

MY CANCER MY CHOICES

England & Wales · Charity number 1162165

Details

Status Registered

Legal form CIO

Registered 2015-06-12

Register [View on the Charity Commission register](#)

Contact

Address 1st Floor
46 Old Bath Road
Charvil
Reading

Phone 01182280960

Email bookings@mycancermychoices.org

Website www.mycancermychoices.org

Activities

Objects: For the public benefit, the relief and support of people with a diagnosis of cancer, and their carers, in Berkshire and the surrounding area, and where appropriate online throughout the UK by A) Providing complementary therapies in acupuncture, arts therapy, aromatherapy, reflexology, massage and relaxation techniques: B) Providing facilities for the practice of Yoga, Reiki, Tai Chi and Mindfulness training and C) the provision of advice and information

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Bracknell Forest
- Buckinghamshire
- Oxfordshire
- Reading
- Slough
- West Berkshire
- Wiltshire
- Windsor And Maidenhead
- Wokingham

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£164,998	£167,359	-	-
2023-12-31	£150,289	£140,684	-	-
2022-12-31	£115,190	£122,316	-	-
2021-06-30	£60,541	£55,365	-	-
2020-06-30	£77,107	£50,599	-	-

Trustees

Name	Role	Appointed
Alison Grieve		2019-06-30
Anthony James SMITH		2020-10-12
Dr Lindsey Carol Barker		2023-01-19
Dr Richard Douglas Brown		2021-04-01
Emma Louise Hogbin		2024-01-22
MRS MANDY BARTER		2015-06-15
Robert Goddard		2019-06-30

MY CANCER MY CHOICES

England & Wales - Charity number 1162165

Accounts

Report of the Trustees and
Financial Statements
For the year ended 31 December 2024
(Unaudited)
for
My Cancer My Choices
(A Charitable Incorporated Organisation)

Charity number: 1162165

Contents of the Financial Statements
For the year ended 31 December 2024 (Unaudited)

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My Cancer My Choices
(A Charitable Incorporated Organisation)

Charity number: 1162165

Charity information
For the year ended 31 December 2024 (Unaudited)

Charity name:	My Cancer My Choices
Charity registration number:	1162165
Registered Office	46 Old Bath Road Charvil Reading Berkshire RG10 9QR
Trustees	Ms Alison Grieve <i>Chairman</i> Mrs Amanda Barter <i>Founder</i> Dr Richard Brown Mr Robert Goddard Ms Lynn McLeish Dr Lindsey Barker Ms Anne Thomas Ms Emma Hogbin Mr Anthony Smith <i>Treasurer</i>
Chief Executive Officer	Ms Claire Rhodes
Independent Examiner	Nortons Assurance Limited Chartered Accountants Second Floor NOW Building Thames Valley Park Reading Berkshire RF6 1RB
Bankers	CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

Report of the Trustees
For the year ended 31 December 2024 (Unaudited)

The Trustees present their report with the financial statements of the charity for the year ended 31 December 2024.

The Trustees confirm that their report and the financial statements of the charity comply with the current statutory requirements of the charity's governing document and the provisions of the Charities Act 2011, Accounting and Reporting Standard applicable to charities preparing their accounts with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102).

Reference and Administrative Information

The reference and administrative information is detailed on page 2.

Structure, Governance and Management

Governing document

The organisation is a Charitable Incorporated Organisation, registered as a charity on 12 June 2015. The charity was established under a constitution which details the objects and powers of organisation and it is governed by the constitution.

Recruitment and appointment of trustees and directors

The Trustees who have served during the year and since the year end are listed on page 2 and below.

Under the requirements of the constitution, the Trustees must be appointed for a term of three years by a resolution passed at Trustee meetings. Any person retiring as a charity Trustee is eligible for reappointment. A charity Trustee who has served for three consecutive terms may not be reappointed for a (fourth) consecutive term but may be reappointed after an interval of at least one year.

The CEO is a paid employed position and the current incumbent started in June 2023 following public competition and stringent recruitment process and was appointed by the Trustees. The Trustees appoint the Chairman. Decisions are taken by a majority of Trustees present at quarterly meetings.

The Chief Executive reports on all aspects of the charity's operations and is responsible for keeping Trustees informed about charity and other relevant laws and procedures. The Trustees and Chief Executive attend relevant courses and seminars, to maintain the required skills for the proper governance and financial control of the charity.

Trustee Induction and training

New Trustees are provided with a copy of the charity's constitution and latest Annual Report and Statement of Accounts.

Trustees are appointed based on their skills, knowledge and experience that are considered to be appropriate for the charity's activities.

New Trustees undergo briefings on the vision of the charity, its charitable objectives, current activities and financial status and forecasts. They are provided with a copy of the Charity Commission, "The Essential Trustee" (CC3) document, and are required to sign our Code of Conduct. Trustees are supported by the Chair of Trustees on an ad-hoc basis for their role and responsibilities, introduced to all other trustees and committee members, and invited to all trustee meetings.

Trustees

Trustees who served during the year and up to the date of this report are set out below.

Dr Jane Barrett OBE (resigned 24 April 2024)
Mrs Amanda Barter
Dr Richard Brown
Ms Alison Grieve
Mrs Claire Grove (resigned 24 April 2024)
Mr Robert Goddard
Ms Lynn McLeish
Mr Anthony Smith
Dr Lindsey Barker
Ms Emma Hogbin (appointed 22 January 2024)
Ms Anne Thomas (appointed 22 April 2024)

Report of the Trustees - continued
For the year ended 31 December 2024 (Unaudited)

Objectives and Activities

Background

This report covers the period from January 2024 to December 2024.

The year on which we are reporting has been one of stabilising the charity following 18 months of significant change and transformation and starting to pursue the charity's strategic growth plans. These include continuing to develop our face to face services in existing locations, starting to look for additional locations in Berkshire, continuing to run virtual services where appropriate and developing all our services including adding some new therapies and courses, while ensuring that our excellent relationships at all staff levels in the hospital were maintained.

We continue to operate in our headquarters office and treatment centre in Charvil, (Wokingham), the Deanwood Therapy Centre in Newbury, the College of Integrated Chinese Medicine in Reading and Brants Bridge Healthspace in Bracknell.

During the year we successfully provided Acupuncture, Reflexology, Oncology Massage, Reiki, Art Therapy, Aromatherapy, Mindfulness, Yoga and Scar Tissue Massage in our portfolio of services.

Our objectives reflect the wide range of services we provide in giving choice to our patient which are shown below. In addition, further signposting and support was provided to the service users and their families, including provision of a lending library.

Objectives

The objectives of the charity are 'For the public benefit, the relief and support of people with a diagnosis of cancer in Berkshire and surrounds and their carers, and where appropriate on-line throughout the UK by a) the provision of complementary therapies in acupuncture, art therapy, aromatherapy, reflexology, massage, reiki, and relaxation techniques; b) providing facilities for the practice of yoga, Tai Chi and mindfulness training and c) the provision of advice and information'.

Activities

The principal long term aim of the charity, and ongoing objectives of the Trustees, is now to offer complementary therapies to anyone in Berkshire who has recently been diagnosed with cancer, with a choice of 'face to face' services and to additionally provide a virtual on-line complementary therapy service in Mindfulness, Yoga and Art Therapy to people living with cancer in Berkshire and beyond, whilst continuing to develop Charvil as our dedicated centre of excellence for the service. We opened an additional treatment room at Charvil and have been able to offer additional treatments as a result. Our offering in 2024 to adults recently diagnosed with cancer and to their carers. They receive up to 6 free one-to-one complementary therapy sessions plus access to our courses and other support.

Operations

Claire Rhodes, our CEO, continues to develop the management, administration and governance of the charity. She manages a team of Therapies Manager, Service Delivery Manager, and Marketing and Communications Officer. The Therapies Manager manages our volunteer therapists, and oversees the safe delivery of the treatments, as well as any leading on the introduction of any new therapies. The Service Delivery Manager oversees the delivery of our service and the service user experience, including managing the volunteer admin and meeter greeter teams. The Marketing and Communications Officer creates the campaigns and events to increase awareness of the service as well as help bring more volunteers and donors to the charity and overseeing the brand, website and communications. We are currently recruiting an additional team member to support fundraising through building community and corporate links and plan to recruit a further team member to assist on trust and grant applications. With the support of our treasurer and governance staff from the Royal Berkshire Hospital, and some IT and clinical governance consultants, we are now more comfortable that our administration and governance is satisfactory, with Trustees informed about any risks we face.

Led by the CEO and Trustees, the service is delivered by managers and volunteers. We continue to work closely with the Royal Berkshire Hospital, particularly the Berkshire Cancer Centre, and other charities of relevance in the support of cancer patients, and with those organisations that can help us to find and retain sufficient volunteers to develop the service.

Fundraising

Our fundraising group, some members of which have had some experience with cancer, either personally or in their families, have continued to work extremely hard and have generated enough money, together with some very generous donations to the charity, to fund our planned growth, manage the charity throughout the constraints of the cost of living crisis and increase our reserves sufficiently to be able to fund our services and their planned growth for the next two years. We owe them all a big debt for all this very successful work.

Volunteers

The charity was recognised this year with the receipt of the King's Award for Voluntary Service- the equivalent of an MBE for volunteers. A selection of volunteers attended the ceremony to receive the award at Windsor and we celebrated with all volunteers with a garden party at Charvil. This is a huge achievement for a charity which is so young and still in the early stages of its potential. It demonstrates the impact the charity is having on those people we serve and the capacity, capability and passion of the volunteers. The charity continues to be led and supported by willing volunteers in meeting its objectives and some of its administrative activity and the Trustees would like to take this opportunity to say how much they appreciate their continuing and valuable support. The Award is an amazing testament to our volunteers. We owe them a real debt of gratitude. The Trustees consider that no measurable value can be placed on their contribution for the purpose of our accounts but in practical terms, they are invaluable and the beating heart of what we do.

