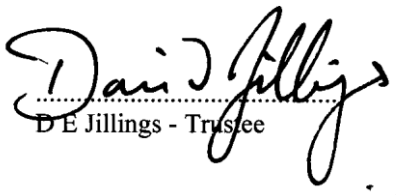
The notes form part of these financial statements

continued...

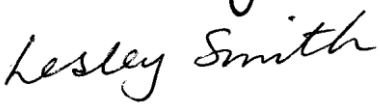
Balance Sheet - continued
31 March 2025

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 19 August 2025 and were signed on its behalf by:



.....
D E Jillings - Trustee



.....
L M Smith - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, 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 Companies Act 2006. 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.

Website - 33% on cost

Stocks
Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation
The charity is exempt from corporation 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 charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

2. OTHER TRADING ACTIVITIES

	31.3.25	31.3.24
	£	£
Fundraising events	4,178	4,725

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

Trustees' expenses of £1,449 were paid to 4 trustees in their role as trustees for the year (2024 £1,028 to 6 trustees)

4. STAFF COSTS

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

	31.3.25	31.3.24
Administrators	3	3

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

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted fund	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	10,459	-	10,459
Charitable activities			
P F Trust	4,000	-	4,000
Albert Hunt Trust	-	3,000	3,000
National Lottery Community Fund	-	(3,057)	(3,057)
Aspire Pharma	20,000	-	20,000
The D'Oyly Carte Charitable Trust	-	4,000	4,000
The Foyle Foundation	10,000	-	10,000
The Will CharitableTrust	8,000	-	8,000
Douglas Arter Foundation	500	-	500
Other trading activities	4,725	-	4,725
Total	57,684	3,943	61,627
EXPENDITURE ON			
Charitable activities			
Charitable activities	50,630	4,249	54,879
NET INCOME/(EXPENDITURE)	7,054	(306)	6,748
Transfers between funds	9,966	(9,966)	-
Net movement in funds	17,020	(10,272)	6,748

continued...

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted fund £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	43,551	10,272	53,823
TOTAL FUNDS CARRIED FORWARD	60,571	-	60,571

6. TANGIBLE FIXED ASSETS

	Website £
COST	
At 1 April 2024 and 31 March 2025	12,792
DEPRECIATION	
At 1 April 2024 and 31 March 2025	12,792
NET BOOK VALUE	
At 31 March 2025	-
At 31 March 2024	-

7. STOCKS

	31.3.25 £	31.3.24 £
Stocks	105	105

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.25 £	31.3.24 £
Tax	200	200

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.25 £	31.3.24 £
Social security and other taxes	1,277	744
Other creditors	6,175	4,391
Accrued expenses	780	780
	8,232	5,915

continued...

10. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	60,571	(17,512)	43,059
TOTAL FUNDS	60,571	(17,512)	43,059

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	34,311	(51,823)	(17,512)
TOTAL FUNDS	34,311	(51,823)	(17,512)

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	43,551	7,054	9,966	60,571
Restricted funds				
Restricted funds	10,272	(306)	(9,966)	-
TOTAL FUNDS	53,823	6,748	-	60,571

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	57,684	(50,630)	7,054
Restricted funds			
Restricted funds	3,943	(4,249)	(306)
TOTAL FUNDS	61,627	(54,879)	6,748

continued...

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

PELVIC RADIATION DISEASE ASSOCIATION

Detailed Statement of Financial Activities
for the Year Ended 31 March 2025

	31.3.25 £	31.3.24 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	8,979	4,272
Gift aid	2,154	1,187
Donated services and facilities	-	5,000
	11,133	10,459
Other trading activities		
Fundraising events	4,178	4,725
Charitable activities		
Grants	19,000	46,443
Total incoming resources	34,311	61,627
EXPENDITURE		
Charitable activities		
Wages	34,219	32,322
Pensions	514	441
Insurance	589	512
Telephone	134	593
Postage & stationery	1,581	1,579
Leaflets and posters	520	130
Sundries	2,665	787
Travel	388	1,016
Subscriptions & registrations	81	297
Room hire & catering	-	2,760
Payroll & HR	443	472
IT & website	2,686	2,094
Consultancy	-	829
Training	398	-
Conferences	700	-
Out & About Toolkits	4,676	4,239
Gifts in kind	-	5,000
	49,594	53,071
Support costs		
Governance costs		
Accountancy fees	780	780
Trustees expenses	1,449	1,028
	2,229	1,808
Total resources expended	51,823	54,879
Net (expenditure)/income	(17,512)	6,748

PELVIC RADIATION DISEASE ASSOCIATION

England & Wales - Charity number 1147802

Accounts

PELVIC
RADIATION
DISEASE
ASSOCIATION

Annual Report 2023-2024

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3 Foreword - Faye Popham

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16-30 **Appendix**

Report of the trustees

Financial review

Legal and Administrative Information

Registered Company number: 07998409 (England and Wales)

Registered Charity number: 1147802

Registered office: 62 Norbiton Avenue, Kingston upon Thames, Surrey, KT1 3QP

Chair: John A Webber

Trustees:

Alison S Boyes (resigned 1.11.23)
E Jane Hall (appointed 1.11.23)
David E Jillings
Faye Popham (appointed 13.11.23)
Lisa A Punt
Benjamin D Sacks
Bhumi K Shah
Lesley M Smith
John A Webber Chair (resigned 22.5.24)

Company Secretary: D E Jillings

Independent Examiner Details:

Mary E Ryan FCCA, CertPFS, DChA
Ark Accountancy, Chartered Certified Accountant, 31 Cheam Road Epsom Surrey, KT17 1QX

Foreword

Faye Popham

Having now been on the Board of Trustees for one year, I continue to be amazed at how a small charity is making such a big impact on improving the lives of people living with Pelvic Radiation Disease (PRD). One thing that has been clear since joining is that the PRDA is a charity with huge ambition—not for its own glory, but to ensure that those who are silently suffering from the impact of PRD no longer have to.

Earlier this year, I had the privilege of hearing from some of the individuals the PRDA is seeking to support through its peer support group. I listened to a brave and courageous woman describe the pain she felt when the doctor told her, “You have the all clear,” yet her life post-cancer treatment was far from being “clear.” Instead, it was restricted and debilitated by the late effects of cancer treatment, something she was unaware of until it happened to her. After meeting this group, I felt even more convinced that PRDA's work to get Pelvic Radiation Disease recognised as a medical term among health professionals is vital if we as a society are going to improve the lives of those with a cancer diagnosis.

In the year ahead we remain committed to fostering the safe spaces established in our Chat Together peer support group and Online Community as well as developing our work in this area. We hope the appointment of a Professional Engagement Officer will enhance our opportunities to network and raise awareness among health professionals.

David Jillings - Acting Chair

Our Chair John Webber unfortunately had to stand down from the board of trustees in May 2024 for personal reasons and with the full understanding of the trustees. John joined us with the aim of bringing a new and more business-like eye to our management and from the outset he faced some difficult challenges. He took these in his stride and we will always be grateful for his support in steering us forward over the last 4 years

During the financial year we also said goodbye to trustee Sue Boyes and our Operations Manager Robert Brown who, between them, completed significant transformations in how we provide support to those affected by Pelvic Radiation Disease and how we manage and fund ourselves. The charity, as it stands now, owes much gratitude to John, Sue and Robert.

The 2023-24 year was by most standards our most successful ever, as the contents of this Annual report bear out. We make every attempt to quantify the outcomes of our programmes and activities, but one of the most encouraging signs of progress has been an apparent increase in mentions of late effects, including pelvic radiotherapy, in strategies and reports and on conference programmes as well as more awareness in conversations with healthcare professionals. This is not only down to the hard work of the staff and trustees of PRDA but also to many dedicated professionals working across the health system. The vast majority are fighting battles to improve or in some cases just maintain awareness and services for the treatment of late effects and it is encouraging to see some signs of progress, albeit there is still a long way to go.

One excellent sign of progress is that Radiotherapy UK and the All Party Parliamentary Group for Radiotherapy produced a Ten Year Vision for Radiotherapy in January 2024 which outlines six key areas of action to improve patient outcomes, including 'Ensure, where required, that patients have access to late-effects support services'. Such top level recognition of the need for services for people with PRD is testimony to PRDA's growing influence.

These voices for change are often supported by patients who want to “give back” following their own personal experiences. These are the true heroes of the story and PRDA will continue making every effort to do them justice.

I would like to add my personal thanks to my fellow trustees and our PRDA colleagues who have worked so hard to grow our services and outreach over the last year.

Our Aims and Objectives

The Pelvic Radiation Disease Association (PRDA) is dedicated to improving the lives of an estimated 100,00 people in the UK who face the ongoing challenges of living with Pelvic Radiation Disease (PRD). Having completed their radiotherapy treatment for cancer, people with PRD continue to experience life-changing treatment effects on bladder and bowel function, fertility, intimacy, mobility, and mental health. These can have a negative impact on quality of live, affecting relationships with family and friends, socialising, getting out and about, and returning to work.

By offering information, peer-to-peer support, and by advocating for better care, PRDA make a significant difference to the lives of people living with this extremely debilitating condition
Giving a voice to people affected by PRD helps to raise awareness and understanding of PRD, its impact on people's lives, and reduces the stigma that can be associated with symptoms.

The key objectives and outcomes of our work are:

Outcome	Performance indicator
Fewer people feel alone while experiencing the debilitating symptoms of PRD	• More people registered to take part in peer-to-peer support services. • Increasing the number of people following PRDA on social media channels.
Better information made available to patients in advance of radiotherapy treatment	• The Best Practice Pathway for PRD emphasises the importance of information prior to treatment. • People contacting PRDA for information prior to treatment signposted to their oncology team for information.
Better understanding among health professionals who are treating people with PRD symptoms	• Building a 'community of practice' among healthcare professionals with a shared goal to improve care for people affected by PRD. • More visibility for PRDA at professional conferences. • Working collaboratively with health professionals to raise awareness of PRD.
Reduced stigma associated with having long-term, embarrassing symptoms after cancer treatment	• Increasing distribution of Out and About Toolkits to help more people to feel confident in managing their symptoms when away from home. • More people feel confident in talking about PRD and sharing their experiences with others.
Improved quality of life for people affected by PRD	• People with PRD are supported and empowered to seek the care they need to manage their symptoms. • By advocating for better pathways of care, more people with PRD will be able to access appropriate healthcare services.

PRDA works on two fronts to tackle PRD in both the immediate and longer term. Our direct patient support services help people living with PRD today, while we work with healthcare professionals to develop better pathways of care for the future.

Direct patient support services

The PRDA Online Community is a social network that enables people with PRD to communicate with each other. Accessible 24/7, people can share experiences and learn from each other in a safe and supportive environment.

Chat Together offers monthly peer-to-peer support sessions. This service provides an online space for people to come together in an informal group to share experiences and support each other. Plans to develop this service include additional daytime sessions and themed chats with subject matter experts.

Let's Talk is a time-limited programme of education and support for people who have been recently diagnosed or have little knowledge or understanding of PRD. Supported by subject matter experts and people with lived experience of PRD, this programme acts as a gateway to other PRDA support services.

> "I'm nearly in tears here with gratitude for your support, wisdom and kindness. Your information has given me a sense of direction and hope, the beginnings of a pathway to follow to effect some positive change."
>
> PRDA service user

Designed to make venturing out less daunting, our **Out and About Toolkits** contain useful information, tips and tools such as a RADAR key, a 'just can't wait' toilet card and sunflower lanyard, Wype (eco-friendly toilet wipe) and a hand sanitiser. A useful Out and About bag is also included to keep these items handy. In 2024 we have explored new options to distribute these toolkits to more people who need them.

We are grateful to Wype for assisting us by offering their product at cost. Wype is an eco-friendly product designed to turn toilet paper into a wet wipe. This is one of the elements in our Out And About Toolkits, which support people living with PRD.

General Information for people affected by PRD. Individual enquiries are responded to by email. In response to queries, people are signposted to the most appropriate information, resource or service best placed to answer their query. These include the PRDA website, the PRD Best Practice Pathway, PRDA support services, information on benefit and other financial support, Late Effects clinics and other external support services. This support does not replace professional care and PRDA do not offer medical advice or connect individuals with health professionals directly.

Find out more about how we can help people living with PRD by visiting our website: **prda.org.uk/support**

Professional engagement

Collaborating for Greatest Impact

PRDA was commissioned in 2023 to produce a journal article for Imaging and Oncology. Written by PRDA Trustee Dr Lesley Smith in collaboration with a healthcare professional and PRDA volunteer, this article was published to coincide with the UK Imaging and Oncology Congress to raise awareness of PRD and advocate for improvements to care and healthcare services.

Professional Conferences

We received strong engagement from attendees, including gastroenterologists and endoscopists, at the Annual Conference of the British Society of Gastroenterology in Liverpool 2023. The Best Practice Pathway garnered positive feedback and high interest.

Evaluating the impact of the Best Practice Pathway

The Best Practice Pathway is designed to support healthcare professionals to care for patients living with PRD. In 2023 a survey was launched to evaluate the impact and utilisation of the BPP, with the aim of guiding future development. The survey results showed the highly positive impact of the Pathway, and were accepted as a poster presentation at the Multinational Association of Supportive Care in Cancer conference 2024.

