



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## **Trustees' Annual Report for the period**

**From 01<sup>st</sup> July 2023 (Period start date) To 30<sup>th</sup> June 2024 (Period end date)**

**Charity name: forca – strength against cancer**

**Charity registration number: 1159552**

## **Objectives and Activities**

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>The objective of forca - strength against cancer is to promote the physical and mental health of people living with or affected by cancer in Hampshire and Dorset through the provision of financial assistance, support, education and practical advice.</b>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<b>We provide free freshly cooked meals for patients who receive chemotherapy in our community. We work with our local hospice and hospital to be able to offer this service and are supported by a team of volunteers. We also offer women who have had breast cancer-related surgery a free supportive recovery bra. We work with several hospitals in Hampshire and Dorset to provide this service. We also do talk at local events about the effect cancer has on a personal level and the family and friends around the cancer patient. Our ambassador, Carla W., attends many different cancer conferences as a patient advocate, talking about her personal cancer journey and our charity's work. We have also been able to offer individuals financial help by paying specific bills after they have struggled to earn money while undergoing cancer treatment.</b>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>The trustees are aware of the charity commission's guidance regarding public benefit and believe that all activities the charity undertakes are for the benefit of the public.</b>

**Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

**Achievements and Performance**

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p><b>As a charity we help local people through 3 main avenues – free post surgery bras for breast cancer patients, free meals cooked for people undergoing chemotherapy locally and ad hoc financial help for those living with the burden of cancer.</b></p> <p><b>A free post surgery bra can have a profoundly positive impact on the life of the recipient in several ways—physically, emotionally, and financially. Physically women feel more comfortable as the bras reduce irritation and longer term can reduce scarring and prevent back and shoulder strain. Additionally, the bras can help to boost self-esteem, leading to improved mental health which aids recovery and reduce the financial burden during a vulnerable time.</b></p> <p><b>The wider benefits to the community are harder to measure however being able to gain a free bra helps to promote equitable access to this product. Alongside this, women feel supported and when they regain confidence are more likely to return to work and engage in community activities contribute economically and socially. We have also noted many women wanting to involve themselves with our charity to give back</b></p>

		<p>to others in the community, fostering a spirit of compassion and mutual support.</p> <p>Our meals initiative, which was our primary venture, is so much more than just food.</p> <p>It provides nutritional support during recovery ensuring patients and their families are properly nourished without the burden of cooking, with the added benefit of reducing their stress and allowing them to focus on healing and caregiving instead of meal planning and preparation.</p> <p>It is widely known that improved nutrition leads to better treatment tolerance and recovery outcomes, potentially reducing hospital readmissions and public healthcare costs.</p> <p>Furthermore, our meals programme involves volunteers within the local community, creating opportunities to reinforce social responsibility for a wider group of individuals and an opportunity to reduce social isolation amongst patients.</p> <p>Lastly our ability to provide financial support at a time when they may be unable to work helps to prevent reliance on social services and public funds. Having direct support also sends the message that they do not have to face their illness alone, they are supported within the community which fosters social cohesion.</p>
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#### **Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	

Other		
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## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<b>The charity had its most successful year of fundraising since it was formed in 2011. This was mainly due to two very large fundraising events falling within the same financial year, which between them raised over £60,000. In addition the Charity received significant donations during the year which helped to boost unrestricted funds. During the year income was £91,447 while expenditure was £27,660. This unusual imbalance between funds raised and sums spent is unlikely to continue in the FY 24/25 . However the additional funds have enabled us to expand our Support and Nourish programmes during the 24/25 financial year. At the end of the year our unrestricted funds stood at £84,657 but we hold £10,000 as reserves.</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>Agreed by all trustees when the charity was registered related to funds raised in the year beforehand "All trustees of Força 14 agree that Forca 14 will hold the amount of £10,000 in the bank for Carla Whitbread. This money was originally raised for her and will remain for her for when she needs it in her journey to fight cancer."</b>
Amount of reserves held	Para 1.22	<b>£10,000</b>
Reasons for holding zero reserves	Para 1.22	<b>N/A</b>
Details of fund materially in deficit	Para 1.24	<b>N/A</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>None</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any	Para 1.46	

social investment policy adopted		
A description of the principal risks facing the charity	Para 1.46	
Other		<b>Agreed by trustees in 2014 and added as an appendix to the governing documents:</b> ” All trustees of Força 14 agree that Forca 14 at no point will go into debt.”