Achievements and Performance

Our valuable relationship, with the Directors of the Royal Berkshire Hospital and the consultant oncologists, clinical nurse specialists, management and administrative staff at the Royal Berkshire NHS Foundation Trust, has been maintained, with mutual support being evidenced on both sides.

We have learned to manage and maintain those good relationships through various staff changes that have occurred in the Hospital and at the charity. The Hospital Trust continues to donate the use of rooms to deliver our services at the Bracknell Healthspace and to allow the charity to maintain a communication presence, for patients, there and at the Royal Berkshire Hospital.

The Trust also continues to provide training of the therapists in the NHS 'cancer pathway', enabling the MCMC services to be tailored to patient need. As at the end of 2024 we have 67 registered volunteers including 29 volunteer therapists and 15 volunteers to meet and greet people who wish to access the service and help with administration. It is our objective to recruit 4 more therapists and meeter-greeters in the next financial year.

In the year ending December 2024, we provided 1,205 therapies to 251 service users. This included 531 acupuncture appointments, 374 massage sessions (oncology, aromatherapy and scar work), 233 reflexology treatments, 26 reiki sessions and 42online art therapy appointments. We also ran 8 courses in mindfulness training and yoga.

The service user feedback remains incredibly positive. We have a consistent pipeline of enquiries indicating that the demand for our services remains strong and our experience of the on-line services has shown that there is still demand for support online. We have carried out wellbeing assessments using the MyCaW tool for appointments at our HQ, and the overall results show an improvement in service users' wellbeing over the period they are being treated. This feedback continues to confirm that there is a very big demand for the service and that, within the limits of our present resource, we are delivering an offering that effectively relieves pain and reduces side effects which are associated with some cancer treatments, while helping the service user come to terms with their illness, regain and maintain some control of their lives and improve their wellbeing.

Report of the Trustees - continued
For the year ended 31 December 2024 (Unaudited)

Future Plans

Our immediate plans are to continue to develop our services at Charvil and to fill more of the available face-to face therapy slots at our other sites, develop our service offerings and continue our search for new services that can improve the confidence and empowerment of our service users.

It is our long term plan to increase services across Berkshire, delivered from at least two new centres including one in Henley and one in East Berkshire.

Our biggest challenges are:

1. To strengthen our fundraising capability to ensure that we have the resources for the continuing growth in demand;
2. To finalise our growth in delivery sites by opening new treatment rooms in additional locations in 2025
3. Recruitment of volunteers is an ongoing challenge especially for therapists and "meeter-greeters", against a background of the cost of living crisis. We are also looking for new people to join our fund-raising volunteer team. This is continuing to be a challenge to maintain the level of service as well as for future growth.

Public benefit

The Trustees confirm that they have complied with their duty under section 17 of the Charities Act 2011. They have considered the public benefit guidance published by the Charity Commission and believe they have followed it.

Financial Review

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future, for this reason they continue to adopt the going concern basis in preparing the financial statements.

Financial position

Incoming resources for the year are £192,446 (2023: £150,289) and resources expended £194,942 (2023: £140,684), leaving an overall deficit for the year of £2,496 (2023: £9,605 surplus). Total reserves of £131,023 (2023: £113,384) are unrestricted.

Reserves Policy

It is the charity's policy to retain reserves equivalent to 12 months normal expenditure to safeguard against significant loss of sources of income. This equates to c. £150,000. In addition, as a relatively new charity, which has had to find rental accommodation for much of its service delivery and still needs to extend its services to cover the whole of Berkshire and to expand its service offering, the Trustees have been building up sufficient funds of c. £170,000 per annum, which have been designated to grow the charity further over the next three years, increase the number of staff it employs (currently four) and funding its head office and treatment centre. This policy will be reviewed on a regular basis and the Trustees are confident about the financial stability of the charity.

Report of the Trustees - continued

Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the financial statements in accordance with applicable law and regulations.

The Trustees are required to prepare financial statements for each financial year that give a true and fair view of the financial activities of the charity and its financial position at the end of the period. In preparing those financial statements the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees have taken all the steps that they ought to have taken to make themselves aware of any information relevant to the independent examination and to ensure that the independent examiner is aware of all relevant information. As far as each Trustee is aware, there is no relevant information of which the charity's examiner is unaware.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) regulations 2008, the SORP 2005 and the provisions of its registration. They are also responsible for the safeguarding of assets, taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the charity and financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report was approved by the Trustees on 4th Aug 2025 and signed on its behalf.

ON BEHALF OF THE TRUSTEES:



Ms Alison Grieve
Chairman

Statement of Financial Activities (including Income and Expenditure Account)
For the year ended 31 December 2024 (Unaudited)

	Notes	Y/E Dec-24 Unrestricted Funds £	Y/E Dec-24 Restricted Funds £	Y/E Dec-24 Total Funds £	Y/E Dec-23 Unrestricted Funds £	Y/E Dec-23 Restricted Funds £	Y/E Dec-23 Total Funds £
Income:							
<i>Income from donations and legacies:</i>							
Donations and legacies	2	72,855	26,383	99,238	38,350	18,507	56,857
<i>Income from other trading activities:</i>							
Other activities	3	87,925	1,065	88,990	89,500	-	89,500
Investment income	4	4,218	-	4,218	3,932	-	3,932
Total income		164,998	27,448	192,446	131,782	18,507	150,289
Expenditure:							
<i>Expenditure on raising funds:</i>							
Fundraising and other activities	5	19,918	-	19,918	16,681	-	16,681
<i>Expenditure on charitable activities:</i>							
Cost of charitable activities	6	6,610	1,782	8,392	6,511	2,586	9,097
Support costs	7	137,508	25,801	163,309	89,783	22,467	112,250
Governance costs	8	3,323	-	3,323	2,656	-	2,656
Total expenditure		167,359	27,583	194,942	115,631	25,053	140,684
Net income/(expenditure) and net movement in funds for the period		(2,361)	(135)	(2,496)	16,151	(6,546)	9,605
Reconciliation of funds							
Total funds brought forward	17	183,384	1,440	184,824	167,233	7,986	175,219
Total funds carried forward		181,023	1,305	182,328	183,384	1,440	184,824

The statement of financial activities includes all gains and losses for the period. All incoming resources and resources expended derive from continuing activities.


My Cancer My Choices
(A Charitable Incorporated Organisation)

Charity number: 1162165

Balance Sheet
As at 31 December 2024 (Unaudited)

	Notes	Y/E Dec-24 £	Y/E Dec-23 £
CURRENT ASSETS			
Debtors	14	2,965	7,988
Cash at bank		196,932	191,299
		<u>199,897</u>	<u>199,287</u>
CREDITORS			
Amounts falling due within one year	15	(17,569)	(14,463)
		<u>182,328</u>	<u>184,824</u>
NET CURRENT ASSETS			
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>182,328</u>	<u>184,824</u>
FUNDS			
Unrestricted funds	17	131,023	113,384
Designated funds	17	50,000	70,000
Restricted funds	17	1,305	1,440
		<u>182,328</u>	<u>184,824</u>
TOTAL FUNDS			

The financial statements were approved and authorised for issue by the Trustees on 14th Aug 2025 and were signed on their behalf by:


Alison Grievie
Chairman

The notes form part of these financial statements

Notes to the Financial Statements
For the year ended 31 December 2024 (Unaudited)

1 ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared in accordance with the 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 2015) - (Charities SORP (FRS 102)) and, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The Charity's functional and presentational currency is GBP and the financial statement have been rounded to the nearest £.

Fund accounting

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity.

Restricted funds are to be used in accordance with specific restrictions set out by the donor. See notes 17 and 18.

Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity is entitled to the income and the amounts have been received. The following specific policies are applied to particular categories of income:

- Donations and fundraising income are recognised in the accounts as and when receivable. Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of the donation.
- Grant income is recognised in the accounts as and when receivable. Where entitlement occurs before income is received the income is accrued.
- Investment income is credited to income when it is receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest being paid or being payable by the bank.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT and is reported as part of the expenditure to which it relates:

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Fundraising costs are those incurred in seeking voluntary contributions.
- Governance costs include those costs associated with meeting the constitutional requirements of the charity and include the accountants fees and costs linked to the strategic management of the charity.

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered.

Cash at Bank and in hand

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

Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received in advanced payments for the goods or services it must provide.

Financial instruments

The charity only has financial assets and financial liabilities that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and are subsequently measured at their settlement value.

Taxation

The charity is exempt from tax on income and gains of S256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to charitable objects. No UK corporation tax charges have arisen in the charity for the year ended 31 December 2024 due to the charity's charitable status.

Operating leases

Operating leases are recognised over the period of which the lease falls due.

Benefits received and receivable as an incentive to sign an operating lease are recognised on a straight line basis over the period of the lease.

Pensions

Defined contribution pension plan

The Charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the Charity pays fixed contributions into a separate entity. Once the contributions have been paid, the Charity has no further payment obligations.

The contributions are recognised as an expense in the Statement of Financial Activities when they fall due. Amounts not paid are shown in accruals as a liability in the Balance Sheet. The assets of the plan are held separately from the Charity in independently administered funds.