Research for a better understanding of PRD

PRDA Trustee Dr Ben Sacks co-authored an open access paper:
The Benefits and Harms of Pharmacological Treatment for Postradiation Pelvic Pain: A Systematic Review by the European Association of Urology Chronic Pelvic Pain Panel with Recommendations for Clinical Practice.

Greater visibility of PRD

PRDA was honoured to be invited by the organising committee of the 2024 conference of the European Society for Radiotherapy and Oncology to provide a platform speaker giving the patient's perspective of PRD and quality of life.

Training and education

The Royal College of Radiologists invited PRDA to contribute to their Consensus Statements on gynaecological cancer, which include unanimous endorsement for services for late effects of pelvic radiotherapy, and references our Best Practice Pathway.

Working together to support patients

Successful pilot with a Late Effects Clinic to supply PRDA Out and About toolkits in bulk, getting these kits directly into the hands of their patients in the clinic setting.

"I'm really excited to take part in the Out and About Toolkit pilot and take pride in being part of the project"

Robyn Bowman, Chemoradiotherapy nurse specialist for GI cancers,
PRD Service St. James's University Hospital,
Leeds Teaching Hospitals NHS Trust

Building a community of Practice for PRD

In July 2023, the PRDA held it's first Professional Networking Event at the Kia Oval in London. The objective of the day was to foster the development of communities of practice, encouraging collaboration, knowledge-sharing, and the exchange of best practices among healthcare professionals.

Alongside presentations from members of our network, the event made time for structured table discussions and Q&A sessions, to make space for clinicians who would otherwise rarely interact to discuss treatment and care of PRD in a supportive and constructive environment, and in relation to our Best Practice Pathway for Pelvic Radiation Disease.

> "Thank you for organising such a great event. I appreciate the opportunity to connect with like-minded individuals who share a commitment to improve patients' well-being. Working in late effects can feel quite lonely, so it is reassuring to know there are many dedicated people striving to improve the support we provide"
>
> Lara Anthony, Late Effects Advanced Radiographer, Radiotherapy Late Effects Service, Norfolk and Norwich University Hospital NHS Foundation Trust

The patient representatives were involved in the round-table discussions throughout the day, and it was clear that the medical professionals really valued their views.

> "It was a privilege to have the opportunity to share my story at the PRDA professional networking event. I came away from the event feeling more positive about things than I have done for a long time – the medical professionals are clearly listening and committed to doing what they can to improve things"
>
> Gill , PRDA Volunteer

We plan to employ a Professional Engagement Officer, which will enable us to hold more events like this in the future.

We are grateful to Aspire Pharma and 3-D Matrix for enabling our Professionals networking event.

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Late Effects Clinic Pilot

In January 2024, PRDA agreed to a unique partnership with the Late Effects Clinic, Leeds Teaching Hospitals NHS Trust, to provide Out and About toolkits for people recently identified as having bladder and/or bowel symptoms of PRD.

Toolkits are now being offered to patients during appointments in the Late Effects Clinic. By doing so, these toolkits are put into the hands of people who may not otherwise be able to access them, in the confidence that they are reaching PRDA's target audience through reliable screening in a healthcare setting.

People receiving the toolkits are also made aware of the additional support services available to them from PRDA.

> "Having a toolkit from PRDA has made a big difference to my life. Having the toilet key gave me confidence to venture out more and have used it many times since receiving it, keeping it with me at all times. It's given me the security I need."
>
> Out and About Toolkit recipient

Feedback is being gathered from the healthcare professionals at the clinic and patients receiving a toolkit. If successful, this pilot will support the roll out of this offer to other Late Effects Clinics across the UK.

Volunteering

As volunteers, members of the **Patient Advisory Group** (PAG) play a crucial role in ensuring that the voices of people living with PRD is at the very centre all we do, helping us shape a better future for people living with PRD and ensuring that the charity remains focussed on fulfilling its mission to support individuals affected by PRD.

PRDA volunteers have been active in supporting all of our activities, from fundraising to awareness raising, direct patient support and reviewing and developing our digital and printed resources.

Volunteers have given generously of their skills, experience and time to offer hope to others in similar situations, helping them to feel less isolated, better understood and better supported.

In 2024, PAG members have helped us to review and develop our support services – including a review of the content of our Out and About Toolkits and future proposals for developing Let's Talk and Chat Together.

"I have experience and knowledge of PRD and feel that I can help fellow patients to feel less anxious about what they are going through. If there is anything else I can do to help other people, then I would like to do it. I know that as a PRDA volunteer I can help people in so many different ways; doing so also aids my own recovery...."

Member of PRDA Patient Advisory Group

Healthcare professionals attending our Professional Networking Event had the privilege of hearing from Gill, one of our volunteers, who shared her personal experience with PRD. The event brought together healthcare professionals, researchers, advocates, individuals living with PRD, and our corporate partners for meaningful discussions, presentations, and workshops. Gill shared her experience of attending the networking event:

"To be able to not only describe what PRD looks like for me in terms of symptoms but also the massive impact it has on my daily life - bowel incontinence, broken nights, fatigue, pain, having to give up my career, anxiety, shame - to a group of professionals, all of whom are clearly committed to improving the support for patients, felt like a real positive step forward. As I said at the event, PRD is the first thing I think of in the morning and the last thing I think of at night. As a patient it can be all-consuming and it's important for that impact on quality of life to be understood."

"The patient representatives were involved in the round-table discussions throughout the day and it was clear that the medical professionals really valued our views."

"I came away from the event feeling more positive about things than I have done for a long time - the medical professionals are clearly listening and committed to doing what they can to improve things. Thank you PRDA for facilitating this event and getting the right people all in the same place together."

As part of our Out and About Toolkit clinic pilot, our volunteer Nicola, worked with us to write a supporting letter for the patients who would be participating. Drawing on her own experience, Nicola was able to make a personal appeal for people to taken part in completing our survey to provide us with vital feedback from people living with PRD.

We extend our heartfelt thanks to our all our volunteers for their support and dedication.

Funding

As evidenced in the annual accounts attached to this report, 2023/24 was another record year for income for the PRDA. We are grateful to the following donors and grant-makers for their support this year:

- The Albert Hunt Trust
- The D'Oyly Carte Charitable Trust
- The Douglas Arter Foundation
- The Foyle Foundation
- The PF Charitable Trust
- The Will Charitable Trust

We are very grateful to Aspire Pharma, who donated £20,000 to the charity and 3-D Matrix for enabling our Professional Networking Event.

Regular donations and individual fundraising

Incredible support from our community saw regular monthly donations reach a record £1,700 for the year. Regular donations are vital to sustain our support services and initiatives for people living with PRD. We encourage you to sign up for regular donations to help us make a lasting impact.

We are thrilled to have received over £4,500 from individual fundraising efforts, including contributions through Gift Aid. We extend our heartfelt gratitude to everyone who has contributed and supported our mission.

We witnessed the dedication of the Worthing Wobble riders, affectionately known as the "Wobblers," when they repeated their epic annual ride. Cycling over 100 miles from Hampton Court to Worthing and back. We're incredibly proud of their commitment to helping people living with PRD.

We'd like to thank everyone who took part in personal challenges, and our Challenge Events, to raise money for the PRDA.

Cameron and his son took part in an inflatable 5k fun-run as part of our Challenge Events.

Our year in numbers

Social media followers up **16%**

220 Out and About Toolkits provided

Over **13,200** visitors to our website

Our Online Community has increased by over

1/3

in the past year

Our annual turnover increased by £20,580

an uplift of nearly **50%**

48% increase in Newsletter subscribers

Over 3400 views of our Best Practice Pathway

People's lived experiences play a significant role in helping others with PRD by offering hope and providing a sense of community. Firsthand accounts can better illustrate the challenges of accessing care and managing PRD symptoms, raising awareness, enhancing understanding, and reducing stigma.

We are committed to sharing real-life stories to amplify the voices of those living with PRD, ensuring that their experiences remain at the heart of our efforts to make a difference.

Maria's Story

Back in October 2010 I went into my local hospital day surgery unit to have pre-cancerous cells removed but unfortunately this procedure never went ahead. A 4cm tumour was discovered and I was told I had cervical cancer. The following months were a blur of hospital waiting rooms, appointments with numerous consultants, so many blood tests and all kinds of emotions.

Following a hysterectomy in November 2010, my consultants informed me that my clear margins weren't sufficient and recommended an intensive 6 week course of Radiotherapy, Chemotherapy and Brachytherapy. I was lucky that I don't suffer too much with side effects during or straight after my treatment but as the years went on I noticed changes to my body.

“What I wasn't prepared for were all the late effect issues that come with have pelvic radiotherapy. ”

As I'd had a hysterectomy I was prepared to be plunged into the menopause and a plan was in place with my GP for starting me on HRT. I did suffer badly with hot flushes, brain fog and mood swings straight after my treatment. Once the HRT started to work, these symptoms eased but have never completely gone. I'm lucky to have regular reviews of my medication with my GP and we are always tweaking the dosage to make sure my symptoms are manageable. What I wasn't prepared for were all the late effect issues that come with have pelvic radiotherapy.

In 2017 I started having bowel issues. Movements became more frequent, much looser, and I realised I wasn't having much warning as to when I needed to go. After a few weeks of this, I went to see my GP who referred me to a dietitian, thinking I was suffering with irritable bowel syndrome. During this appointment, I first heard the terms Pelvic Radiation Disease and Radiotherapy Enteritis. Deciding to do some research of my own, I came across the PRDA website. Here I was able to understand more about PRD and learn more about the symptoms I was experiencing, as well as being made aware of other potential symptoms of PRD to look out for.

I'd been moaning to family and friends for a number of years that my right leg was fatter than my left and from the knee down would swell quite a lot especially during the summer months. It didn't bother me too much but it was the time that skinny jeans were in fashion and I would struggle to get mine on some days.

After reading more about late effects and the issues many people have with Lymphoedema I again went to my GP and discussed with them all of the symptoms I was having and asked if I could be suffering from PRD. They said it was more than likely but they themselves didn't know much about it. I am now on a waiting list to be seen at my local Lymphoedema clinic.

Discovering PRDA has been great for me. I was under the impression that once I had the all clear from the cancer, I would be fine. But over the years, I've had more and more issues and realising that these are likely linked does make me feel better.

"I try not to let my symptoms rule me... I just have to plan my outings a little more than I used to."

I'm not going mad, I'm not falling to pieces, I'm cured of cancer but living with the consequences of the treatment. I have to be careful what I eat and drink so that I don't spend the day in the bathroom and I have to be mindful of how much walking I do so that my leg doesn't swell too much. Earlier this year I received an Out and About Kit which has helped me massively.

I carry my RADAR key at all times and have the Just Can't Wait cards in my car and handbag. I'm lucky that I haven't had to use either of these items many times but when I have, people have been very understanding and caring.

I try not to let my symptoms rule me. I still meet my friends for curry and a pint night, go on long haul flights for amazing holidays, walk the coast path in the summer and I even went to music festival this summer!! I just have to plan my outings a little more than I used to.

For more real life stories see our website: prda.org.uk/real-life-stories

We give a voice to people affected by Pelvic Radiation Disease

The Pelvic Radiation Disease Association aims to support all people affected by, or at risk of, side effects due to pelvic radiotherapy, at any stage of cancer treatment, and however long ago cancer treatment was given.

The Best Practice Pathway for Pelvic Radiation Disease addresses the lack of awareness about the impact PRD has on people's lives, and the lack of knowledge about how to improve symptoms and quality of life.

The Best Practice Pathway for Pelvic Radiation Disease can be accessed via the QR code.

Each chapter covers key clinical management steps, and points users to published guidance, service models, quality standards and sources of professional education. There is also a comprehensive section on supporting people to self-manage their PRD symptoms. In addition, the document provides advice on service development.

prda.org.uk/prd-best-practice-pathway

website | prda.org.uk
email | info@prda.org.uk

#PelvicRadiationDisease

October 2024

PELVIC RADIATION DISEASE ASSOCIATION

England & Wales - Charity number 1147802

Accounts

PELVIC
RADIATION
DISEASE
ASSOCIATION

Annual Report 2022-2023

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Legal and Administrative Information

Registered Company number: 07998409 (England and Wales)

Registered Charity number: 1147802

Registered office: 62 Norbiton Avenue, Kingston upon Thames, Surrey, KT1 3QP

Chair: John A Webber

Trustees: Alison S Boyes
David E Jillings
Lisa A Punt
Benjamin D Sacks
Bhumi Shah
Lesley Smith

Company Secretary: D E Jillings

Independent Examiner Details:

Mary E Ryan FCCA, CertPFS, DChA
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Foreword

Sarah Steele

This year marks ten years of my living with Pelvic Radiation Disease (PRD) and 7 years working for the Pelvic Radiation Disease Association. I've witnessed the growth of the charity's support services to where we now have multiple resources to offer people living with PRD. I truly understand and appreciate the impact the services can have on individuals. Having the Online Community to share your experiences with people who know what it's like is invaluable.