## Structure, Governance and Management

Description of charity's trusts:		<b>N/A</b>
Type of governing document ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	<b>Constitution</b>
How is the charity constituted? (e.g <a href="#">unincorporated association</a> , <a href="#">CIO</a> )	Para 1.25	<b>Unincorporated Association</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<b>Trustees get nominated and appointed during the AGM.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	

## Reference and Administrative details

Charity name	Forca – strength against cancer
Other name the charity uses	Forca 14
Registered charity number	1159552
Charity's principal address	PO Box 435, Lymington, SO41 1EL 42 Princess Royal Close, Lymington, SO41 9NY

## Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Frauke Taylor	chair		
2	Donna Gittins	Deputy chair		
3	Kate Chapman	Treasurer		
4	Jenny Vines	Treasurer		
5	Gen Webb	Secretary		
6	Jacqui Stokes	Secretary		
7	Hannah Horobin			
8	Tanya Baddeley			
9	Nicky Bootle			
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

## Corporate trustees – names of the directors at the date the report was approved

Director name		
N/A		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

### Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

#### Name of chief executive or names of senior staff members (Optional information)

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### Exemptions from disclosure

Reason for non-disclosure of key personnel details

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### Other optional information

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## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	F. Taylor (signed digitally)	
<b>Full name(s)</b>	Frauke Taylor	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	11/05/2025	





CHARITY COMMISSION  
FOR ENGLAND AND WALES

forca - strength against cancer

1159552

## Receipts and payments accounts

CC16a

For the period  
from

01/07/2023



To

30/06/2024

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	25,189	-	-	25,189	6,508
Fundraising	65,511	-	-	65,511	10,695
Sale of donated goods	841	-	-	841	-
Interest income	306	-	-	306	49
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>91,847</b>	<b>-</b>	<b>-</b>	<b>91,847</b>	<b>17,252</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>91,847</b>	<b>-</b>	<b>-</b>	<b>91,847</b>	<b>17,252</b>
<b>A3 Payments</b>					
Nourish Project	5,458	-	-	5,458	1,490
Support Project	6,525	-	-	6,525	4,028
Strength Project	2,999	-	-	2,999	2,622
Running costs	-	-	-	-	814
Fundraising costs (events)	11,498	-	-	11,498	5,190
Advertising and Marketing	190	-	-	190	-
Administration	571	-	-	571	-
IT Software & Consumables	43	-	-	43	-
Postage, Printing and Stationary	336	-	-	336	-
Subscriptions	40	-	-	40	-
<b>Sub total</b>	<b>27,660</b>	<b>-</b>	<b>-</b>	<b>27,660</b>	<b>14,144</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>27,660</b>	<b>-</b>	<b>-</b>	<b>27,660</b>	<b>14,144</b>
<b>Net of receipts/(payments)</b>	<b>64,187</b>	<b>-</b>	<b>-</b>	<b>64,187</b>	<b>3,108</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>20,470</b>	<b>-</b>	<b>-</b>	<b>20,470</b>	<b>17,362</b>
<b>Cash funds this year end</b>	<b>84,657</b>	<b>-</b>	<b>-</b>	<b>84,657</b>	<b>20,470</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank- deposit	34,259	-	-
	Bank- current	50,398	-	-
		-	-	-
	<b>Total cash funds</b>	<b>84,657</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Jenny L Vines	30/04/25	
		Frauke Taylor	30/04/2025	



Section A

Independent Examiner's Report

Report to the trustees/  
members of

força - strength against cancer

On accounts for the year  
ended

30<sup>th</sup> June 2024

Charity no  
(if any)

1159552

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/06/2024.

Responsibilities and  
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Date:

30<sup>th</sup> April 2025

Name:

Janice Willis FCCA

Relevant professional  
qualification(s) or body  
(if any):

Association of Chartered Certified Accountants

Address:

Eleve11 Consulting T/A Cloud Eleven Accountants

Palamos House, 66-67 High St, Lymington

Hampshire, SO41 9AL

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**