Notes to the Financial Statements - continued
For the year ended 31 December 2024 (Unaudited)

2 INCOME FROM DONATIONS AND LEGACIES

	Unrestricted Funds Y/E Dec-24 £	Restricted Funds Y/E Dec-24 £	Total Funds Y/E Dec-24 £	Unrestricted Funds Y/E Dec-23 £	Restricted Funds Y/E Dec-23 £	Total Funds Y/E Dec-23 £
Donations	59,486	1,065	60,551	29,949	-	29,949
Gift Aid	13,369	-	13,369	8,401	-	8,401
Grants	-	25,318	25,318	-	18,507	18,507
	<u>72,855</u>	<u>26,383</u>	<u>99,238</u>	<u>38,350</u>	<u>18,507</u>	<u>56,857</u>

3 INCOME FROM OTHER TRADING ACTIVITIES

	Unrestricted Funds Y/E Dec-24 £	Restricted Funds Y/E Dec-24 £	Total Funds Y/E Dec-24 £	Unrestricted Funds Y/E Dec-23 £	Restricted Funds Y/E Dec-23 £	Total Funds Y/E Dec-23 £
Fundraising	<u>87,925</u>	<u>1,065</u>	<u>88,990</u>	<u>89,500</u>	-	<u>89,500</u>

4 INVESTMENT INCOME

	Unrestricted Funds Y/E Dec-24 £	Restricted Funds Y/E Dec-24 £	Total Funds Y/E Dec-24 £	Unrestricted Funds Y/E Dec-23 £	Restricted Funds Y/E Dec-23 £	Total Funds Y/E Dec-23 £
Bank Interest Received	<u>4,218</u>	-	<u>4,218</u>	<u>3,932</u>	-	<u>3,932</u>

5 EXPENDITURE ON RAISING FUNDS

	Unrestricted Funds Y/E Dec-24 £	Restricted Funds Y/E Dec-24 £	Total Funds Y/E Dec-24 £	Unrestricted Funds Y/E Dec-23 £	Restricted Funds Y/E Dec-23 £	Total Funds Y/E Dec-23 £
Fund raising costs	<u>19,918</u>	-	<u>19,918</u>	<u>16,681</u>	-	<u>16,681</u>

6 CHARITABLE ACTIVITIES COSTS

	Unrestricted Funds Y/E Dec-24 £	Restricted Funds Y/E Dec-24 £	Total Funds Y/E Dec-24 £	Unrestricted Funds Y/E Dec-23 £	Restricted Funds Y/E Dec-23 £	Total Funds Y/E Dec-23 £
Therapy costs, training and supplies	<u>6,610</u>	<u>1,782</u>	<u>8,392</u>	<u>6,511</u>	<u>2,586</u>	<u>9,097</u>

7 SUPPORT COSTS

	Unrestricted Funds Y/E Dec-24 £	Restricted Funds Y/E Dec-24 £	Total Funds Y/E Dec-24 £	Unrestricted Funds Y/E Dec-23 £	Restricted Funds Y/E Dec-23 £	Total Funds Y/E Dec-23 £
Telephone and fax	4,461	285	4,746	3,755	618	4,373
Wages	92,264	9,991	102,255	69,031	17,653	86,684
Subscriptions	992	66	1,058	528	87	615
Insurance	713	48	761	538	88	626
Office expenses	5,015	334	5,349	2,765	1,038	3,803
Sundry expenses	8,952	597	9,549	4,656	766	5,422
Premises expenses	8,212	548	8,760	6,341	1,859	8,200
Refurbishment costs	12,835	13,661	26,496	817	135	952
Marketing & Promotions	4,064	271	4,335	1,352	223	1,575
	<u>137,508</u>	<u>25,801</u>	<u>163,309</u>	<u>89,783</u>	<u>22,467</u>	<u>112,250</u>

All support costs relate to charitable activities.

8 GOVERNANCE COSTS

	Unrestricted Funds Y/E Dec-24 £	Restricted Funds Y/E Dec-24 £	Total Funds Y/E Dec-24 £	Unrestricted Funds Y/E Dec-23 £	Restricted Funds Y/E Dec-23 £	Total Funds Y/E Dec-23 £
Accountancy fees	1,560	-	1,560	1,440	-	1,440
Legal & professional fees	1,763	-	1,763	1,216	-	1,216
	<u>3,323</u>	-	<u>3,323</u>	<u>2,656</u>	-	<u>2,656</u>

Notes to the Financial Statements - continued
For the year ended 31 December 2024 (Unaudited)

9 FEES FOR THE EXAMINATION OF THE ACCOUNTS

	Total Y/E Dec-24 £	Total Y/E Dec-23 £
Independent examiner's fees	1,560	1,440

10 TRUSTEES' REMUNERATION AND BENEFITS

During the current and prior period, no Trustees received any remuneration.
During the current and prior period, no Trustees received any benefits in kind.
During the year £nil (2023: £nil) of travelling expenses were reimbursed to any Trustee.

11 STAFF COSTS

	Total Y/E Dec-24 £	Total Y/E Dec-23 £
Salaries and wages	97,690	82,865
Social security costs	1,746	1,777
Pension	2,819	2,042
	<u>102,255</u>	<u>86,684</u>

The average number of employees during the period, calculated on the basis of full time equivalents, was as follows:

Administrative staff	<u>5</u>	<u>3</u>
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No employee received emoluments of more than £60,000.

12 PENSION COMMITMENTS

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £2,819 (2023: £2,042).

13 RELATED PARTY TRANSACTIONS

During the period the Trustees did not consider there to be any related party transactions, other than the matters within note 10.

14 DEBTORS

	Total Y/E Dec-24 £	Total Y/E Dec-23 £
Prepayments and accrued income	<u>2,965</u>	<u>7,988</u>

15 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Total Y/E Dec-24 £	Total Y/E Dec-23 £
Other creditors	14,985	12,323
Accrued expenses	2,584	2,140
	<u>17,569</u>	<u>14,463</u>

16 ANALYSIS OF NET ASSETS BETWEEN RESERVES

	Unrestricted Funds Y/E Dec-24 £	Restricted Funds Y/E Dec-24 £	Total Funds Y/E Dec-24 £	Unrestricted Funds Y/E Dec-23 £	Restricted Funds Y/E Dec-23 £	Total Funds Y/E Dec-23 £
Current assets	198,592	1,305	199,897	197,847	1,440	199,287
Current liabilities	(17,569)	-	(17,569)	(14,463)	0	(14,463)
	<u>181,023</u>	<u>1,305</u>	<u>182,328</u>	<u>183,384</u>	<u>1,440</u>	<u>184,824</u>

Notes to the Financial Statements - continued
For the year ended 31 December 2024 (Unaudited)

17 MOVEMENT IN FUNDS

	As at 1 January 2024	Incoming resources	Outgoing resources	Transfers	As at 31 December 2024
	£	£	£	£	£
Unrestricted funds	113,384	164,998	(167,359)	20,000	131,023
Designated funds	70,000	-	-	(20,000)	50,000
Restricted funds	1,440	27,448	(27,583)	-	1,305
Total funds	184,824	192,446	(194,942)	-	182,328

	As at 1 January 2023	Incoming resources	Outgoing resources	Transfers	As at 31 December 2023
	£	£	£	£	£
Unrestricted funds	167,233	131,782	(115,631)	(70,000)	113,384
Designated funds	-	-	-	70,000	70,000
Restricted funds	7,986	18,507	(25,053)	-	1,440
Total funds	175,219	150,289	(140,684)	-	184,824

Purpose of Designated Funds

The Trustees have designated funds for the future refurbishment and fit-out of new treatment rooms and meeting rooms at various locations £40,000 and the set up of a new CRM systems £20,000, during the year £20,000 was utilised for new treatment rooms.

18 Restricted funds

	Greenham Grant	Berkshire Community Foundation	Corinne Burton Memorial Trust	Axian & Vinci Foundation
	£	£	£	£
Balance at 1 January 2024	-	-	-	-
Incoming resources - grants	10,732	5,000	2,400	7,005
Outgoing resources - cost of charitable activities and support costs	(10,732)	(5,000)	(2,400)	(7,005)
Balance at 31 December 2024	-	-	-	-

Restricted funds (continued)

	FSP Foundation	Hamilton Scott Trust	Charvil Parish Council	Total Restricted Funds
	£	£	£	£
Balance at 1 January 2024	1,440	-	-	1,440
Incoming resources - grants	-	2,000	311	27,448
Outgoing resources - cost of	(135)	(2,000)	(311)	(27,583)
Balance at 31 December 2024	1,305	-	-	1,305

19 OPERATING LEASE COMMITMENTS

At 31 December 2024 the total of the Charity's future minimum lease payments under non-cancellable operating lease was:

	Y/E Dec-24 £	Y/E Dec-23 £
Amounts payable		
Within 1 year	4,200	4,200
Between 1 and 5 years	1,750	5,950
	5,950	10,150

**My Cancer My Choices
(A Charitable Incorporated Organisation)**

**Report of the Independent Examiner to the Trustees of
My Cancer My Choices**

I report to the Trustees on my examination of the accounts of My Cancer My Choices (the Charity) for the year ended 31 December 2024 which are set out on pages 7 to 12.

Responsibilities and basis of report

As the Trustees of the Charity 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 Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charities 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 giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the Charity as required by Section 130 of the Act; or
 - the accounts did not accord with those records or;
 - the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

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.



Anthony Campbell FCA
Nortons Assurance Limited
Chartered Accountants
Second Floor
Now Building
Thames Valley Park
Reading
Berkshire
RG6 1RB

18 August 2025

Date:

MY CANCER MY CHOICES

England & Wales - Charity number 1162165

Accounts

Report of the Trustees and
Financial Statements
For the year ended 31 December 2023
(Unaudited)
for
My Cancer My Choices
(A Charitable Incorporated Organisation)

Charity number: 1162165

My Cancer My Choices
(A Charitable Incorporated Organisation)

Charity number: 1162165

Contents of the Financial Statements
For the year ended 31 December 2023 (Unaudited)

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My Cancer My Choices
(A Charitable Incorporated Organisation)

Charity number: 1162165

Charity information
For the year ended 31 December 2023 (Unaudited)

Charity name:	My Cancer My Choices
Charity registration number:	1162165
Registered Office	46 Old Bath Road Charvil Reading Berkshire RG10 9QR
Trustees	Ms Alison Grieve <i>Chairman</i> Dr Jane Barrett OBE Mrs Amanda Barter <i>Founder</i> Dr Richard Brown Mrs Claire Grove Mr Robert Goddard Ms Lynn McLeish Dr Lindsey Barker Mr Anthony Smith <i>Treasurer</i>
Chief Executive Officer	Ms Claire Rhodes
Independent Examiner	Nortons Assurance Limited Chartered Accountants Second Floor NOW Building Thames Valley Park Reading Berkshire RF6 1RB
Bankers	CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

Report of the Trustees
For the year ended 31 December 2023 (Unaudited)

The Trustees present their report with the financial statements of the charity for the year ended 31 December 2023.