I feel honoured and humbled that, in the Chat Together support group sessions, people have felt comfortable sharing experiences they've been unable to talk to their closest friends and family about. Talking with people who truly understand what you are going through can be an enormous comfort.

With almost a decade's experience of the trials and tribulations of advocating for my own care I can see that we are now at the forefront of a seismic shift in patient care and symptom management. When I had my first symptoms of PRD, it was rare to find health professionals who were familiar with late effects. More recently I have I have been fortunate to receive outstanding holistic care, although there is still a huge disparity in the availability of late effects services nationally.

PRDA's work collaborating with health professionals to raise the awareness of PRD has particularly come to the fore this year, with the launch of the fantastic Best Practice Pathway for Pelvic Radiation Disease. This document both aids health professionals with clinical management information and highlights the need for a holistic approach in the absence of local specialised late effects services.

I'm looking forward to seeing PRDA support services grow, particularly the Let's Talk programme, which will enable many more people to understand and manage their PRD. In tandem with resources like the Best Practice Pathway, our work will enable people to advocate for their own care, and support health professionals to manage symptoms.

Introduction

John Webber - Chair of Trustees

2022/23 was a year of steady growth and exciting new horizons for the Pelvic Radiation Disease Association.

In October, we launched our Best Practice Pathway for Pelvic Radiation Disease. Within weeks, the guidance, which features contributions from leading experts across the healthcare sector, was being used in clinics and hospitals across the country and news has literally spread across the world. This is a significant step forward for patients living with PRD, and we are thankful to everyone who contributed to the document.

In particular, we thank our Trustees Dr Lesley Smith and Dr Ben Sacks, and Professor Sara Faithfull for their tireless contribution to this pioneering piece of work. The document was launched at our online conference to an audience of over 350 healthcare professionals and was a ground-breaking moment for the organisation, which has put us in an incredibly strong position for the year ahead.

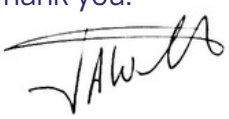
Our direct patient support also took strides forward: we distributed another 223 Out and About Toolkits to help people with PRD leave the house with confidence, and we launched the Let's Talk programme, which offers an introduction to PRD to those who have recently developed symptoms. These sessions, funded by the National Lottery Community Fund, feature talks from subject matter experts on particular topics, such as pain and fatigue, diet and nutrition, and bladder and bowel issues. We are particularly grateful for the work of Samantha Bostock, a Therapeutic Radiographer, who has volunteered many hours of her time to help us build a programme that has had a real impact on the lives of people at the beginning of their journey with PRD.

2022/23 was also a year of financial growth for the organisation, evidenced by the accounts featured towards the end of this report. We raised £63,202 – a notable increase from last year's total of £41,339. This is a clear sign that we are gaining momentum, and we are excited to be building a sustainable and scalable fundraising strategy to enable us to keep growing in the years to come.

We extend our heartfelt gratitude to our valued supporters and donors, whose generosity has enabled us to achieve so much in the past year, and we count on their contributed support as we continue to push for better care for people experience late-effects of pelvic radiotherapy. We feel a responsibility to give a voice to people who experience PRD, and we remain steadfastly committed to achieving our ambitions.

As we move forward, we look towards the future with excitement and dedication.

Thank you.



Our Aims and Objectives

The Pelvic Radiation Disease Association (PRDA) gives a voice to people affected by Pelvic Radiation Disease, an extremely debilitating condition caused by radiotherapy treatment for cancer in the pelvic area. By offering information, peer-to-peer support, and advocacy for patients, we improve quality of life for people who have been treated for cancer but are now living with the consequences.

Founded in 2012, we are dedicated to making a difference in the lives of the estimated 100,000 people in the UK who had hoped to "get back to normal" after cancer, but are now facing the challenges of Pelvic Radiation Disease. People can experience life-changing effects on bladder and bowel function, fertility, mobility, mental health and their ability to have a family life, socialise and get back to work.

The key objectives and outcomes of our work are:

Outcome	Performance indicator
Fewer people feel alone while experiencing the debilitating symptoms of PRD	• Increasing the number of people engaging with our direct patient support offerings. • Raising awareness by collecting more case studies from volunteers.
Better information made available to patients in advance of radiotherapy treatment	Our Best Practice Pathway for PRD emphasises the importance of information prior to treatment.
Better understanding among health professionals who are treating people with PRD symptoms	• The Best Practice Pathway for PRD is used increasingly across the sector to inform care decisions for patients. • In 2023 we will host our first ever in-person networking event for healthcare professionals.
Reduced stigma associated with having long-term, embarrassing symptoms after cancer treatment	• Greater use of our Out and About Toolkits to give people more confidence in managing their symptoms. • Access to patient stories and peer support to help people know they are not alone.
Improved quality of life for people affected by PRD	By advocating for better pathways of care, providing direct support, and empowering patients to manage their PRD, we make a significant difference to people's lives.

Our Programmes

Our work focuses on two key pillars: direct patient support, and professional engagement. Working on both these fronts enables us to tackle PRD in both the immediate and long-term, by supporting people living with PRD today, while working with healthcare professionals to build better pathways of care for the future.

Direct patient support services

We offer a wide range of support and resources to people experiencing PRD:

- Our friendly Online Community – a safe, anonymous and supportive space for people living with Pelvic Radiation Disease to share their experiences, ask questions, and learn from others.
- Our monthly Chat Together support group – Zoom sessions in which people can share their experience of PRD in a supportive and informal group, facilitated by a subject matter expert.
- The Let's Talk support programme - a five-week programme for new patients, which serves as an introduction to PRD and helps people to understand their symptoms.

> "I must say I really enjoyed the session... Great to speak with people who are in a similar position. You don't feel like you are going crazy or making it up. It was really good so thank you."
>
> PRDA service user

- Out and About Toolkits – packs filled with useful information, tips and items to help people with PRD have more confidence when leaving the house. We are hoping to distribute 400 Toolkits in 2023.
- Symptom Monitoring – we provide resources to help patients track their symptoms and lifestyles, to better understand their PRD and to give their healthcare team the best possible information.
- General Information – booklets like our Guide to Diet, Nutrition and PRD and signposting to other late effects services help patients get the specific support they need.

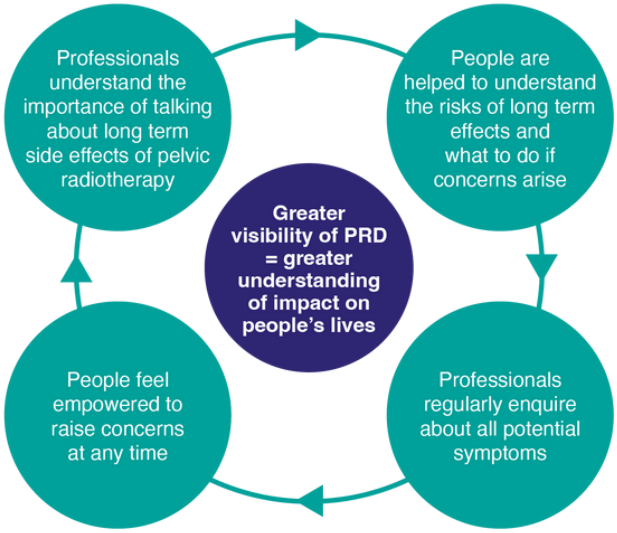
Find out more about how we can help people living with PRD by visiting our website: **prda.org.uk/support**

Professional engagement

We collaborate with healthcare professionals and develop resources to encourage the best pathways of care:

Best Practice Pathway - in 2022 we released a 163-page document designed to support the development of effective pathways of care for people with PRD which is now being used across the healthcare sector. Professional organisations that support the BPP include;

- UK Oncology Nursing Society
- the Society of Radiographers
- the British Lymphology Society



"It is ground-breaking in providing evidence and structure which will translate into improved outcomes and safer patient care."

In-person networking opportunities – we host in-person networking events for healthcare professionals and corporate partners, as we grow our community and provide opportunities for others to do the same.

Virtual Annual Conference – a series of talks and presentations, intended to share best practice, discuss research, and empower patients to advocate for better healthcare for themselves.

Bringing PRD into the professional education– by building relationships with professional organisations, we are establishing PRD as an accepted term and raising awareness of the impact of PRD on people's quality of life, and the importance of training and education for all health professionals

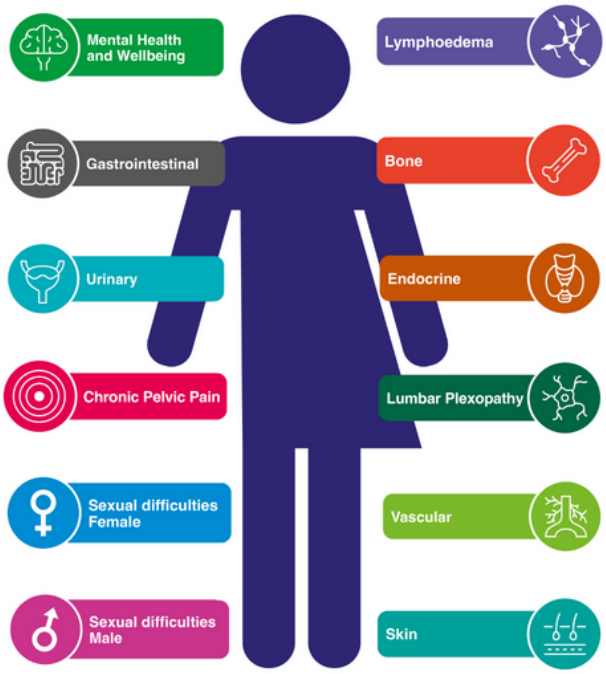
Collaborative service provision – we work with our database of healthcare professionals and late-effect services to signpost patients to options for PRD care locally and nationally.

"We must see people holistically, and think what range of organs may have been affected by their radiotherapy, and hence what questions we as professionals need to ask people about – bowel difficulties, bladder symptoms, sexual problems, fertility concerns, body image issues, fatigue, pain, skin problems, and very importantly – psychological issues."

Dr Anthony Cunliffe, Macmillan National Clinical Adviser for Primary Care, Macmillan Lead Clinical Adviser and Clinical Adviser for London, Joint Clinical Chair South East London Cancer Alliance

Best Practice Pathway and virtual conference 2022

In October 2022, we launched our Best Practice Pathway for Pelvic Radiation Disease. Within weeks this comprehensive guidance, which features contributions from leading experts across the healthcare sector, was being used in clinics and hospitals across the country. The document was launched at our online conference to an audience of over 350 healthcare professionals and represents a truly ground-breaking moment in the development of pathways of high-quality care for people experiencing PRD.



"Radiotherapy late effects are life changing, this guidance helps us to understand the challenges that people face and to manage the whole person, not just individual systems or bits of anatomy."

Dr Lisa Durrant, Consultant Therapeutic Radiographer, Radiation Late Effects Service
Beacon Radiotherapy Centre, Musgrave Park Hospital, Somerset NHS Foundation Trust

Launch of Let's Talk and Expansion of services

Thanks to funding from the National Lottery Community Fund we were able to launch Let's Talk – a five-week programme of weekly sessions to help people understand their symptoms, learn from subject matter experts and to take their first steps into PRD peer support. Over the course of the sessions, subjects covered included pain management, fatigue, diet and nutrition, and bladder and bowel health.

"The Let's Talk programme really has been great, not least because it has provided me with a connection with people who just get it which I really needed. Without that connection, life can feel pretty lonely."

PRDA service user

Highlights of 2022-2023

Out and About Toolkits are filled with useful information, tips and items to help people with PRD have more confidence when leaving the house. We distributed 223 Toolkits in 2022 and are forecasting to send out 400 in 2023, as they have become a true cornerstone of our work.

"A very useful pack both for the information and the practical items to help out in an emergency. Reassurance is life-enhancing for folk with PRD"

Our **Online Community** and **Chat Together** support groups have continued to grow and give members much-needed peer support; many speak of the great relief in speaking to someone having the same experiences as them. We supported over 500 people in this way in 2022.

Volunteering

We now have 19 volunteers, many of whom sit on our Patient Advisory Group and actively contribute to our work. They have become an important asset to the organisation helping us centre the patient voice in our decision making.

One of our volunteers spoke about their experience and the unexpected benefits of being a volunteer:

"I found out about the Pelvic Radiation Disease Association (PRDA) online. I wanted to help other people, so I came to PRDA with the aim of contributing. And then I found I was getting support that I wasn't necessarily expecting. There is someone whose symptoms are very similar to mine, and that was a relief, to talk to someone else who had the same sort of pain and the same sort of issues."

Funding

As evidenced in the annual accounts attached to the end of this report, 2022/23 was another record year for income for the PRDA.

We are grateful to the following grant-makers for their support this year:

- The National Lottery Community Fund
- Inman Charity
- Garfield Weston Foundation
- Edward Gostling Foundation
- PF Charitable Trust
- D'Oyly Carte Charitable Trust
- Dawnie Trust
- William Allen Young Charitable Trust
- Hospital Saturday Fund
- Woodroffe Benton Foundation
- Tesco Community Grants
- Albert Hunt Trust

We are also grateful to Aspire Pharma, who donated £10,000 to the charity to support our professional engagement work, focused primarily around the Best Practice Pathway and annual conference.

Social media followers up **26%**

223 Out and About Toolkits provided

Our Online Community has **doubled** in the past year

1700 web sessions on our Best Practice Pathway

Over **18,000** visitors to our website

an increase of **63%**

448 Online Community members

1100 views of our PRDA22 YouTube playlist, featuring recordings from our 2022 annual conference

Milena's Story

Due to a diagnosis of endometrial cancer in 2012, I had a full hysterectomy and oophorectomy. It was radical surgery and was followed up by five weeks of radiotherapy. Before I had the radiotherapy, I was told nothing about the possible side effects. I was told I didn't even have to have radiotherapy if I didn't want to, but in the moment you're so terrified. My husband said "you should have everything you can to prevent [the cancer from] coming back", which is always the fear – so I had it as a preventative measure.

"The biggest challenge is being able to live my full life"

I think it was about a year after treatment that I first started experiencing symptoms of PRD. I went from being horribly constipated to having diarrhoea and an upset stomach for quite a long time – it was like IBS. But then it all settled down and I thought it was finished with.

Then I had what turned out to be the first gastric attack. We had gone away for a weekend, and I thought I was going to have to go to A&E it was just so painful. By the morning it had gone, but after that I started getting them regularly.

I didn't discover anything about post-radiation effects until I found a Macmillan pamphlet a year and a half later. I sat and cried reading it. Everything just fell into place because it described my symptoms.

The biggest challenge is being able to live my full life. I have to think twice before I go on holiday and the thought of being in someone else's house where I can't have a loo to myself or a place I can go and be ill horrifies me. It does limit what I feel comfortable doing.

I haven't been given any help for the sexual issues. I tried to talk to the hospital staff about the intimacy side of things – the vaginal dilators were useless for me and painful to use. I didn't really get any help there, although they did talk about reconstructive surgery, but I thought, "No way is anyone messing about down there!"

I went for a check-up and said I wasn't managing. I mentioned the dilators but they said they hadn't given them to me so I could still have sex, but just so they could still examine me. My daughter saw what they'd given me and took me to a women-only sex shop, and they were lovely. I bought a set of dilators and lubricants which were much more comfortable, but even with those it was just too painful.

I found out about the Pelvic Radiation Disease Association (PRDA) online; I hadn't heard from anybody else having the same issues as me and was starting to doubt myself. I wanted to help other people, especially with the sexual side because I am quite open about it and because a lot of women wouldn't have a daughter who would take them to a sex shop!

Before you have the treatment for cancer, you must sign a consent form, and you think, "what alternative do I have? I just don't want cancer." When you think the options are dying or having this, what do you do? It has left me angry enough to be very willing to share this experience, because I just feel sorry for other women out there who may be going through something similar.

Report of the Trustees
for the Year Ended 31 March 2023

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

The term Pelvic Radiation Disease is still to gain general acceptance among health professionals as a valid and useful framework within which to describe brief or long lasting problems, mostly in the bowel, caused by pelvic radiotherapy. The trustees aim to bring this disease to the attention of health professionals and patients to inform them about how to alleviate their symptoms. The trustees work to have the most up to date information for patients on the various aspects of Pelvic Radiation Disease and available resources for treatment.

The objectives of the charity as per the Articles are:

To campaign for the wider recognition of Pelvic Radiation Disease as well as for improvement in National Health Service facilities and treatment to help the management of radiation induced injury.

To support patients suffering from radiation induced injury and in particular patients suffering from Pelvic Radiation Disease in any appropriate way including through a network of informal support groups that are professionally supported.

To gather information about and support research into Pelvic Radiation Disease.

Significant activities

Founded fourteen years ago as a patient support group and registered as a charity in 2012, the trustees continue to dedicate themselves, with the support of volunteers, to expand the outreach of the Pelvic Radiation Disease Association (PRDA) and to further refine the charity's provision of information, support and guidelines to both patients and health professionals.

FINANCIAL REVIEW

Financial position

It has been another good year, with increases in both spending and in fundraising. This allowed us to expand our service provision and develop new reference resources. The extra income puts the charity on a sound footing to continue expanding the range and quantity of support it provides for the foreseeable future.

The gross income of the charity for the year ended 31 March 2023 amounted to £61,947 (2021/22: £41,399) whereas costs for charitable activities were £53,554 (2021/22: £38,018), of which Governance costs were £650 (2021/22: £640). The net surplus for the year was £8,393 (2021/22: £3,381).
The overall net assets of the company have increased from £45,430 to £53,823.

Reserves policy

It is the policy of the trustees to maintain unrestricted funds, which are the free reserves of the charity, at the minimum level of £25,000.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity was established under a Memorandum of Association which established the objects of the charitable company, and is governed under its Articles of Association.

The charity is governed by the Board of seven trustees, which meets on a regular basis. The trustees oversee all day to day operations of the charity and support and advise on all financial matters. Trustees receive written minutes at Board Meetings held during the year to ensure they are kept up to date with the activities of the charity. In addition, the trustees review the Pelvic Radiation Disease Association portfolio of policies and procedures on a regular basis, and introduce new policies and procedures as appropriate.

The charity is registered with the Fundraising Regulator

Recruitment and appointment of new trustees

There were no changes to the Board of trustees during the course of the year. The Board has identified a need for more trustees who can bring specific skills and lived experience of PRD, and intends to take action to address this need.

Related parties

The Charity has no subsidiaries. There are no related parties in the charity.

Risk management

The trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operation and finances of the charity, and are satisfied that the systems are in place to mitigate their exposure to the major risks. Efforts are continuously made to increase funds. Internal risks are minimized by implementation of satisfactory operational procedures, and consistent quality of service delivery. These are reviewed by the Board on a regular basis.

PRDA does not hold any investments.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

07998409 (England and Wales)

Registered Charity number

1147802

Registered office

62 Norbiton Avenue
Kingston upon Thames
Surrey
KT1 3QP

Trustees

D E Jillings
L A Punt
B D Sacks
B K Shah
L M Smith
J A Webber
A S Boyes

Company Secretary

D E Jillings

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Mary E Ryan
Ark Accountancy
Chartered Certified Accountant
31 Cheam Road
Epsom
Surrey
KT17 1QX

Approved by order of the board of trustees on 11 August 2023 and signed on its behalf by:

D E Jillings - Trustee

Independent examiner's report to the trustees of PELVIC RADIATION DISEASE ASSOCIATION ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

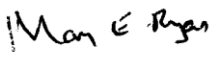
Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

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

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

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



Mary E Ryan

Ark Accountancy
Chartered Certified Accountant
31 Cheam Road
Epsom
Surrey
KT17 1QX

Date: 26.9.23

PELVIC RADIATION DISEASE ASSOCIATION

Statement of Financial Activities
for the Year Ended 31 March 2023

	Notes	Unrestricted fund £	Restricted fund £	31.3.23 Total funds £	31.3.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		5,467	-	5,467	7,829
Charitable activities					
Penguins against cancer		-	-	-	5,000
Dawnie Trust		2,000	-	2,000	1,000
P F Trust		4,000	-	4,000	-
Albert Hunt Trust		1,000	-	1,000	-
Gisella Graham Foundation		-	-	-	1,000
National Lottery Community Fund		-	8,928	8,928	-
The Woodroffe Benton Foundation		-	1,500	1,500	-
Hospital Saturday Fund		-	2,000	2,000	2,000
Community Fund Local Connect		-	-	-	2,450
Aspire Pharma		10,000	-	10,000	10,000
Tesco Community Fund		1,000	-	1,000	-
The D'Oyly Carte Charitable Trust		-	3,000	3,000	-
Garfield Weston		-	5,000	5,000	-
The Inman Charity		-	5,000	5,000	-
William Allen Young Charitable Trust		2,000	-	2,000	-
Edward Gostling Foundation		4,000	-	4,000	-
Other trading activities	2	6,552	-	6,552	12,120
Total		36,519	25,428	61,947	41,399
EXPENDITURE ON					
Charitable activities					
Charitable activities		38,232	15,322	53,554	32,671
Lennox Hannay Charitable Trust		-	-	-	1,795
Community Fund Local Connect		-	-	-	3,552
Total		38,232	15,322	53,554	38,018
NET INCOME/(EXPENDITURE)		(1,713)	10,106	8,393	3,381
Transfers between funds	9	(166)	166	-	-
Net movement in funds		(1,879)	10,272	8,393	3,381
RECONCILIATION OF FUNDS					
Total funds brought forward		45,430	-	45,430	42,049
TOTAL FUNDS CARRIED FORWARD		43,551	10,272	53,823	45,430

The notes form part of these financial statements

Balance Sheet
31 March 2023

	Notes	Unrestricted fund £	Restricted fund £	31.3.23 Total funds £	31.3.22 Total funds £
CURRENT ASSETS					
Debtors	7	150	-	150	150
Cash at bank		45,769	11,133	56,902	47,605
		45,919	11,133	57,052	47,755
CREDITORS					
Amounts falling due within one year	8	(2,368)	(861)	(3,229)	(2,325)
NET CURRENT ASSETS		43,551	10,272	53,823	45,430
TOTAL ASSETS LESS CURRENT LIABILITIES		43,551	10,272	53,823	45,430
NET ASSETS		43,551	10,272	53,823	45,430
FUNDS	9				
Unrestricted funds				43,551	45,430
Restricted funds				10,272	-
TOTAL FUNDS				53,823	45,430

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for
(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

continued...

Balance Sheet - continued
31 March 2023

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 11 August 2023 and were signed on its behalf by:

.....
D E Jillings - Trustee

.....
J A Webber - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, 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 Companies Act 2006. 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.

Website - 33% on cost

Taxation
The charity is exempt from corporation 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 charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. OTHER TRADING ACTIVITIES

	31.3.23	31.3.22
	£	£
Fundraising events	6,552	11,814
Other income	-	306
	6,552	12,120

continued...

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There no trustees' expenses paid to the trustees in their role as trustees for the year ended 31 March 2023 nor for the year ended 31 March 2022.

4. STAFF COSTS

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

	31.3.23	31.3.22
Administrators	3	1

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

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	7,829	-	7,829
Charitable activities			
Penguins against cancer	5,000	-	5,000
Dawnie Trust	1,000	-	1,000
Gisella Graham Foundation	1,000	-	1,000
Hospital Saturday Fund	2,000	-	2,000
Community Fund Local Connect	-	2,450	2,450
Aspire Pharma	10,000	-	10,000
Other trading activities	12,120	-	12,120
Total	38,949	2,450	41,399
EXPENDITURE ON			
Charitable activities			
Charitable activities	32,671	-	32,671
Lennox Hannay Charitable Trust	-	1,795	1,795
Community Fund Local Connect	-	3,552	3,552
Total	32,671	5,347	38,018
NET INCOME/(EXPENDITURE)	6,278	(2,897)	3,381
Transfers between funds	4,413	(4,413)	-
Net movement in funds	10,691	(7,310)	3,381
RECONCILIATION OF FUNDS			
Total funds brought forward	34,739	7,310	42,049

continued...

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted fund £	Total funds £
TOTAL FUNDS CARRIED FORWARD	45,430	-	45,430

6. TANGIBLE FIXED ASSETS

	Website £
COST	
At 1 April 2022 and 31 March 2023	12,792
DEPRECIATION	
At 1 April 2022 and 31 March 2023	12,792
NET BOOK VALUE	
At 31 March 2023	-
At 31 March 2022	-

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23 £	31.3.22 £
Tax	150	150

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23 £	31.3.22 £
Social security and other taxes	(99)	(538)
Other creditors	2,678	2,223
Accrued expenses	650	640
	3,229	2,325

9. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	45,430	(1,713)	(166)	43,551
Restricted funds				
Restricted funds	-	10,106	166	10,272
TOTAL FUNDS	45,430	8,393	-	53,823

continued...

9. 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	36,519	(38,232)	(1,713)
Restricted funds			
Restricted funds	25,428	(15,322)	10,106
TOTAL FUNDS	61,947	(53,554)	8,393

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	34,739	6,278	4,413	45,430
Restricted funds				
Restricted funds	7,310	(2,897)	(4,413)	-
TOTAL FUNDS	42,049	3,381	-	45,430

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	38,949	(32,671)	6,278
Restricted funds			
Restricted funds	2,450	(5,347)	(2,897)
TOTAL FUNDS	41,399	(38,018)	3,381

continued...