The Trustees confirm that their report and the financial statements of the charity comply with the current statutory requirements of the charity's governing document and the provisions of the Charities Act 2011, Accounting and Reporting Standard applicable to charities preparing their accounts with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102).

Reference and Administrative Information

The reference and administrative information is detailed on page 2.

Structure, Governance and Management

Governing document

The organisation is a Charitable Incorporated Organisation, registered as a charity on 12th June 2015. The charity was established under a constitution which details the objects and powers of organisation and it is governed by the constitution.

Recruitment and appointment of trustees and directors

The Trustees who have served during the period and since the period end are listed on page 2 and below.

Under the requirements of the constitution, the Trustees must be appointed for a term of three years by a resolution passed at Trustee meetings. Any person retiring as a charity Trustee is eligible for reappointment. A charity Trustee who has served for three consecutive terms may not be reappointed for a (fourth) consecutive term but may be reappointed after an interval of at least one year.

The CEO is now a paid employed position and the current incumbent started in June 2023 following public competition and stringent recruitment process and was appointed by the Trustees. Previously the founder of the charity carried out the role of CEO, and is now a Trustee on the Board of Trustees and Deputy Chair. The Trustees appoint the Chairman. Decisions are taken by a majority of Trustees present at quarterly meetings.

The Chief Executive reports on all aspects of the charity's operations and is responsible for keeping Trustees informed about charity and other relevant laws and procedures. The Trustees and Chief Executive attend relevant courses and seminars, to maintain the required skills for the proper governance and financial control of the charity.

Trustee Induction and training

New Trustees are provided with a copy of the charity's constitution and latest Annual Report and Statement of Accounts.

Trustees are appointed based on their skills, knowledge and experience that are considered to be appropriate for the charity's activities.

New Trustees undergo briefings on the vision of the charity, its charitable objectives, current activities and financial status and forecasts. They are provided with a copy of the Charity Commission, "The Essential Trustee" (CC3) document, and are required to sign our Code of Conduct. Trustees are supported by the Chair of Trustees on an ad-hoc basis for their role and responsibilities, introduced to all other trustees and committee members, and invited to all trustee meetings.

Trustees

Trustees who served during the period and up to the date of this report are set out below.

Mr Colin Maclean OBE (resigned 30 June 2023)

Dr Jane Barrett OBE

Mrs Amanda Barter

Dr Richard Brown

Ms Alison Grieve

Mrs Claire Grove

Mr Robert Goddard

Mrs Ruth Lysons (resigned 30 June 2023)

Ms Lynn McLeish

Mr Anthony Smith

Dr Lindsey Barker (appointed 19 January 2023)

Report of the Trustees - continued
For the year ended 31 December 2023 (Unaudited)

Objectives and Activities

Background

This report covers the period from January 2023 to December 2023.

The period on which we are reporting has been one of implementing the changes in strategic direction we needed to ensure the future viability of the charity, which included continuing to develop our face to face services in existing locations, continuing to run virtual services where appropriate and developing all our services, while ensuring that our excellent relationships at all staff levels in the hospital were maintained. It has been a year of significant leadership changes with the change of both CEO and Chair of the charity. The Founder who was also the voluntary CEO stepped down and we recruited a paid CEO with extensive charity experience who we believe will lead the charity well in the future. The Chair had completed the maximum terms accepted in the charity's constitution and following a recruitment process and agreement with the Board of Trustees a new Chair was recruited. Both new positions started in June 2023. The focus of 2023 has been on change of leadership while maintaining a successful service supporting our service users and volunteers with a view to growth in 2024.

We continue to operate in our headquarters office and treatment centre in Charvil, (Wokingham), the Deanwood Therapy Centre in Newbury, the College of Integrated Chinese Medicine in Reading and Brants Bridge Healthspace in Bracknell.

During the year we successfully provided Acupuncture, Reflexology, Oncology Massage, Reiki, Art Therapy, Aromatherapy, Mindfulness, Yoga and Scar Tissue Massage in our portfolio of services.

Our Objectives reflect the wide range of services we provide in giving choice to our patient which are shown below. In addition, further signposting and support was provided to the service users and their families, including provision of a lending library.

Objectives

The objectives of the charity are 'For the public benefit, the relief and support of people with a diagnosis of cancer in Berkshire and surrounds and their carers, and where appropriate on-line throughout the UK by a) the provision of complementary therapies in acupuncture, art therapy, aromatherapy, reflexology, massage, reiki, and relaxation techniques; b) providing facilities for the practice of yoga, Tai Chi and mindfulness training and c) the provision of advice and information'.

Activities

The principal long term aim of the charity, and ongoing objectives of the Trustees, is now to offer complementary therapies to anyone in Berkshire who has recently been diagnosed with cancer, with a choice of 'face to face' services and to additionally provide a virtual on-line complementary therapy service in Mindfulness, Yoga and Art Therapy to people living with cancer in Berkshire and beyond, continuing to develop Charvil as our dedicated centre of excellence for the service. We continue to confine our offering to adult patients recently diagnosed with cancer and to their carers.

Operations

Claire Rhodes, our new CEO, continues to develop the management, administration and governance of the charity. She manages a team of Lead Complementary Therapist, Service Delivery Manager, and Marketing and Communications Officer. Additionally we have an Art Therapist who joined the payroll in May 2023, as part of a stipend, funded by a grant. We are currently recruiting an additional team member to support fund raising through building community and corporate links and plan to recruit further team member to assist on trust and grant applications. The Complementary Lead Therapist manages the leadership and governance of our volunteer therapists, the Service Delivery Manager oversees the delivery of our service. The Marketing and Communications Officer creates the campaigns and events to increase awareness of the service as well as help bring more volunteers and donors to the charity. The additional support in fund raising will complete the team and recruitment will start in 2024. With the support of our treasurer and governance staff from the Royal Berkshire Hospital, and some IT and clinical governance consultants, we are now more comfortable that our administration and governance is satisfactory, with Trustees informed about any risks we face.

Led by the CEO and Trustees, the service is delivered by managers and volunteers. We continue to work closely with the Royal Berkshire Hospital, particularly the Berkshire Cancer Centre, and other charities of relevance in the support of cancer patients, and with those organisations that can help us to find and retain sufficient volunteers to develop the service.

Fundraising

Our fundraising group, some members of which have had some experience with cancer, either personally or in their families, have continued to work extremely hard and have generated enough money, together with some very generous donations to the charity, to fund our planned growth, manage the charity throughout the constraints of the cost of living crisis and increase our reserves sufficiently to be able to fund our services and their planned growth for the next two years. We owe them all a big debt for all this very successful work.

Volunteers

The charity was recognised this year in November with the announcement that it is recipient of the King's Award for Voluntary Service. This is a huge achievement for a charity which is so young and still in the early stages of its potential. It demonstrates the impact the charity is having on those people we serve and the capacity, capability and passion of the volunteers. The charity continues to be led and supported by willing volunteers in meeting its objectives and some of its administrative activity and the Trustees would like to take this opportunity to say how much they appreciate their continuing and valuable support. The Award is an amazing testament to our volunteers. We owe them a real debt. The Trustees consider that no measurable value can be placed on their contribution for the purpose of our accounts but in practical terms, they are invaluable and the beating heart of what we do.

Achievements and Performance

Our valuable relationship, with the Directors of the Royal Berkshire Hospital and the consultant oncologists, clinical nurse specialists, management and administrative staff at the Royal Berkshire NHS Foundation Trust, has been maintained, with mutual support being evidenced on both sides.

We have learned to manage and maintain those good relationships through various staff changes that have occurred in the Hospital and at the charity. The Hospital Trust continues to donate the use of rooms to deliver our services at the Bracknell Healthspace and to allow the charity to maintain a communication presence, for patients, at the Royal Berkshire Hospital.

The Trust also continues to provide training of the therapists in the NHS 'cancer pathway', enabling the MCMC services to be tailored to patient need. We now have 29 volunteer therapists and 9 volunteers to meet and greet people who wish to access the service. It is our objective to recruit 5 more therapists and 4 more meeter-greeters in the next financial year.

In the year ending December 2023, we provided 1344 therapies to 332 patients, with 817 acupuncture appointments and 527 aromatherapy, reflexology and massage appointments. The proportion of our clients that are male increased to above 20%, following our efforts to stimulate interest from men. We also ran courses in mindfulness training and yoga and began on-line 1-1 art therapy sessions.

The patient feedback remains incredibly positive indicating that the demand for our services remains strong and our experience of the on-line services has shown that there is still demand for support on-line. This feedback continues to confirm that there is a very big demand for the service and that, within the limits of our present resource, we are delivering an offering that effectively relieves pain and reduces side effects which are associated with some cancer treatments, while helping the patient to come to terms with their illness, regain and maintain some control of their lives and and improve their wellbeing.

Report of the Trustees - continued
For the year ended 31 December 2023 (Unaudited)

Future Plans

Our immediate plans are to continue to develop our services at Charvil and to fill more of the available face-to face therapy slots at our other sites, develop our service offerings and continue our search for new services that can improve the confidence and empowerment of our service users.

It is our long term plan to build services across Berkshire, delivered from at least three more treatment rooms, with an additional room in Charvil, and new centres including one in Henley and one in East Berkshire.

Our biggest challenges are:

1. To strengthen our fundraising capability to ensure that we have the resources for the continuing growth in demand;
2. To finalise our growth in delivery sites by opening a second room in Charvil and establishing a new base in Henley in 2024;
3. Recruitment of volunteers is an ongoing challenge especially for therapists and "meeter-greeters", against a background of the cost of living crisis. We are also looking for new people to join our fund raising volunteer team. This is continuing to be a challenge to maintain the level of service as well as for future growth.

Public benefit

The Trustees confirm that they have complied with their duty under section 17 of the Charities Act 2011. They have considered the public benefit guidance published by the Charity Commission and believe they have followed it.