9. MOVEMENT IN FUNDS - continued

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

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	34,739	4,565	4,247	43,551
Restricted funds				
Restricted funds	7,310	7,209	(4,247)	10,272
TOTAL FUNDS	42,049	11,774	-	53,823

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	75,468	(70,903)	4,565
Restricted funds			
Restricted funds	27,878	(20,669)	7,209
TOTAL FUNDS	103,346	(91,572)	11,774

10. RELATED PARTY DISCLOSURES

Expenses of £2,558 were reimbursed to 1 director during the year (2022 £1,826 to 4 directors)

PELVIC RADIATION DISEASE ASSOCIATION

Detailed Statement of Financial Activities
for the Year Ended 31 March 2023

	31.3.23 £	31.3.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	4,679	5,390
Gift aid	788	2,439
	5,467	7,829
Other trading activities		
Fundraising events	6,552	11,814
Other income	-	306
	6,552	12,120
Charitable activities		
Grants	49,928	21,450
Total incoming resources	61,947	41,399
EXPENDITURE		
Charitable activities		
Wages	34,090	24,290
Pensions	469	229
Insurance	468	425
Telephone	385	531
Postage & stationery	953	158
Leaflets and posters	4,126	445
Sundries	2,113	258
Travel	315	-
Subscriptions & registrations	98	85
Room hire & catering	3,292	-
Payroll & HR	144	144
IT & website	2,272	2,688
Consultancy	-	3,605
Training	55	-
Conferences	-	968
O&A Toolkit	4,124	3,552
	52,904	37,378
Support costs		
Governance costs		
Accountancy fees	650	640
Total resources expended	53,554	38,018
Net income	8,393	3,381

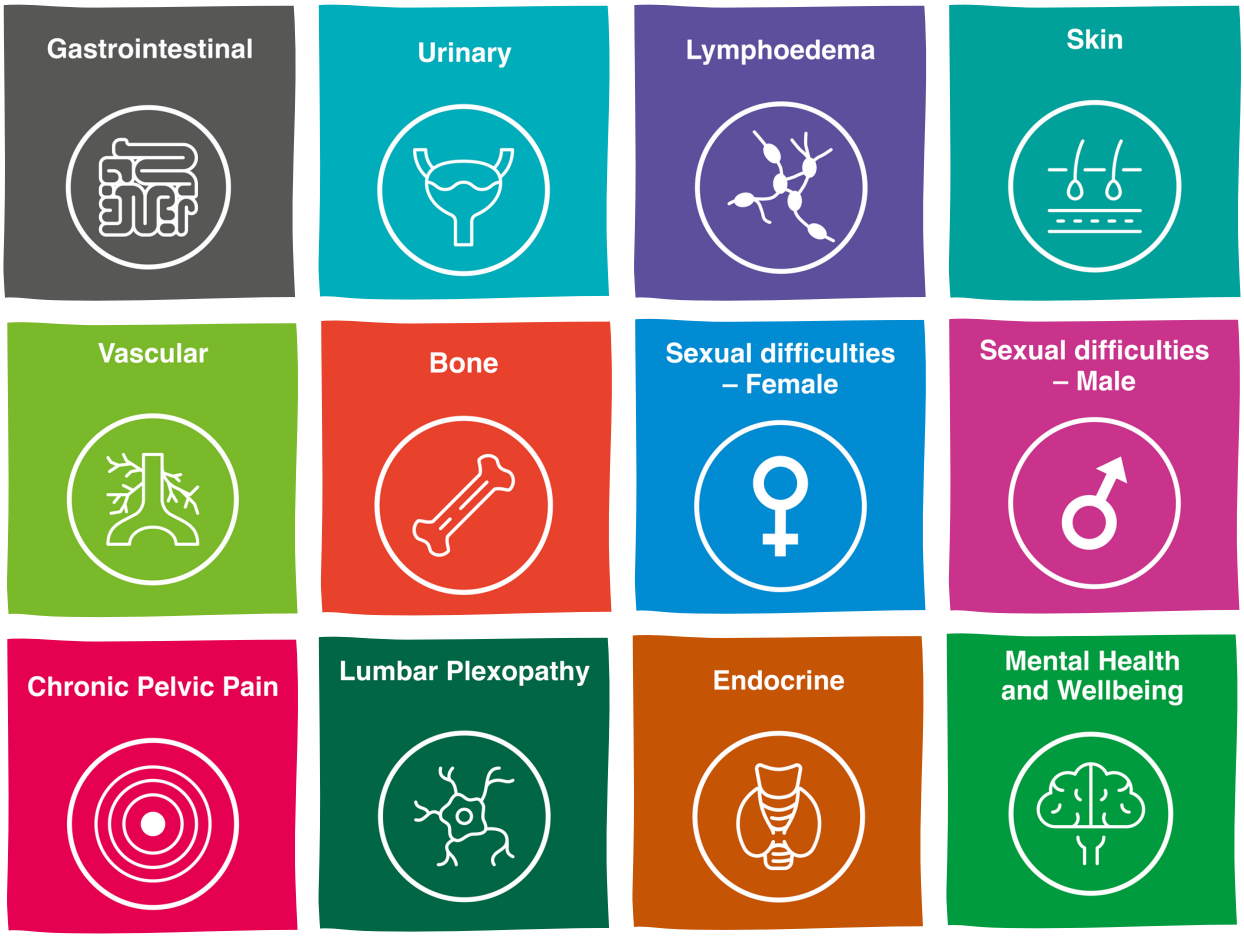
We give a voice to people affected by Pelvic Radiation Disease

The Pelvic Radiation Disease Association aims to support all people affected by, or at risk of, side effects due to pelvic radiotherapy, at any stage of cancer treatment, and however long ago cancer treatment was given.

The Best Practice Pathway for Pelvic Radiation Disease addresses the lack of awareness about the impact PRD has on people's lives, and the lack of knowledge about how to improve symptoms and quality of life.

The Best Practice Pathway for Pelvic Radiation Disease can be accessed via the QR code.

Each chapter covers key clinical management steps, and points users to published guidance, service models, quality standards and sources of professional education. There is also a comprehensive section on supporting people to self-manage their PRD symptoms. In addition, the document provides advice on service development.



prda.org.uk/prd-best-practice-pathway

website | prda.org.uk
email | info@prda.org.uk

#PelvicRadiationDisease

September 2023

PELVIC RADIATION DISEASE ASSOCIATION

England & Wales - Charity number 1147802

Accounts

PELVIC RADIATION DISEASE ASSOCIATION

Annual Report 2021-2022

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Legal & Administrative Information

Registered Company number: 07998409 (England and Wales)

Registered Charity number: 1147802

Registered office: 62 Norbiton Avenue, Kingston upon Thames, Surrey, KT1 3QP

Chair:

John A Webber

Trustees:
Alison S Boyes
David E Jillings
Dr Lisa A Punt
Dr Benjamin D Sacks
Bhumi Shah
Dr Lesley Smith

Company Secretary: D E Jillings

Independent Examiner Details:

Mary E Ryan
FCCA, CertPFS, DChA
Ark Accountancy, Chartered Certified Accountant, 31 Cheam Road Epsom Surrey, KT17 1QX

Foreword

Samantha Bostock

In my role as a Late Effects Lead Radiographer, I have seen first-hand the incredibly debilitating impact Pelvic Radiation Disease can have on people in the months and years following radiotherapy for pelvic cancers. It can destroy quality of life due to the physical, emotional, and psychological impact of symptoms in so many ways – people are unable to leave their homes, work or continue relationships. Symptoms can be distressing and life-changing following cancer treatment – and often devastating in their severity.

The work of PRDA means that people feel less alone. The charity helps people to understand and take control of their symptoms and gives people the confidence to ask questions of their healthcare team. The work this charity does to raise awareness and support both people living with PRD and their carers is wide-ranging and invaluable. They give a voice to people with PRD.

Equally important is their work with health care professionals who work with people experiencing PRD to improve their symptoms and quality of life – not to mention those professionals who are unaware of PRD, which is a far greater number than we might like to think. PRDA's support is instrumental in building radiotherapy late effects services, and in developing the resources we need to ensure our patients receive the best care possible.
It is vital that PRDA continue to receive support so they can build on the vital work they do in raising awareness of PRD and its management. I very much look forward to continuing to work with them over the coming year.

Introduction

John Webber - Chair of Trustees

In 2021/22, against the backdrop of the nation coming out of lockdown, PRDA continued to grow while putting into practice all we had learned during the coronavirus pandemic.

Being forced to move our support services online had been a revelation for the organisation, and we have continued to offer fully remote support to patients over the past year.
As ever, we have divided our focus into two key areas: direct patient support, and professional engagement.

Our online community and remote support offerings have continued to grow steadily, while our ground-breaking Out and About Toolkits, launched in December, have quickly become a cornerstone of our work.

Alongside our support offering, we have also launched our volunteering programme, and now have 14 volunteers. Most notably, we established our Patient Advisory Group – we thank them wholeheartedly for their feedback and consultancy throughout the year.

Our professional engagement programme has continued to build off of the successes of last year's Annual Conference, and we look forward to launching our new Best Practice Pathway later in 2022. This will be a pioneering piece of work and has taken huge effort from our Trustees Dr Lesley Smith and Dr Ben Sacks, alongside countless hours contributed by our network of health professionals. The document will be launched at our conference in the autumn and is set to be a ground-breaking moment for the organisation.

As ever, we are incredibly grateful to our supporters and donors for the contributions they have made to fund our critical work. As an organisation, we have grown our turnover year-on-year since our formation in 2012, and we now feel that we are uniquely well-placed to support people living with PRD. It is because of this that we feel a great responsibility to give a voice to people living with PRD, and we are now more dedicated and focused on these aims than ever.

Thank you.

> we feel a great responsibility to give a voice to people living with PRD, and we are now more dedicated and focused on these aims than ever

About the PRDA, our aims and objectives

The Pelvic Radiation Disease Association gives a voice to people affected by Pelvic Radiation Disease, an extremely debilitating condition caused by radiotherapy treatment for cancer in the pelvic area. By offering information, peer-to-peer support, and advocacy for patients, we improve quality of life for people who have been treated for cancer but are now living with the consequences.

We exist to help the estimated 100,000 people in the UK who had been hoping to get back to a normal life after cancer but are now living with PRD. The disease can destroy a patient's quality of life due to difficulties with bladder and bowel control, sexual function, fertility, and mobility, as well as social isolation and mental health issues.

The key objectives and outcomes of our work are:

Outcome	Performance indicator
Fewer people feel alone while experiencing the debilitating symptoms of PRD	Increasing the number of patients engaging with our direct support offerings, including the Chat Together support groups, Online Community, and new one-to-one support pilot project.
Better information is made available to patients in advance of radiotherapy treatment	We are producing new literature for patients and will disseminate the most up to date PRDA information to as many people affected by PRD as possible.
Better understanding among health professionals who are treating people with PRD symptoms	Bringing together greater numbers of health professionals to engage in conversations about PRD, launching the Best Practice Pathway to the widest possible audience and seeing increased engagement with our resources for health professionals.
Reduced stigma associated with having long-term, embarrassing symptoms after cancer treatment	More usage of our Out and About Toolkits to give people more confidence in managing their symptoms, and access to patient stories and peer support to help people know they are not alone.
Wider awareness of PRD in the medical and research community and evidence of the need to conduct more research on how to prevent and treat PRD	Widening our corporate network of companies working in these fields, strengthening our relationships with other charities working in the sector, and growing our network of health professionals. Establishing Pelvic Radiation Disease as an accepted term and getting it included in data collected by clinics.
Improved quality of life for people affected by PRD.	Increased uptake of our support services. Regular discourse and consultation with our Patient Advisory Group in all areas of our work to ensure we are offering people affected by PRD the help they want and need.

Growth of the volunteering programme and PAG

Since recruiting a Services and Volunteer Officer, we have been able to launch our volunteering programme and Patient Advisory Group quickly, and they are now central to our success. Our Patient Advisory Group now has eight members, and they feed into many areas of the organisation's work, to reflect the voice of people living with PRD. We thank them for their efforts over the past year.

Out and About Toolkits

Our new Out and About Toolkits are filled with useful information, tips, and items to help people with PRD have more confidence when leaving the house – something which can be extremely challenging when struggling with PRD symptoms. We were thrilled to see our initial pilot run of 100 packs – funded by the National Lottery – run out within five weeks back in December 2021, and we are now planning to distribute another 300 packs before the end of the financial year.

Professional engagement

The majority of our focus has been the production of the Best Practice Pathway for Pelvic Radiation Disease, a reference for any clinician who encounters PRD. In order to create this resource, we have been working closely with clinicians and academics up and down the country.

PRDA has also had abstracts and poster presentations accepted at clinical conferences. This is an excellent opportunity to meet and exchange ideas with others working in PRD.

Growth of all platforms and service offerings

Our network of supporters, patients and professionals has continued to grow steadily as we expand our reach and diversify our work.

We have seen rises in all metrics across our online platforms and channels, and our Online Community and Chat Together groups are experiencing higher levels of engagement than ever. Our online community has grown to 297 members and has had an amazing 38,000 page views.

Visits to our website were up by 65% compared to the previous year and our social media followers have increased by 34% which we are really pleased to see. We are always looking for new ways to support people with PRD, and these channels are what allow us to do that.

Surpassing income targets

Despite setting a higher target than ever before and forecasting an acceptable operational loss for the financial year, 2021/22 broke all records for income for PRDA. This was in large part due to a donation of £10,000 from Aspire Pharma, to help us fund our upcoming Best Practice Pathway and Annual Conference. We also saw record income from regular and individual donors, and we thank everyone who chose to contribute to PRDA in the last year.

Operational improvements

Over the previous year we have made a number of important internal changes to improve our operational processes.

We now have three part-time members of **staff** covering three distinct areas of operation: Marketing and Communications, Fundraising and Events, and Services and Volunteering. As a result, we are expanding our work quicker than ever, and our staff can now focus more on their particular areas of work.

We have introduced a **Client Relationship Management** system to help us capture more and better data, which will inform our work in the future. While it can be a long process to introduce a new CRM, we are already noticing the benefits of more streamlined data capture.

Alongside the introduction of the CRM, we have also moved to **Microsoft 365** to enable better remote and asynchronous working. Since the pandemic, we have moved to a fully remote working process with members of our team and Board located in many different areas of the UK.

Our year in numbers

Social media followers up **34%**

Over **350** professionals and patients attended our first digital Annual Conference

Over **11,000** visitors to our website

an increase of **65%**

152 Out and About Toolkits provided

27+ hours of sessions for our Chat Together service

297 Online Community members

Our online community for people living with Pelvic Radiation Disease also had **38,0000** page views

"The patient stories on the PRDA website have repeatedly reminded me that I'm not alone, and that I'm not imagining the symptoms I'm living with. Persistent pain without an obvious injury than can be seen is hard for people to understand, including in your own mind, and I've often wondered if I'm somehow making it worse than it really is."

Rebecca's Story

I was diagnosed with colorectal cancer in March 2017 and 6 weeks of radiotherapy started in May of that year.

I was given the all-clear in 2018, from the colorectal cancer, but two weeks after that all-clear I was rushed into hospital with severe kidney pain, due to a blockage. The consultants then told me that I now had a life-long issue, because the radiotherapy had caused scar tissue in the ureter, between the kidney and the bladder.

Hearing the consultant say that the radiotherapy had caused the blockage really set me back.

PRD has such a varied number of symptoms. I've also had a kidney removed because of it. Generally, it's quite difficult; you can be on the toilet all day, or you can be in agony because you're not going for four or five days.

The biggest impact that PRD has had on me is the shock of being taken into hospital after being given the all-clear. When you realise that the radiotherapy has caused such serious issues, your mental health just plummets, because it's so unexpected.

PRD is worse than the cancer, and I was totally unprepared for it. It's such a rollercoaster and just so unexpected.

People do need to be aware, that, if there are issues, you can get help.

Finding PRDA made me feel so relieved. Suddenly, you've got a great big hug! It's not just you, there are other people like you. There's a group of people that know exactly what I'm going through. The PRDA want to help others; they want to educate health professionals.

My big message to other people who might be experiencing late effects symptoms – whether they have a PRD diagnosis or not – is that you are not alone.

A summary of our plans for the year ahead

Services

Let's Talk programme

In 2022 we received grant funding from the National Lottery Community Fund to set up a new programme to help people experiencing PRD for the first time to better understand their symptoms, and how to manage them.

Volunteering

Continue to build the volunteering programme
We will increase our range of opportunities to volunteers and develop our volunteer resources hub so we can better support the people who give up their time to support us.

Professional engagement

Best Practice Pathway

We will launch a pioneering document outlining pathways of care for people with, or at risk of, PRD, that we have developed in conjunction with leading experts in the field of pelvic radiotherapy.

2022 Annual Conference

The launch of the Best Practice Pathway will happen at our Annual Conference, as we bring together patients and professionals to discuss treatment and diagnosis of PRD.

Awareness

Increasing reach

We will continue to focus on expanding our reach through social media and leaning on our partners to help us spread information about PRD further.

Better information

Our Best Practice Pathway for Pelvic Radiation Disease and its accompanying literature will help both healthcare professionals and people affected by PRD to better understand the condition and the care options available.

Fundraising

Increasing and diversifying income

As an organisation we have grown our turnover steadily year-on-year since forming in 2012. Our focus is now to build a long-term, sustainable fundraising strategy that will allow us to scale up all our service offerings.

Report of the Trustees
for the Year Ended 31 March 2022

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

The term Pelvic Radiation Disease is still to gain general acceptance among health professionals as a valid and useful framework within which to describe brief or long lasting problems, mostly in the bowel, caused by pelvic radiotherapy. The trustees aim to bring this disease to the attention of health professionals and patients to inform them about how to alleviate their symptoms. The trustees work to have the most up to date information for patients on the various aspects of Pelvic Radiation Disease and available resources for treatment.

The objectives of the charity as per the Articles are:

To campaign for the wider recognition of Pelvic Radiation Disease as well as for improvement in National Health Service facilities and treatment to help the management of radiation induced injury.

To support patients suffering from radiation induced injury and in particular patients suffering from Pelvic Radiation Disease in any appropriate way including through a network of informal support groups that are professionally supported.

To gather information about and support research into Pelvic Radiation Disease.

Significant activities

Founded thirteen years ago as a patient support group and registered as a charity in 2012, the trustees continue to dedicate themselves, with the support of volunteers, to expand the outreach of the Pelvic Radiation Disease Association (PRDA) and to further refine the charity's provision of information, support and guidelines to both patients and health professionals.

FINANCIAL REVIEW

The year started with an ambitious spending target and the possibility of a small and acceptable operating loss over the period. Fundraising managed to exceed expectations and match spending, resulting in a year with a record turnover by some considerable margin but also a small increase in funds in the bank.

Financial Position

The gross income of the charity for the year ended 31 March 2022 amounted to £41,399 (2020/21: £28,391) whereas costs for charitable activities were £38,018 (2020/21: £30,938), of which Governance costs were £640 (2020/21: £620). The net surplus for the year was £3,381 (2020/21: deficit £2,547).
The overall net assets of the company have increased from £42,049 to £45,430.

Reserves policy

It is the policy of the trustees to maintain unrestricted funds, which are the free reserves of the charity, at the minimum level of £10,000.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity was established under a Memorandum of Association which established the objects of the charitable company, and is governed under its Articles of Association.
The charity is governed by the Board of trustees, which meets on a regular basis. The secretary and the trustees manage all day to day operations of the charity and support and advise on all financial matters.
The charity is registered with the Fundraising Regulator

Recruitment and appointment of new trustees

Trustees receive written minutes at Board Meetings held during the year to ensure they are kept up to date with the activities of the charity. In addition, the trustees review The Pelvic Radiation Disease Association portfolio of policies and procedures on a regular basis, and introduce new policies and procedures as appropriate.

Mr Willie Auld resigned as a trustee 20/12/2021.

Related parties

The Charity has no subsidiaries. There are no related parties in the charity.

Risk management

The trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operation and finances of the charity, and are satisfied that the systems are in place to mitigate their exposure to the major risks. Efforts are continuously made to increase funds. Internal risks are minimized by implementation of satisfactory operational procedures, and consistent quality of service delivery. These are reviewed by the Board on a regular basis.

PRDA does not hold any investments.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

07998409 (England and Wales)

Registered Charity number

1147802

Registered office

62 Norbiton Avenue
Kingston upon Thames
Surrey
KT1 3QP

Trustees

W Auld (resigned 20.12.21)
D E Jillings
Dr L A Punt
Dr B D Sacks
B K Shah
Dr L M Smith
J A Webber (Chair)
Ms A S Boyes

Company Secretary

D E Jillings

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Mary E Ryan
FCCA, CertPFS, DChA
Ark Accountancy
Chartered Certified Accountant
31 Cheam Road
Epsom
Surrey
KT17 1QX

Approved by order of the board of trustees on 12 August 2022 and signed on its behalf by:

D E Jillings - Trustee

Independent Examiner's Report to the Trustees of
PELVIC RADIATION DISEASE ASSOCIATION

Independent examiner's report to the trustees of PELVIC RADIATION DISEASE ASSOCIATION ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

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

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

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

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

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

Mary E Ryan
FCCA, CertPFS, DChA
Ark Accountancy
Chartered Certified Accountant
31 Cheam Road
Epsom
Surrey
KT17 1QX

Date: 31/10/22

PELVIC RADIATION DISEASE ASSOCIATION

Statement of Financial Activities
for the Year Ended 31 March 2022

	Notes	Unrestricted fund £	Restricted fund £	31.3.22 Total funds £	31.3.21 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		7,829	-	7,829	6,362
Charitable activities					
Penguins against cancer		5,000	-	5,000	-
Dawnie Trust		1,000	-	1,000	-
P F Trust		-	-	-	3,000
Gisella Graham Foundation		1,000	-	1,000	1,000
National Lottery Community Fund		-	-	-	4,400
The Woodroffe Benton Foundation		-	-	-	500
Lennox Hannay Charitable Trust		-	-	-	1,000
National Lottery Local Community Fund		-	-	-	2,486
Hospital Saturday Fund		2,000	-	2,000	-
Community Fund Local Connect		-	2,450	2,450	-
Aspire Pharma		10,000	-	10,000	-
Other trading activities	2	12,120	-	12,120	9,643
Total		38,949	2,450	41,399	28,391
EXPENDITURE ON					
Charitable activities					
Charitable activities		32,671	-	32,671	30,938
Lennox Hannay Charitable Trust		-	1,795	1,795	-
Community Fund Local Connect		-	3,552	3,552	-
Total		32,671	5,347	38,018	30,938
NET INCOME/(EXPENDITURE)		6,278	(2,897)	3,381	(2,547)
Transfers between funds	10	4,413	(4,413)	-	-
Net movement in funds		10,691	(7,310)	3,381	(2,547)
RECONCILIATION OF FUNDS					
Total funds brought forward		34,739	7,310	42,049	44,596
TOTAL FUNDS CARRIED FORWARD		45,430	-	45,430	42,049

The notes form part of these financial statements

PELVIC RADIATION DISEASE ASSOCIATION

Balance Sheet
31 March 2022

	Notes	Unrestricted fund £	Restricted fund £	31.3.22 Total funds £	31.3.21 Total funds £
CURRENT ASSETS					
Debtors	8	150	-	150	100
Cash at bank		47,398	207	47,605	44,528
		47,548	207	47,755	44,628
CREDITORS					
Amounts falling due within one year	9	(2,118)	(207)	(2,325)	(2,579)
NET CURRENT ASSETS		45,430	-	45,430	42,049
TOTAL ASSETS LESS CURRENT LIABILITIES		45,430	-	45,430	42,049
NET ASSETS		45,430	-	45,430	42,049
FUNDS	10				
Unrestricted funds				45,430	34,739
Restricted funds				-	7,310
TOTAL FUNDS				45,430	42,049

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

Balance Sheet - continued
31 March 2022

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 12 August 2022 and were signed on its behalf by:

D E Jillings - Trustee

J A Webber - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, 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 Companies Act 2006. 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.

Website - 33% on cost

Taxation
The charity is exempt from corporation 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 charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. OTHER TRADING ACTIVITIES

	31.3.22	31.3.21
	£	£
Fundraising events	11,814	7,368
Other income	306	2,275
	12,120	9,643

continued...

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.22	31.3.21
	£	£
Depreciation - owned assets	-	3,142

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There no trustees' expenses paid to the trustees in their role as trustees for the year ended 31 March 2022 nor for the year ended 31 March 2021

5. STAFF COSTS

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

	31.3.22	31.3.21
Administrator	1	1

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

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted fund	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	6,362	-	6,362
Charitable activities			
P F Trust	3,000	-	3,000
Gisella Graham Foundation	1,000	-	1,000
National Lottery Community Fund	-	4,400	4,400
The Woodroffe Benton Foundation	500	-	500
Lennox Hannay Charitable Trust	-	1,000	1,000
National Lottery Local Community Fund	-	2,486	2,486
Other trading activities	9,643	-	9,643
Total	20,505	7,886	28,391
EXPENDITURE ON			
Charitable activities			
Charitable activities	23,788	7,150	30,938
NET INCOME/(EXPENDITURE)	(3,283)	736	(2,547)

continued...

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted fund £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	38,022	6,574	44,596
TOTAL FUNDS CARRIED FORWARD	34,739	7,310	42,049

7. TANGIBLE FIXED ASSETS

	Website £
COST	
At 1 April 2021 and 31 March 2022	12,792
DEPRECIATION	
At 1 April 2021 and 31 March 2022	12,792
NET BOOK VALUE	
At 31 March 2022	-
At 31 March 2021	-

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22 £	31.3.21 £
Tax	150	100

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22 £	31.3.21 £
Social security and other taxes	(538)	61
Other creditors	2,223	1,898
Accrued expenses	640	620
	2,325	2,579

10. MOVEMENT IN FUNDS

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	34,739	6,278	4,413	45,430
Restricted funds				
Restricted funds	7,310	(2,897)	(4,413)	-
TOTAL FUNDS	42,049	3,381	-	45,430

continued...

10. 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	38,949	(32,671)	6,278
Restricted funds			
Restricted funds	2,450	(5,347)	(2,897)
TOTAL FUNDS	41,399	(38,018)	3,381

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	38,022	(3,283)	34,739
Restricted funds			
Restricted funds	6,574	736	7,310
TOTAL FUNDS	44,596	(2,547)	42,049

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	20,505	(23,788)	(3,283)
Restricted funds			
Restricted funds	7,886	(7,150)	736
TOTAL FUNDS	28,391	(30,938)	(2,547)

continued...