Financial Review

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future, for this reason they continue to adopt the going concern basis in preparing the financial statements.

Financial position

Incoming resources for the period are £150,289 (2022: £115,190) and resources expended £140,684 (2022: £122,316), leaving an overall surplus for the year of £9,605 (2022: £7,126 deficit). Total reserves of £113,384 (2022: £167,233) are unrestricted.

Reserves Policy

It is the charity's policy to retain reserves equivalent to 12 months normal expenditure to safeguard against significant loss of sources of income. This equates to c. £80,000. In addition, as a relatively new charity, which has had to find rental accommodation for much of its service delivery and still needs to extend its services to cover the whole of Berkshire and to expand its service offering, the Trustees have been building up sufficient funds of c. £170,000 per annum, which have been designated to grow the charity further over the next three years, increase the number of staff it employs (currently five) and funding its headoffice and treatment centre. This policy will be reviewed on a regular basis and the Trustees are confident about the financial stability of the charity.

Report of the Trustees - continued

Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the financial statements in accordance with applicable law and regulations.

The Trustees are required to prepare financial statements for each financial year that give a true and fair view of the financial activities of the charity and its financial position at the end of the period. In preparing those financial statements the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees have taken all the steps that they ought to have taken to make themselves aware of any information relevant to the independent examination and to ensure that the independent examiner is aware of all relevant information. As far as each Trustee is aware, there is no relevant information of which the charity's examiner is unaware.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) regulations 2008, the SORP 2005 and the provisions of its registration. They are also responsible for the safeguarding of assets, taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the charity and financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report was approved by the Trustees on 29th July 2024 and signed on its behalf.

ON BEHALF OF THE TRUSTEES:



Alison Grieve
Chairman

Statement of Financial Activities (including Income and Expenditure Account)
For the year ended 31 December 2023 (Unaudited)

	Notes	Y/E Dec-23 Unrestricted Funds £	Y/E Dec-23 Restricted Funds £	Y/E Dec-23 Total Funds £	P/E Dec-22 Unrestricted Funds £	P/E Dec-22 Restricted Funds £	P/E Dec-22 Total Funds £
Income:							
<i>Income from donations and legacies:</i>							
Donations and legacies	2	38,350	18,507	56,857	50,010	20,240	70,250
<i>Income from other trading activities:</i>							
Other activities	3	89,500	-	89,500	44,390	-	44,390
Investment income	4	3,932	-	3,932	550	-	550
Total income		131,782	18,507	150,289	94,950	20,240	115,190
Expenditure:							
<i>Expenditure on raising funds:</i>							
Fundraising and other activities	5	16,681	-	16,681	749	-	749
<i>Expenditure on charitable activities:</i>							
Cost of charitable activities	6	6,511	2,586	9,097	3,778	828	4,606
Support costs	7	89,783	22,467	112,250	89,795	15,805	105,600
Governance costs	8	2,656	-	2,656	11,361	-	11,361
Total expenditure		115,631	25,053	140,684	105,683	16,633	122,316
Net income/(expenditure) and net movement in funds for the period		16,151	(6,546)	9,605	(10,733)	3,607	(7,126)
Reconciliation of funds							
Total funds brought forward	17	167,233	7,986	175,219	177,966	4,379	182,345
Total funds carried forward		183,384	1,440	184,824	167,233	7,986	175,219

The statement of financial activities includes all gains and losses for the period. All incoming resources and resources expended derive from continuing activities.

My Cancer My Choices
(A Charitable Incorporated Organisation)

Charity number: 1162165

Balance Sheet
As at 31 December 2023 (Unaudited)

	Notes	Y/E Dec-23 £	P/E Dec-22 £
CURRENT ASSETS			
Debtors	14	7,988	195
Cash at bank		191,299	192,642
		<u>199,287</u>	<u>192,837</u>
CREDITORS			
Amounts falling due within one year	15	(14,463)	(17,618)
		<u>184,824</u>	<u>175,219</u>
NET CURRENT ASSETS			
		<u>184,824</u>	<u>175,219</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>184,824</u>	<u>175,219</u>
FUNDS			
Unrestricted funds	17	113,384	167,233
Designated funds	17	70,000	-
Restricted funds	17	1,440	7,986
		<u>184,824</u>	<u>175,219</u>

The financial statements were approved and authorised for issue by the Trustees on 22nd July 2024 and were signed on their behalf by:


Alison Grieve
Chairman

The notes form part of these financial statements

Notes to the Financial Statements
For the year ended 31 December 2023 (Unaudited)

1 ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared in accordance with the 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 2015) - (Charities SORP (FRS 102)) and, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The Charity's functional and presentational currency is GBP and the financial statement have been rounded to the nearest £.

Fund accounting

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity.

Restricted funds are to be used in accordance with specific restrictions set out by the donor. See notes 17 and 18.

Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity is entitled to the income and the amounts have been received. The following specific policies are applied to particular categories of income:

- Donations and fundraising income are recognised in the accounts as and when receivable. Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of the donation.
- Grant income is recognised in the accounts as and when receivable. Where entitlement occurs before income is received the income is accrued.
- Investment income is credited to income when it is receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest being paid or being payable by the bank.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT and is reported as part of the expenditure to which it relates:

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Fundraising costs are those incurred in seeking voluntary contributions.
- Governance costs include those costs associated with meeting the constitutional requirements of the charity and include the accountants fees and costs linked to the strategic management of the charity.

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered.

Cash at Bank and in hand

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

Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received in advanced payments for the goods or services it must provide.

Financial instruments

The charity only has financial assets and financial liabilities that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and are subsequently measured at their settlement value.

Taxation

The charity is exempt from tax on income and gains of S256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to charitable objects. No UK corporation tax charges have arisen in the charity for the year ended 31 December 2023 due to the charity's charitable status.

Operating leases

Operating leases are recognised over the period of which the lease falls due.

Benefits received and receivable as an incentive to sign an operating lease are recognised on a straight line basis over the period of the lease.

Pensions

Defined contribution pension plan

The Charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the Charity pays fixed contributions into a separate entity. Once the contributions have been paid, the Charity has no further payment obligations.

The contributions are recognised as an expense in the Statement of Financial Activities when they fall due. Amounts not paid are shown in accruals as a liability in the Balance Sheet. The assets of the plan are held separately from the Charity in independently administered funds.

Notes to the Financial Statements - continued
For the year ended 31 December 2023 (Unaudited)

2 INCOME FROM DONATIONS AND LEGACIES

	Unrestricted Funds Y/E Dec-23 £	Restricted Funds Y/E Dec-23 £	Total Funds Y/E Dec-23 £	Unrestricted Funds P/E Dec-22 £	Restricted Funds P/E Dec-22 £	Total Funds P/E Dec-22 £
Donations	29,949	-	29,949	43,211	-	43,211
Gift Aid	8,401	-	8,401	6,799	-	6,799
Grants	-	18,507	18,507	-	20,240	20,240
	<u>38,350</u>	<u>18,507</u>	<u>56,857</u>	<u>50,010</u>	<u>20,240</u>	<u>70,250</u>

3 INCOME FROM OTHER TRADING ACTIVITIES

	Unrestricted Funds Y/E Dec-23 £	Restricted Funds Y/E Dec-23 £	Total Funds Y/E Dec-23 £	Unrestricted Funds P/E Dec-22 £	Restricted Funds P/E Dec-22 £	Total Funds P/E Dec-22 £
Fundraising	89,500	-	89,500	44,390	-	44,390

4 INVESTMENT INCOME

	Unrestricted Funds Y/E Dec-23 £	Restricted Funds Y/E Dec-23 £	Total Funds Y/E Dec-23 £	Unrestricted Funds P/E Dec-22 £	Restricted Funds P/E Dec-22 £	Total Funds P/E Dec-22 £
Bank Interest Received	3,932	-	3,932	550	-	550

5 EXPENDITURE ON RAISING FUNDS

	Unrestricted Funds Y/E Dec-23 £	Restricted Funds Y/E Dec-23 £	Total Funds Y/E Dec-23 £	Unrestricted Funds P/E Dec-22 £	Restricted Funds P/E Dec-22 £	Total Funds P/E Dec-22 £
Fund raising costs	16,681	-	16,681	749	-	749

6 CHARITABLE ACTIVITIES COSTS

	Unrestricted Funds Y/E Dec-23 £	Restricted Funds Y/E Dec-23 £	Total Funds Y/E Dec-23 £	Unrestricted Funds P/E Dec-22 £	Restricted Funds P/E Dec-22 £	Total Funds P/E Dec-22 £
Therapy costs, training and supplies	6,511	2,586	9,097	3,778	828	4,606

7 SUPPORT COSTS

	Unrestricted Funds Y/E Dec-23 £	Restricted Funds Y/E Dec-23 £	Total Funds Y/E Dec-23 £	Unrestricted Funds P/E Dec-22 £	Restricted Funds P/E Dec-22 £	Total Funds P/E Dec-22 £
Telephone and fax	3,755	618	4,373	3,461	760	4,221
Trustee expenses	-	-	-	6	-	6
Wages	69,031	17,653	86,684	60,235	13,222	73,457
Subscriptions	528	87	615	315	69	384
Insurance	538	88	626	706	155	861
Office expenses	2,765	1,038	3,803	3,411	749	4,160
Sundry expenses	4,656	766	5,422	5,028	126	5,154
Premises expenses	6,341	1,859	8,200	13,337	-	13,337
Refurbishment costs	817	135	952	1,392	306	1,698
Marketing & Promotions	1,352	223	1,575	1,904	418	2,322
	<u>89,783</u>	<u>22,467</u>	<u>112,250</u>	<u>89,795</u>	<u>15,805</u>	<u>105,600</u>

All support costs relate to charitable activities.

8 GOVERNANCE COSTS

	Unrestricted Funds Y/E Dec-23 £	Restricted Funds Y/E Dec-23 £	Total Funds Y/E Dec-23 £	Unrestricted Funds P/E Dec-22 £	Restricted Funds P/E Dec-22 £	Total Funds P/E Dec-22 £
Accountancy fees	1,440	-	1,440	2,460	-	2,460
Legal & professional fees	1,216	-	1,216	8,901	-	8,901
	<u>2,656</u>	<u>-</u>	<u>2,656</u>	<u>11,361</u>	<u>-</u>	<u>11,361</u>

Notes to the Financial Statements - continued
For the year ended 31 December 2023 (Unaudited)

9 FEES FOR THE EXAMINATION OF THE ACCOUNTS

	Total Y/E Dec-23 £	Total P/E Dec-22 £
Independent examiner's fees	1,440	1,860

10 TRUSTEES' REMUNERATION AND BENEFITS

During the current and prior period, no Trustees received any remuneration.
During the current and prior period, no Trustees received any benefits in kind.
During the year £nil (2022: £nil) of travelling expenses were reimbursed to any Trustee.

11 STAFF COSTS

	Total Y/E Dec-23 £	Total P/E Dec-22 £
Salaries and wages	82,865	71,320
Social security costs	1,777	0
Pension	2,042	2,137
	<u>86,684</u>	<u>73,457</u>

The average number of employees during the period, calculated on the basis of full time equivalents, was as follows:

Administrative staff	<u>3</u>	<u>2</u>
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No employee received emoluments of more than £60,000.

12 PENSION COMMITMENTS

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £2,042 (2022: £2,137). Contributions of £nil (2022: £382) were payable to the fund at the balance sheet date.

13 RELATED PARTY TRANSACTIONS

During the period the Trustees did not consider there to be any related party transactions, other than the matters within note 10.

14 DEBTORS

	Total Y/E Dec-23 £	Total P/E Dec-22 £
Prepayments and accrued income	<u>7,988</u>	<u>195</u>

15 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Total Y/E Dec-23 £	Total P/E Dec-22 £
Other creditors	12,323	15,429
Accrued expenses	2,140	2,189
	<u>14,463</u>	<u>17,618</u>

16 ANALYSIS OF NET ASSETS BETWEEN RESERVES

	Unrestricted Funds Y/E Dec-23 £	Restricted Funds Y/E Dec-23 £	Total Funds Y/E Dec-23 £	Unrestricted Funds P/E Dec-22 £	Restricted Funds P/E Dec-22 £	Total Funds P/E Dec-22 £
Current assets	197,847	1,440	199,287	184,782	8,055	192,837
Current liabilities	(14,463)	-	(14,463)	(17,549)	(69)	(17,618)
	<u>183,384</u>	<u>1,440</u>	<u>184,824</u>	<u>167,233</u>	<u>7,986</u>	<u>175,219</u>

Notes to the Financial Statements - continued
For the year ended 31 December 2023 (Unaudited)

17 MOVEMENT IN FUNDS

	As at 1 January 2023	Incoming resources	Outgoing resources	Transfers	As at 31 December 2023
	£	£	£	£	£
Unrestricted funds	167,233	131,782	(115,631)	(70,000)	113,384
Designated funds	-	-	-	70,000	70,000
Restricted funds	7,986	18,507	(25,053)	-	1,440
Total funds	175,219	150,289	(140,684)	-	184,824

	As at 1 July 2021	Incoming resources	Outgoing resources	Transfers	As at 31 December 2022
	£	£	£	£	£
Unrestricted funds	177,966	94,950	(105,683)	-	167,233
Restricted funds	4,379	20,240	(16,633)	-	7,986
Total funds	182,345	115,190	(122,316)	-	175,219

Purpose of Designated Funds

The Trustees have designated funds for the future refurbishment and fit-out of new treatment rooms and meeting rooms at various locations £40,000 and the set up of a new CRM systems £20,000.

18 Restricted funds

	Greenham Grant	Newbury Cancer Care	Corinne Burton Memorial Trust	Burghfield Residents Association
	£	£	£	£
Balance at 1 January 2023	1,131	1,115	-	-
Incoming resources - grants	9,407	5,500	2,400	700
Outgoing resources - cost of charitable activities and support costs	(10,538)	(6,615)	(2,400)	(700)
Balance at 31 December 2023	-	-	-	-

Restricted funds (continued)

	FSP Foundation	Burghfield Parish Council	The Albert Hunt Trust	Total Restricted Funds
	£	£	£	£
Balance at 1 January 2023	2,740	-	3,000	7,986
Incoming resources - grants	-	500	-	18,507
Outgoing resources - cost of	(1,300)	(500)	(3,000)	(25,053)
Balance at 31 December 2023	1,440	-	-	1,440

19 OPERATING LEASE COMMITMENTS

At 31 December 2023 the total of the Charity's future minimum lease payments under non-cancellable operating lease was:

	Y/E Dec-23 £	P/E Dec-22 £
Amounts payable		
Within 1 year	4,200	4,200
Between 1 and 5 years	5,950	10,150
	10,150	14,350

My Cancer My Choices
(A Charitable Incorporated Organisation)

**Report of the Independent Examiner to the Trustees of
My Cancer My Choices**

I report to the Trustees on my examination of the accounts of My Cancer My Choices (the Charity) for the year ended 31 December 2023 which are set out on pages 7 to 12.

Responsibilities and basis of report

As the Trustees of the Charity 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 Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charities 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 giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the Charity as required by Section 130 of the Act; or
- the accounts did not accord with those records or;
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

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.



Anthony Campbell FCA
Nortons Assurance Limited
Chartered Accountants
Second Floor
Now Building
Thames Valley Park
Reading
Berkshire
RG6 1RB

Date: 23 July 2024

MY CANCER MY CHOICES

England & Wales - Charity number 1162165

Accounts

Report of the Trustees and
Financial Statements
For the period ended 31 December 2022
(Unaudited)
for
My Cancer My Choices
(A Charitable Incorporated Organisation)

Charity number: 1162165

My Cancer My Choices
(A Charitable Incorporated Organisation)

Charity number: 1162165

Contents of the Financial Statements
For the period ended 31 December 2022 (Unaudited)

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My Cancer My Choices
(A Charitable Incorporated Organisation)

Charity number: 1162165

Charity information
For the period ended 31 December 2022 (Unaudited)

Charity name:	My Cancer My Choices
Charity registration number:	1162165
Registered Office	1st Floor, 46 Old Bath Road Charvil Reading Berkshire RG10 9QR
Trustees	Ms Alison Grieve <i>Chairman</i> Dr Jane Barrett OBE Mrs Amanda Barter <i>Founder</i> Mr Robert Goddard Ms Lynn McLeish Mr Anthony Smith <i>Treasurer</i> Dr Richard Brown Mrs Claire Grove Dr Lindsey Barker
Chief Executive Officer	Mrs Amanda Barter
Independent Examiner	Nortons Assurance Limited Chartered Accountants Second Floor NOW Building Thames Valley Park Reading Berkshire RF6 1RB
Bankers	CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

Report of the Trustees
For the period ended 31 December 2022 (Unaudited)

The Trustees present their report with the financial statements of the charity for the period ended 31 December 2022.

The Trustees confirm that their report and the financial statements of the charity comply with the current statutory requirements of the charity's governing document and the provisions of the Charities Act 2011, Accounting and Reporting Standard applicable to charities preparing their accounts with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102).

Reference and Administrative Information

The reference and administrative information is detailed on page 2.

Structure, Governance and Management

Governing document

The organisation is a Charitable Incorporated Organisation, registered as a charity on 12th June 2015. The charity was established under a constitution which details the objects and powers of organisation and it is governed by the constitution.

Recruitment and appointment of trustees and directors

The Trustees who have served during the period and since the period end are listed on page 2 and below.

Under the requirements of the constitution, the Trustees must be appointed for a term of three years by a resolution passed at Trustee meetings. Any person retiring as a charity Trustee is eligible for reappointment. A charity Trustee who has served for three consecutive terms may not be reappointed for a (fourth) consecutive term but may be reappointed after an interval of at least one year.

The CEO, and founder of the charity, will serve for 5 years on first appointment (with a maximum of 15 years overall). Future CEO's may be salaried, and will be appointed by the Trustees following competition. The Trustees appoint the Chairman. Decisions are taken by a majority of Trustees present at quarterly meetings.

The Chief Executive reports on all aspects of the Charity's operations and is responsible for keeping Trustees informed about charity and other relevant laws and procedures. The Trustees, CEO and staff attend relevant courses and seminars, to maintain the required skills for the proper governance and financial control of the Charity.

Trustee Induction and training

New trustees are provided with a copy of the charity's constitution and latest Annual Report and Statement of Accounts.

Trustees are appointed based on their skills, knowledge and experience that are considered to be appropriate for the charity's activities.

New Trustees undergo briefings on the vision of the charity, its charitable objectives, current activities and financial status and forecasts. They are provided with a copy of the Charity Commission, "The Essential Trustee" (CC3) document, and are required to sign our Code of Conduct. Trustees are supported by the Chair of Trustees on an ad-hoc basis for their role and responsibilities, introduced to all other trustees and committee members, and invited to all trustee meetings.

Trustees

Trustees who served during the period and up to the date of this report are set out below.

Mr Colin Maclean OBE (resigned 30 June 2023)
Dr Jane Barrett OBE
Mrs Amanda Barler
Ms Alison Grieve
Mr Robert Goddard
Mrs Ruth Lysons (resigned 30 June 2023)
Professor Ann Sheen OBE (resigned 31 July 2022)
Ms Lynn McLeish
Mr Anthony Smith
Dr Richard Brown
Mrs Claire Grove

Trustee appointed after the balance sheet date

Dr Lindsey Barker (appointed 19 January 2023)

Report of the Trustees - continued
For the period ended 31 December 2022 (Unaudited)

Objectives and Activities

Background

This report covers the period from July 2021 to December 2022 because the charity changed its annual reporting time from midyear to the end of the calendar year at its board meeting in November 2021.