10. MOVEMENT IN FUNDS - continued

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

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	38,022	2,995	4,413	45,430
Restricted funds				
Restricted funds	6,574	(2,161)	(4,413)	-
TOTAL FUNDS	44,596	834	-	45,430

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	59,454	(56,459)	2,995
Restricted funds			
Restricted funds	10,336	(12,497)	(2,161)
TOTAL FUNDS	69,790	(68,956)	834

11. RELATED PARTY DISCLOSURES

Expenses of £2,558 were reimbursed to 1 director during the year (2021 £1,826 to 4 directors)

PELVIC RADIATION DISEASE ASSOCIATION

Detailed Statement of Financial Activities
for the Year Ended 31 March 2022

	31.3.22 £	31.3.21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	5,390	4,918
Gift aid	2,439	1,444
	7,829	6,362
Other trading activities		
Fundraising events	11,814	7,368
Other income	306	2,275
	12,120	9,643
Charitable activities		
Grants	21,450	12,386
Total incoming resources	41,399	28,391
EXPENDITURE		
Charitable activities		
Wages	24,290	15,515
Pensions	229	52
Insurance	425	415
Telephone	531	448
Postage & stationery	158	1,548
Leaflets and posters	445	-
Sundries	258	429
Subscriptions & registrations	85	98
Fundraising	-	857
Payroll & HR	144	144
IT & website	2,688	1,232
Consultancy	3,605	4,305
Training	-	2,133
Conferences	968	-
O&A Toolkit	3,552	-
Dep'n of website	-	3,142
	37,378	30,318
Support costs		
Governance costs		
Accountancy fees	640	620
Total resources expended	38,018	30,938
Net income/(expenditure)	3,381	(2,547)

Treated for cancer & living with the consequences?

We give a voice to people affected by Pelvic Radiation Disease

website | prda.org.uk
office | 0113 278 5405
email | info@prda.org.uk

#PelvicRadiationDisease

November 2022

PELVIC RADIATION DISEASE ASSOCIATION

England & Wales - Charity number 1147802

Accounts

PELVIC
RADIATION
DISEASE
ASSOCIATION

Annual Report 2020-2021

Legal & Administrative Information

Registered Company number:
07998409 (England and Wales)

Registered Charity number:
1147802

Registered office:
62 Norbiton Avenue, Kingston upon Thames, Surrey, KT1 3QP

Trustees:
Wille Auld
Sue Boyes (appointed 11.9.20)
David E Jillings
Jane P Norris-Jones (resigned 16.1.21)
Dr Lisa A Punt (appointed 15.5.20)
Dr Benjamin D Sacks (appointed 25.5.20)
Bhumi Shah (appointed 12.6.20)
Dr Lesley Smith
Richard C Surman (resigned 11.12.20)
Lorraine Whyte (appointed 25.5.20) (resigned 1.12.20)
John A Webber (appointed 18.6.20)

Company Secretary:
D E Jillings

Independent Examiner Details:
Mary E Ryan
FCCA, CertPFS, DChA
Ark Accountancy
Chartered Certified Accountant
31 Cheam Road Epsom Surrey
KT17 1QX

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Foreword

As an agony columnist, I am all too familiar with the deep distress felt by people who have difficulties in their lives that make them feel they have no-one to turn to.

I also know how much Pelvic Radiation Disease can affect people's lives, both physically and mentally, and how hard it is to talk about, even to close family. The sense of isolation and uncertainty is very real, made worse of course by the pandemic lockdowns.

I greatly admire how the Pelvic Radiation Disease Association has adapted through this last year to offer more support online and by phone for people struggling to cope after their cancer treatment. Helping people find out that they are not alone and that there are effective ways to get back to doing the things they love is what this charity does so well. I wish the charity and its friends and supporters a very successful year ahead.

Virginia Ironside, Patron of the Pelvic Radiation Disease Association

About the PRDA

Pelvic Radiation Disease (PRD) is a long-term side-effect ('late effect') of pelvic radiotherapy treatment affecting an estimated 100,000 people in the UK. People affected by PRD often have a complex set of symptoms affecting the bowel, bladder, sexual function or other functions for many years after radiotherapy, sometimes only appearing several years after radiotherapy treatment.

PRDA is a small UK charity, established in 2012 in order to do something about the poor quality of life experienced by so many people with PRD. PRDA's objectives are to see that the effects of PRD are minimised, that people affected by PRD are given the best possible care and treatment, and that PRD is accepted as a serious problem and given the attention it deserves

PRDA aims to have an impact by:

- Providing and facilitating direct support and information to people affected by, or at risk of PRD · Providing a voice for people affected by PRD.
- Influencing decision-makers to achieve adequate, dedicated funding for PRD services across the UK.
- Working with charity, professional organisations, NHS and other partners to improve health and social services for people affected by PRD.
- Working with charity and professional organisation partners to improve professional awareness and education on the prevention and treatment of PRD.
- Influencing research and trials that address issues to do with PRD.

PRDA is run by a Board of volunteer Trustees supported by a small office team. PRDA has a network of incredible volunteers who provide much-needed help and support - not forgetting our Medical Advisory Panel, who provide valuable advice.

Introduction

John Webber - Chair of Trustees

I am incredibly proud of the way PRDA has grown and the hurdles we have overcome in the last year. Against the backdrop of Covid-19 and following the departure of two instrumental and long-tenured Trustees, the charity has continued to develop its support offering to many people living with the devastating effects of PRD.

We have made several changes to our Board, with five new Trustees bringing a wealth of experience and expertise to help the charity continue to extend its services and influence. Our former Chair Richard Surman and Hon. Secretary Jane Norris-Jones both stepped down, and I would like to take this opportunity to recognise the incredible sense of purpose and the energy they brought with them, which carried the charity from its creation to where it is today.

As we have been confined to our houses during the pandemic, PRDA has rapidly expanded our remote and online work. Whether building an online community for peer-to-peer support and conversation, welcoming individuals to remote 'Chat Together' support meetings, or making outbound calls to our supporters and service users, our focus has remained squarely on how we can improve the lives of people affected by PRD and reduce their sense of isolation.

We have grown in other ways, too – delivering our first all-day online conference to over 350 registered attendees, working in collaboration with Jo's Cervical Cancer Trust to publish important new findings about PRD, increasing our volunteering and professional engagement work and bringing skilled new personnel into our office team.

We continue to operate under an incredibly restrictive budget, and the challenge facing the organisation to raise the profile of PRD among patients and professionals remains vast.

We are ever grateful to every single one of our supporters, donors, fundraisers, medical advisors and volunteers for your support and we thank wholeheartedly everyone who has contributed to the success of PRDA in 2020/21.

It is due to you that we are achieving more than ever before, but we have many more ambitions, and we look forward to your ongoing support in 2021/22 and beyond.

“We are ever grateful to every single one of our supporters, donors, fundraisers, medical advisors and volunteers for your support and we thank wholeheartedly everyone who has contributed to the success of PRDA in 2020/21.”

Highlights of 2020-2021

2020/21 has been an extraordinary year in the life of PRDA, with many positive changes happening, despite the pandemic. Here are some of our top highlights, showing how we have extended our support for people with PRD and substantially grown our influence.

Launch of Online Community

In June 2020, we launched the PRDA Online Community, hosted on HealthUnlocked, which also hosts many other charities' communities, such as the British Heart Foundation. We are very proud of how the PRDA Online Community has grown over the past year. It provides a much-needed safe and friendly forum for all to share experiences, find information and receive support. Members have asked over 140 questions about many of the difficult bowel, bladder, sexual, bone and nerve problems that affect people with PRD, and have not only been given useful answers but also warm support and encouragement from fellow members.

Launch of virtual 'Chat Together' Group

PRD symptoms can cause so much uncertainty and many people feel unable to leave the house. With the Covid-19 pandemic imposing so many restrictions, our Kingston support group had to suspend its in-person meetings. People really value talking to others affected by PRD, so we knew that PRDA needed to offer more virtual support.

> "These chats are helping me hugely with information about the physical aspects and, even more so, on the psychological issues I've experienced from PRD."

Our virtual 'Chat Together' Group was formed in November 2020 and is open to anyone to attend. Regular group meetings are being hosted on Zoom, and participants are able to chat in a relaxed and confidential space.Some people pop in for a quick hello, others stay for the whole session, it's up to the individual as to how long they stay.

With no set agenda for each session, each group member can share as much or as little as they want, with no pressure. It's an extremely relaxed, friendly and, most importantly, supportive session. A safe space to chat amongst people who understand each other's worries.

'I Want My Life Back' report

After over a year of planning, this important report, a collaboration between PRDA and Jo's Cervical Cancer Trust, was published on 23rd December 2020. The report is a must-read for anyone who has an interest or connection with PRD. It highlights the severe difficulties people often face in accessing support and services for PRD, something that PRDA understands all too well.

The recommendations include:

- Patient information about PRD at the end of pelvic radiotherapy treatment.
- Centres of excellence for PRD and guidelines on the treatments for PRD.
- Funding for much-needed clinics and services.
- Research on PRD, including long range studies on the experience of patients.
- Improving the education of health professionals about PRD.The recommendations include:

The response to the report has been overwhelmingly positive and the focus now is to keep on pushing for these recommendations to be taken up.

Trustee Lesley Smith completed an incredible 26-hour non-stop danceathon with 26 wacky costume changes, raising over £5,000 for PRDA! We look forward to reporting on her latest bonkers fundraising efforts in next year's report...

Our free 'Just Can't Wait' toilet card remains a popular and helpful item for patients during and after pelvic radiotherapy

We sent over 7,000 leaflets and toilet cards to UK Radiotherapy centres to help support people and raise awareness of Pelvic Radiation Disease

Annual Conference

With over 350 people registered to attend PRDA's first ever virtual conference this was set to be by far our furthest-reaching activity since the formation of the charity. The event took place across two distinct sessions: the morning focused on supporting and informing people affected by PRD, while the afternoon session was aimed at health professionals, covering research and clinical management of PRD symptoms.

Our speakers are all leaders in the field of PRD and their highly informative and inspirational talks are available as individual segments on the PRDA website. Feedback has been overwhelmingly positive for both sessions with 83.5% of attendees rating the content as 'Excellent' in our post-conference feedback study.

The effect on patients was as affirming and reassuring as we could have hoped for, with a running theme in our delegate survey that PRD patients often feel there is no one to support them, until they find PRDA.

> As a PRD sufferer for 12 yrs, I thought all support was gone except for recently finding PRDA. The Conference was excellent! I hope the awareness of PRD will be spread - especially to GPs as I've had huge difficulties getting the correct referrals.

With over 70% of delegates coming from a healthcare background, it was particularly important that the event helped them to better support their patients, as stated by one of our professional delegates:

"It is so easy to become accustomed to [radiotherapy] planning being just lines on a scan. Events like this show that the plan being produced is going to impact that patient more than just (hopefully) curing their cancer. I would definitely attend again and will be highlighting this with my colleagues."

Pictured above are some of our speakers (left - right) Dr Anthony Cunliffe, Dr Isabel White, Dr Lisa Durrant, Prof Sara Faithfull and Rebecca Shoosmith.

It is very important to PRDA that our work involves and is informed by people with lived experience of PRD. Four of the speakers have had personal experience of PRD, either themselves or a loved one. Anyone who has this experience knows how badly quality of life can be affected, but how difficult it can be to find the right help. As Willie Auld, PRDA Trustee, said in his talk:

I feel really passionate about what happened to me, and to get my story out, with a view to making some improvements, because there is definite need for improvement."

While we did not charge for the conference, we have been delighted to receive over £800 in donations, which will help PRDA to continue our vital work supporting and informing patients and professionals.

Our grateful thanks to Rebecca Shoosmith, Rhea Crighton, Dr Lisa Durrant, Dr Isabel White, Prof Jervoise Andreyev, Lisa Punt, Willie Auld, Prof Sara Faithfull and Dr Anthony Cunliffe for giving their time so generously to speak with passion and determination about how imperative it is that more is done to raise awareness, and to help people with PRD to understand and manage their symptoms and to have a better quality of life.

Our year in numbers

2020/21 has seen a year of substantial growth for PRDA in terms of the number of people that we are helping and getting our message to. Despite all the restrictions of the pandemic, we have been able to directly help a lot more people with PRD and are also making a significant impact with health professionals.

The number of people we helped over the phone and email increased by a third from 329 to 434, driven mainly by our provision of welfare calls during the worst of the pandemic lockdown period in 2020. Added to this, we had over 17,000 page views for posts on our new Online Community, which had grown to 167 members at March 2021.

We aimed to reach many more people via social media, and have been very successful:

- We have nearly doubled our followers on Facebook and LinkedIn and the latter has helped considerably with awareness of PRD to hundreds of health professionals
- Twitter followers are up by a third, while tweet impressions have doubled to 162,000
- We started an Instagram account in late 2020 and follower numbers are increasing at a good rate.

Visits to our website were up 12% compared to the previous year, but we know we can do better with this, and have work to do to make our website more user-friendly and helpful.

Whilst the pandemic has affected direct requests for our leaflets, we continued to raise awareness of PRD and how the charity provides support for patients and professionals by distributing 7,000+ items to over 100 radiotherapy clinics UK-wide. Feedback from the clinic managers told us that our 'Just Can't Wait' toilet card remains a popular and helpful item for patients during and after pelvic radiotherapy.