The period on which we are reporting has been one of recovery from the effects of the Covid epidemic and implementing the changes in strategic direction we needed to ensure the future viability of the charity, which included restarting most of our face to face services, continuing and developing those services that could continue to be effectively delivered on line and moving some service away from the buildings of the Royal Berkshire Hospital, while ensuring that our excellent relationships at all staff levels in the hospital were maintained.

We opened a new headquarters office and treatment centre in Charvil, Reading, commissioned a new centre at the Deanwood therapy centre in Newbury and continued to offer acupuncture services in the College of Integrated Chinese Medicine in Reading and in the Royal Berkshire Healthspace in Bracknell. During the period we successfully added arts therapy to our services, through collaboration with the Arts Therapy College in London and at the year-end we added Reiki to our portfolio of services.

Objectives

The objects of the charity are 'For the public benefit, the relief and support of people with a diagnosis of cancer in Berkshire and surrounds and their carers, and where appropriate on-line throughout the UK by a) the provision of complementary therapies in acupuncture, arts therapy, aromatherapy, reflexology, massage, reiki, and relaxation techniques; b) providing facilities for the practice of yoga, Tai Chi and mindfulness training and c) the provision of advice and information'.

Activities

The principal long term aim of the charity, and ongoing objectives of the Trustees, is now to offer complementary therapies to any patient in Berkshire who has recently been diagnosed with cancer, with a 'face to face' service and to provide an on-line complementary therapy service in Mindfulness to cancer patients anywhere in the UK, on request, and to continue to develop Charvil as our dedicated centre of excellence for the service. We continue to confine our offering to adult patients recently diagnosed with cancer and to their carers.

Mrs Victoria Latchford, our Operations Director, continues to develop the management, administration and governance of the charity, with the CEO. We have appointed a Lead Therapist to manage the leadership and governance of our volunteer therapists, a lead Service Delivery Manager to oversee the delivery of our service and a part time lead for our fundraising. With the support of our treasurer and governance staff from the Royal Berkshire hospital, and some IT and clinical governance consultants, we are now more comfortable that our administration and governance is satisfactory, with trustees informed about any risks we face.

Led by the CEO and Trustees, the service is delivered by managers and volunteers. We continue to work closely with the Royal Berkshire Hospital, particularly the Berkshire Cancer Centre, and other charities of relevance in the support of cancer patients and with those organisations that can help us to find and retain sufficient volunteers to develop the service.

Fundraising

Our fundraising group, some members of which have had some experience with cancer, either personally or in their families, have continued to work extremely hard and have generated enough money, together with some very generous donations to the charity, to fund our planned growth, manage the charity throughout the constraints of the pandemic and increase our reserves sufficiently to be able to fund our services and their planned growth for the next two years. We owe them all a big debt for all this very successful work.

Volunteers

The charity continues to be supported by willing volunteers in meeting its objectives and some of its administrative activity and the trustees would like to take this opportunity to say how much they appreciate their continuing and valuable support. Indeed, some of them were heavily involved in the development of our on-line services, despite being unable to earn their living in their own practices, due to lockdown. We owe them a real debt. The trustees consider that no measurable value can be placed on their contribution for the purpose of our accounts but in practical terms, they are invaluable.

Achievements and Performance

Our valuable relationship, with the Directors of the Royal Berkshire Hospital and the consultant oncologists, clinical nurse specialists, management and administrative staff at the Royal Berkshire NHS Foundation Trust, has been maintained, with mutual support being evidenced on both sides. We have learned to manage and maintain those good relationships through various staff changes that have occurred in the Hospital. The Hospital Trust continues to donate the use of rooms to deliver our services at the Bracknell Healthspace and to allow the charity to maintain a communication presence, for patients, at the Royal Berkshire hospital.

The Trust also continues to provide training of the therapists in the NHS 'cancer pathway', enabling the MCMC services to be tailored to patient need. We now have 29 volunteer therapists and 9 volunteers to meet and greet people who wish to access the service. It is our objective to recruit 4 more therapists and 4 more meeters/greeters in the next financial year.

Our operations director supported by the lead therapist and the admin officer and with the help of the CEO and trustees, several volunteers and some paid consultants, continued to develop the administration, governance and business systems needed to run the charity and support our planned growth. This has satisfied the trustees that we have a comprehensive and fully effective approach to the running of the charity.

Report of the Trustees - continued
For the period ended 31 December 2022 (Unaudited)

Achievements and Performance (continued)

Despite the very challenging Covid 19 lockdowns, in the period ending December 2022, we provided 1344 therapies to 332 patients, with 817 acupuncture appointments and 527 aromatherapy, reflexology and massage appointments. The proportion of our clients that are male increased to above 20%, following our efforts to stimulate interest from men. We also ran 10 courses in mindfulness training and yoga and 1 on-line art therapy treatments.

The patient feedback remains strong, despite the pandemic, indicating that the demand for our services remains strong and our experience of the on-line services has shown that there is still demand for support on-line. This feedback continues to confirm that there is a very big demand for the service and that, within the limits of our present resource, we are delivering an offering that effectively relieves pain and reduces side effects which are associated with some cancer treatments, while helping the patient to come to terms with their illness and to regain and maintain some control of their lives.

Future Plans

Our immediate plans are to continue to develop our services at Charvil and to fill all the face-to-face therapy slots at our other sites, develop our new reiki service and continue our search for new services that can improve the confidence of our cancer patients.

It is our long term plan to build services across Berkshire, delivered from 5 centres.

Our biggest challenges are:

1. To find a new Chair for the charity when Mr Maclean completes his three-term tenure in June 2023, to also find a new Vice Chair as Mrs Lysons also completes her three terms in June 2023, and to start the search for a replacement CEO when Mrs Barter steps down in September 2023;
2. To strengthen our fundraising capability to ensure that we have the resources for the continuing growth in demand; and
3. To finalise our growth in delivery sites by starting a therapy centre in Henley in the next two years.

We also have plans to increase the number of volunteer therapists and 'meeter-greeters' to support the enlarged service.

Public benefit

The Trustees confirm that they have complied with their duty under the section 17 of the Charities Act 2011. They have considered the public benefit guidance published by the Charity Commission and believe they have followed it.

Financial Review

Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future, for this reason they continue to adopt the going concern basis in preparing the financial statements.

Financial position

Incoming resources for the period are £115,190 (2021: £60,541) of which £94,950 (2021: £50,627) was unrestricted income and £20,240 (2021: £9,914) was restricted income. Resources expended were £122,316 (2021: £55,365), of which £105,682 (2021: £49,830) was from the unrestricted fund and £16,633 (2021: £5,535) was from the restricted fund. There was an overall shortfall for the period of £7,126 (2021: overall surplus £5,176), with shortfall of £10,732 (2021: surplus £797) being unrestricted funds and surplus of £3,607 (2021: £4,379) restricted funds. The total reserves carried forward of £175,219 (2021: £182,345) are split between £167,233 (2021: £177,966) of unrestricted funds and £7,986 (2021: £4,379) of restricted funds.

Reserves Policy

Due to the risks posed by the Covid 19 pandemic, it is the charity's policy to retain reserves equivalent to 12 months normal expenditure to safeguard against significant loss of sources of income. This equates to c. £80,000. In addition, as a relatively new charity, which has had to find new accommodation for much of its service delivery and still needs to extend its services to cover the whole of Berkshire and to expand its service offering, the trustees have been building up sufficient funds of c. £170,000 per annum, which have been designated to grow the charity further over the next three years, increase the number of staff it employs (currently three) and funding its new office and treatment centre. This policy will be reviewed on a regular basis and the trustees are confident about the financial stability of the charity.

My Cancer My Choices
(A Charitable Incorporated Organisation)

Charity number: 1182165

Report of the Trustees - continued

Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the financial statements in accordance with applicable law and regulations

The Trustees are required to prepare financial statements for each financial year that give a true and fair view of the financial activities of the charity and its financial position at the end of the period. In preparing those financial statements the Trustees are required to:

- select suitable accounting policies and then apply them consistently,
- observe the methods and principles of the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business

The Trustees have taken all steps that they ought to have taken in order to make themselves aware of any information relevant to the independent examination and to ensure that the independent examiner is aware of all relevant information. As far as each Trustee is aware, there is no relevant information of which the charity's independent examiner is unaware.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008, the SORP 2005 and provisions of its registration. They are also responsible for the safeguarding the assets, for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the charity and financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report was approved by the Trustees on 31/9/23 and signed on its behalf.

ON BEHALF OF THE TRUSTEES:



Alison Grieve
Chairman

Statement of Financial Activities (including Income and Expenditure Account)
For the period ended 31 December 2022 (Unaudited)

	Notes	P/E Dec-22 Unrestricted Funds £	P/E Dec-22 Restricted Funds £	P/E Dec-22 Total Funds £	Y/E Jun-21 Unrestricted Funds £	Y/E Jun-21 Restricted Funds £	Y/E Jun-21 Total Funds £
Income:							
<i>Income from donations and legacies:</i>							
Donations and legacies	2	50,010	20,240	70,250	31,299	9,914	41,213
<i>Income from other trading activities:</i>							
Other activities	3	44,390	-	44,390	18,754	-	18,754
Investment income	4	550	-	550	574	-	574
Total Income		94,950	20,240	115,190	50,627	9,914	60,541
Expenditure:							
<i>Expenditure on raising funds:</i>							
Fundraising and other activities	5	749	-	749	-	-	-
<i>Expenditure on charitable activities:</i>							
Cost of charitable activities	6	3,778	828	4,606	2,815	1,684	4,499
Support costs	7	89,795	15,805	105,600	42,916	3,851	46,767
Governance costs	8	11,361	-	11,361	4,099	-	4,099
Total expenditure		105,683	16,633	122,316	49,830	5,535	55,365
Net income/(expenditure) and net movement in funds for the period		(10,733)	3,607	(7,126)	797	4,379	5,176
Reconciliation of funds							
Total funds brought forward	16	177,966	4,379	182,345	177,169	-	177,169
Total funds carried forward		167,233	7,986	175,219	177,966	4,379	182,345

The statement of financial activities includes all gains and losses for the period. All incoming resources and resources expended derive from continuing activities.