"I feel I have been in training for Lockdown for years. I felt waves of relief when I found PRDA, to know there was hope and that I wasn't alone"

Online Community

167 members

17,000
page views in
its first 9 months

154
welfare calls
made during
lockdown

7,000+ leaflets
sent to UK radiotherapy
clinics

Chat Together

26
group
meetings

Organised our first
online conference for
350 people

Individual fundraisers
raised

10 x
more than last year

Social media followers
up **68%**

Website visitors
up **12%**

- Willie Auld

"From the end of my radiotherapy treatment, I have been plagued with very unpleasant bowel and bladder problems, as well as mental health difficulties. The Pelvic Radiation Disease Association is an invaluable 'ray of sunshine' in my bleak landscape, where I am able to receive advice, and discuss the symptoms of PRD with people who understand and empathise. It really helps to know I am not on my own in experiencing these problems. My distress about the way PRD has affected my life has been greatly compounded by the lack of adequate information before radiotherapy about the possibility of unpleasant, permanent after effects.

Then, when the problems did occur for me, doctors seemed unsure what to do and were slow to act, despite such a serious negative impact to my quality of life.

I have been volunteering with PRDA and my main motivation is to be an enthusiastic and active advocate for raising awareness of PRD amongst the medical profession, and with patients."

A summary of our plans for 2021/22 and beyond

Our aim is to grow much further in the coming years in order to help many more people, therefore we must develop and diversify our fundraising significantly.

2021/2022 objectives

- Review and improve the services we offer to people who seek help and support from PRDA.
- Set up our first ever Patient Advisory Group to ensure the voice of people with PRD stays at the very heart of everything PRDA does.
- Establish a new Volunteering Strategy.
- Develop 'best practice' guidance for professionals on managing PRD, which will be launched in 2022.
- Increase awareness of PRD more, through social media, our website and on Wikipedia.
- Seek new sources of funding.
- Improve efficiency with new and better office IT.

Objectives and Activities

The term Pelvic Radiation Disease is still to gain general acceptance among health professionals as a valid and useful framework within which to describe brief or long lasting problems, mostly in the bowel, caused by pelvic radiotherapy. The trustees aim to bring this disease to the attention of health professionals and patients to inform them about how to alleviate their symptoms. The trustees work to have the most up to date information for patients on the various aspects of Pelvic Radiation Disease and available resources for treatment.

The objectives of the charity as per the Articles are:

- To campaign for the wider recognition of Pelvic Radiation Disease as well as for improvement in National Health Service facilities and treatment to help the management of radiation induced surgery.
- To support patients suffering from radiation induced injury and in particular patients suffering from Pelvic Radiation Disease in any appropriate way including through a network of informal support groups that are professionally supported.
- To gather information about and support research into Pelvic Radiation Disease.

Significant Activities

Founded twelve years ago as a patient support group and registered as a charity in 2012, the trustees continue to dedicate themselves, with the support of volunteers, to expand the outreach of the Pelvic Radiation Disease Association (PRDA) and to further refine the charity's provision of information, support and guidelines to both patients and health professionals.

Patient stories

- Keith

"The radiotherapy had shrunk my bladder, causing back pressure and damage to my kidneys. What followed was almost constant infections resulting in hospital stays nearly every month.

I was in a dark place and could not see the point in just existing and having no quality of life. I had lost four stone, hardly had the energy to get out of bed, all food tasted disgusting and it affected what I could drink. It was decided to remove my bladder and prostate, and introduce me to life with a stoma. I would say do not be put off by having a stoma; it is not ideal, but it has given me back a relatively normal life of feeling well and healthy. It is only natural to be frightened (as I was) that life would forever be changed for the worse by prostate cancer and Pelvic Radiation Disease.

I feel fortunate in having a 'happy ending' after a very gruelling time but I know that there are also many others who come through as I have."

For the Year Ended 31 March 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity was established under a Memorandum of Association which established the objects of the charitable company, and is governed under its Articles of Association.
The charity is governed by the Board of trustees which meets on a regular basis. The secretary and the trustees manage all day to day operations of the charity and support and advise on all financial matters.
The charity is registered with the Fundraising Regulator

Recruitment and appointment of new trustees

Trustees receive written minutes at Board Meetings held during the year to ensure they are kept up to date with the activities of the charity. In addition, the trustees review The Pelvic Radiation Disease Association portfolio of policies and procedures on a regular basis, and introduce new policies and procedures as appropriate.

The board increased the number of trustees during the 2020-21 year, with the aim of making the board larger, replacing those who were due to step down and increasing the skills and experience base for the greater benefit of the charity.

During the course of the year two of our founding trustees and directors, Mr Richard Surman (former Chairman) and Mrs Jane Norris-Jones, retired from the board. We owe them an enormous debt of gratitude. Lorraine Whyte was appointed on 25/5/20 but stood down before the close of the year

Related parties

The Charity has no subsidiaries. There are no related parties in the charity.

Risk management

The trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operation and finances of the charity, and are satisfied that the systems are in place to mitigate their exposure to the major risks. Efforts are continuously made to increase funds. Internal risks are minimized by implementation of satisfactory operational procedures, and consistent quality of service delivery. These are reviewed by the Board on a regular basis.

Investments

PRDA does not hold any investments.

The trustees set out an ambitious spending programme for the year (compared to previous years). The pandemic disrupted plans and forced a change of direction to online, with the result that some more expensive activities such as conferences did not take place. Replacement activities were not only cheaper but brought in unexpected income. Fundraising by supporters took off as never before and resulted in considerable income. Grants generated by proactive fundraising remained at similar levels to previous years which was felt to be a good achievement as so many funders diverted their giving to Covid-related activities. The overall result was to put the charity on a firm financial position from which to expand its activities in accordance with its objectives.

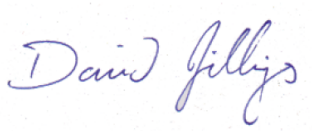
Financial Position

The gross income of the charity for the year ended 31 March 2021 amounted to £28,391 (2019/20: £15,178) whereas costs for charitable activities were £30,938 (2019/20: £31,844), of which Governance costs were £620 (2019/20: £600). The net deficit for the year was £2,547 (2019/20: deficit £ 16,666). The overall net assets of the company have decreased from £44,596 to £42,049.

Reserves policy

It is the policy of the trustees to maintain unrestricted funds, which are the free reserves of the charity, at the minimum level of £10,000.

Approved by order of the board of trustees on 13 August 2021 and signed on its behalf by:



D E Jillings - Trustee

Independent Examiner 's Report to the Trustees of Pelvic Radiation Disease Association ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

Mary E Ryan

Mary E Ryan, FCCA, CertPFS, DChA

Ark Accountancy, Chartered Certified Accountant, 31 Cheam Road, Epsom, Surrey, KT17 1QX

Date: 7/12/21

	Notes	Unrestricted fund £	Restricted fund £	31.3.21 Total funds £	31.3.20 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		6,362	-	6,362	5,787
Charitable activities					
P F Trust		3,000	-	3,000	4,000
Albert Hunt Trust		-	-	-	2,000
Gisella Graham Foundation		1,000	-	1,000	1,000
National Lottery Community Fund		-	4,400	4,400	-
The Woodroffe Benton Foundation		500	-	500	-
Lennox Hannay Charitable Trust		-	1,000	1,000	-
National Lottery Local Community Fund		-	2,486	2,486	-
Other trading activities	2	9,643	-	9,643	2,391
Total		20,505	7,886	28,391	15,178
EXPENDITURE ON					
Charitable activities					
Charitable activities		23,788	7,150	30,938	31,844
NET INCOME/(EXPENDITURE)		(3,283)	736	(2,547)	(16,666)
RECONCILIATION OF FUNDS					
Total funds brought forward		38,022	6,574	44,596	61,262
TOTAL FUNDS CARRIED FORWARD		34,739	7,310	42,049	44,596

The notes form part of these financial statements

	Notes	Unrestricted fund £	Restricted fund £	31.3.21 Total funds £	31.3.20 Total funds £
FIXED ASSETS					
Tangible assets	7	-	-	-	3,142
CURRENT ASSETS					
Debtors	8	100	-	100	740
Cash at bank		37,218	7,310	44,528	41,947
		37,318	7,310	44,628	42,687
CREDITORS					
Amounts falling due within one year	9	(2,579)	-	(2,579)	(1,233)
NET CURRENT ASSETS		34,739	7,310	42,049	41,454
TOTAL ASSETS LESS CURRENT LIABILITIES		34,739	7,310	42,049	44,596
NET ASSETS		34,739	7,310	42,049	44,596
FUNDS	10				
Unrestricted funds				34,739	38,022
Restricted funds				7,310	6,574
TOTAL FUNDS				42,049	44,596

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

continued...

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 13 August 2021 and were signed on its behalf by:

J A Webber – Chair of trustees

D E Jillings - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, 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 Companies Act 2006. 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.

Website - 33% on cost

Taxation
The charity is exempt from corporation 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 charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. OTHER TRADING ACTIVITIES

	31.3.21	31.3.20
	£	£
Fundraising events	7,368	386
Other income	2,275	2,005
	9,643	2,391

continued...

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.21	31.3.20
	£	£
Depreciation - owned assets	3,142	1,919
Deficit on disposal of fixed assets	-	17

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

5. STAFF COSTS

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

	31.3.21	31.3.20
Administrator	1	1

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

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted fund	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	3,787	2,000	5,787
Charitable activities			
P F Trust	4,000	-	4,000
Albert Hunt Trust	-	2,000	2,000
Gisella Graham Foundation	1,000	-	1,000
Other trading activities	2,391	-	2,391
Total	11,178	4,000	15,178
EXPENDITURE ON			
Charitable activities			
Charitable activities	19,833	12,011	31,844
NET INCOME/(EXPENDITURE)	(8,655)	(8,011)	(16,666)
Transfers between funds	(8,770)	8,770	-
Net movement in funds	(17,425)	759	(16,666)

continued...

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted fund £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	55,447	5,815	61,262
TOTAL FUNDS CARRIED FORWARD	38,022	6,574	44,596

7. TANGIBLE FIXED ASSETS

	Website £
COST	
At 1 April 2020 and 31 March 2021	12,792
DEPRECIATION	
At 1 April 2020	9,650
Charge for year	3,142
At 31 March 2021	12,792
NET BOOK VALUE	
At 31 March 2021	-
At 31 March 2020	3,142

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21 £	31.3.20 £
Tax	100	100
Prepayments	-	640
	100	740

continued...

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21 £	31.3.20 £
Social security and other taxes	61	(104)
Other creditors	1,898	737
Accrued expenses	620	600
	2,579	1,233

10. MOVEMENT IN FUNDS

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	38,022	(3,283)	34,739
Restricted funds			
Restricted funds	6,574	736	7,310
TOTAL FUNDS	44,596	(2,547)	42,049

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	20,505	(23,788)	(3,283)
Restricted funds			
Restricted funds	7,886	(7,150)	736
TOTAL FUNDS	28,391	(30,938)	(2,547)

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
Unrestricted funds				
General fund	55,447	(8,655)	(8,770)	38,022
Restricted funds				
Restricted funds	5,815	(8,011)	8,770	6,574
TOTAL FUNDS	61,262	(16,666)	-	44,596

continued...

10. 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	11,178	(19,833)	(8,655)
Restricted funds			
Restricted funds	4,000	(12,011)	(8,011)
TOTAL FUNDS	15,178	(31,844)	(16,666)

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

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	55,447	(11,938)	(8,770)	34,739
Restricted funds				
Restricted funds	5,815	(7,275)	8,770	7,310
TOTAL FUNDS	61,262	(19,213)	-	42,049

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	31,683	(43,621)	(11,938)
Restricted funds			
Restricted funds	11,886	(19,161)	(7,275)
TOTAL FUNDS	43,569	(62,782)	(19,213)

11. RELATED PARTY DISCLOSURES

Expenses of £1826 were reimbursed to 4 directors during the year (2020 £1109 to 2 directors)

	31.3.21 £	31.3.20 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	4,918	2,100
Gift aid	1,444	401
Membership subscriptions	-	3,286
	6,362	5,787
Other trading activities		
Fundraising events	7,368	386
Other income	2,275	2,005
	9,643	2,391
Charitable activities		
Grants	12,386	7,000
Total incoming resources	28,391	15,178
EXPENDITURE		
Charitable activities		
Wages	15,515	8,753
Pensions	52	-
Insurance	415	856
Telephone	448	514
Postage & stationery	1,548	1,130
Leaflets and posters	-	5,403
Sundries	429	896
Travel	-	2,901
Subscriptions & registrations	98	120
Room hire & catering	-	2,477
Fundraising	857	1,898
Payroll & HR	144	144
IT & website	1,232	458
Consultancy	4,305	3,728
Training	2,133	30
Dep'n of website	3,142	1,919
Loss on sale of tangible fixed assets	-	17
	30,318	31,244
Support costs		
Governance costs		
Accountancy fees	620	600
Total resources expended	30,938	31,844
Net expenditure	(2,547)	(16,666)

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