Notes to the Financial Statements
For the period ended 31 December 2022 (Unaudited)

1 ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared in accordance with the 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 2015) - (Charities SORP (FRS 102)) and, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The Charity's functional and presentational currency is GBP and the financial statement have been rounded to the nearest £.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are to be used in accordance with specific restrictions set out by the donor. See notes 16 and 17.

Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity is entitled to the income and the amounts have been received. The following specific policies are applied to particular categories of income:

- Donations and fundraising income are recognised in the accounts as and when receivable. Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of the donation.
- Grant income is recognised in the accounts as and when receivable. Where entitlement occurs before income is received the income is accrued.
- Investment income is credited to income when it is receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest being paid or being payable by the bank.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT and is reported as part of the expenditure to which it relates:

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Fundraising costs are those incurred in seeking voluntary contributions.
- Governance costs include those costs associated with meeting the constitutional requirements of the charity and include the accountants fees and costs linked to the strategic management of the charity.

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered.

Cash at Bank and in hand

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

Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received in advanced payments for the goods or services it must provide.

Financial instruments

The charity only has financial assets and financial liabilities that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and are subsequently measured at their settlement value.

Taxation

The charity is exempt from tax on income and gains of S256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to charitable objects. No UK corporation tax charges have arisen in the charity for the period ended 31 December 2022 due to the charity's charitable status.

Operating leases

Operating leases are recognised over the period of which the lease falls due.

Benefits received and receivable as an incentive to sign an operating lease are recognised on a straight line basis over the period of the

My Cancer My Choices
(A Charitable Incorporated Organisation)

Charity number: 1162165

Balance Sheet
As at 31 December 2022 (Unaudited)

	Notes	P/E Dec-22 £	Y/E Jun-21 £
CURRENT ASSETS			
Debtors	13	195	451
Cash at bank		192,642	185,128
		<u>192,837</u>	<u>185,579</u>
CREDITORS			
Amounts falling due within one year	14	(17,618)	(3,232)
		<u>175,219</u>	<u>182,345</u>
NET CURRENT ASSETS			
		<u>175,219</u>	<u>182,345</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>175,219</u>	<u>182,345</u>
FUNDS			
Unrestricted funds	16	167,233	177,066
Restricted funds	16	7,986	4,379
		<u>175,219</u>	<u>182,345</u>
TOTAL FUNDS		<u>175,219</u>	<u>182,345</u>

The financial statements were approved and authorised for issue by the Trustees on 3/9/23 and were signed on their behalf by


Allison Griev
Chairman

The notes form part of these financial statements

Notes to the Financial Statements - continued
For the period ended 31 December 2022 (Unaudited)

1 ACCOUNTING POLICIES (CONTINUED)

Pensions

Defined contribution pension plan

The Charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the Charity pays fixed contributions into a separate entity. Once the contributions have been paid, the Charity has no further payment obligations.

The contributions are recognised as an expense in the Statement of Financial Activities when they fall due. Amounts not paid are shown in accruals as a liability in the Balance Sheet. The assets of the plan are held separately from the Charity in independently administered funds.

2 INCOME FROM DONATIONS AND LEGACIES

	Unrestricted Funds P/E Dec-22 £	Restricted Funds P/E Dec-22 £	Total Funds P/E Dec-22 £	Unrestricted Funds Y/E Jun-21 £	Restricted Funds Y/E Jun-21 £	Total Funds Y/E Jun-21 £
Donations	43,211	-	43,211	25,826	-	25,826
Gift Aid	6,799	-	6,799	5,473	-	5,473
Grants	-	20,240	20,240	-	9,914	9,914
	<u>50,010</u>	<u>20,240</u>	<u>70,250</u>	<u>31,299</u>	<u>9,914</u>	<u>41,213</u>

3 INCOME FROM OTHER TRADING ACTIVITIES

	Unrestricted Funds P/E Dec-22 £	Restricted Funds P/E Dec-22 £	Total Funds P/E Dec-22 £	Unrestricted Funds Y/E Jun-21 £	Restricted Funds Y/E Jun-21 £	Total Funds Y/E Jun-21 £
Fundraising	44,390	-	44,390	18,754	-	18,754

4 INVESTMENT INCOME

	Unrestricted Funds P/E Dec-22 £	Restricted Funds P/E Dec-22 £	Total Funds P/E Dec-22 £	Unrestricted Funds Y/E Jun-21 £	Restricted Funds Y/E Jun-21 £	Total Funds Y/E Jun-21 £
Bank Interest Received	550	-	550	574	-	574

5 EXPENDITURE ON RAISING FUNDS

	Unrestricted Funds P/E Dec-22 £	Restricted Funds P/E Dec-22 £	Total Funds P/E Dec-22 £	Unrestricted Funds Y/E Jun-21 £	Restricted Funds Y/E Jun-21 £	Total Funds Y/E Jun-21 £
Fund raising costs	749	-	749	-	-	-

6 CHARITABLE ACTIVITIES COSTS

	Unrestricted Funds P/E Dec-22 £	Restricted Funds P/E Dec-22 £	Total Funds P/E Dec-22 £	Unrestricted Funds Y/E Jun-21 £	Restricted Funds Y/E Jun-21 £	Total Funds Y/E Jun-21 £
Therapy costs, training and supplies	3,778	828	4,606	2,815	1,684	4,499

7 SUPPORT COSTS

	Unrestricted Funds P/E Dec-22 £	Restricted Funds P/E Dec-22 £	Total Funds P/E Dec-22 £	Unrestricted Funds Y/E Jun-21 £	Restricted Funds Y/E Jun-21 £	Total Funds Y/E Jun-21 £
Telephone and fax	3,461	760	4,221	1,328	400	1,728
Trustee expenses	6	-	6	-	-	-
Wages	60,235	13,222	73,457	29,967	978	30,945
Subscriptions	315	69	384	457	-	457
Insurance	706	155	861	99	-	99
Office expenses	3,411	749	4,160	1,418	1,168	2,586
Sundry expenses	5,028	126	5,154	1,327	1,230	2,557
Premises expenses	13,337	-	13,337	-	-	-
Refurbishment costs	1,392	306	1,698	460	-	460
Marketing & Promotions	1,904	418	2,322	815	75	890
HQ set up costs	-	-	-	7,045	-	7,045
	<u>89,795</u>	<u>15,805</u>	<u>105,600</u>	<u>42,916</u>	<u>3,851</u>	<u>46,767</u>

All support costs relate to charitable activities.

Notes to the Financial Statements - continued
For the period ended 31 December 2022 (Unaudited)

16 MOVEMENT IN FUNDS

	As at 1 July 2021	Incoming resources	Outgoing resources	Transfers	As at 31 December 2022
	£	£	£	£	£
Unrestricted funds	177,966	94,950	(105,683)	-	167,233
Restricted funds	4,379	20,240	(16,633)	-	7,986
Total funds	182,345	115,190	(122,316)	-	175,219

	As at 1 July 2020	Incoming resources	Outgoing resources	Transfers	As at 30 June 2021
	£	£	£	£	£
Unrestricted funds	177,169	50,627	(49,830)	-	177,966
Restricted funds	-	9,914	(5,535)	-	4,379
Total funds	177,169	60,541	(55,365)	-	182,345

17 Restricted funds

	The Albert Hunt Trust £	FSP Foundation £	Greenham Grant £	Newbury Cancer Care £	St Laurence in need relief Trust £	Total Restricted Funds £
Balance at 1 July 2021	-	-	-	3,379	1,000	4,379
Incoming resources - grants	3,000	2,740	8,500	5,000	1,000	20,240
Outgoing resources - cost of charitable activities and support	-	-	(7,369)	(7,264)	(2,000)	(16,633)
Balance at 31 December 2022	3,000	2,740	1,131	1,115	-	7,986

18 OPERATING LEASE COMMITMENTS

At 31 December 2022 the total of the Charity's future minimum lease payments under non-cancellable operating lease was:

	P/E Dec-22 £	Y/E Jun-21 £
Amounts payable		
Within 1 year	4,200	4,200
Between 1 and 5 years	12,250	16,450
	16,450	20,650

My Cancer My Choices
(A Charitable Incorporated Organisation)

**Report of the Independent Examiner to the Trustees of
My Cancer My Choices**

I report to the trustees on my examination of the accounts of My Cancer My Choices (the Charity) for the period ended 31 December 2022 which are set out on pages 7 to 12.

Responsibilities and basis of report

As the trustees of the Charity 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 Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charities 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 giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the Charity as required by Section 130 of the Act; or
- the accounts did not accord with those records or;
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

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.



Anthony Campbell FCA
Nortons Assurance Limited
Chartered Accountants
Second Floor
Now Building
Thames Valley Park
Reading
Berkshire
RG6 1RB

Date: 26 September 2023

MY CANCER MY CHOICES

England & Wales - Charity number 1162165

Accounts

Report of the Trustees and

Financial Statements

For the year ended 30 June 2021

(Unaudited)

for

My Cancer My Choices

(A Charitable Incorporated Organisation)

Charity number: 1162165

My Cancer My Choices **Charity number: 1162165**
(A Charitable Incorporated Organisation)

Contents of the Financial Statements
For the year ended 30 June 2021 (Unaudited)

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My Cancer My Choices Charity number: 1162165
(A Charitable Incorporated Organisation)

Contents of the Financial Statements
For the year ended 30 June 2021 (Unaudited)

Charity name:	My Cancer My Choices
Charity registration number:	1162165
Registered Office	1 st Floor, 46 Old Bath Road Charvil Reading Berkshire RG10 9QR
Trustees:	Mr Colin Maclean OBE Chairman Dr Jane Barrett OBE Mrs Amanda Barter Founder Ms Alison Grieve Mr Robert Goddard Mrs Ruth Lysons Professor Ann Sheen OBE Ms Lynn McLeish Mrs Christine Smith (passed away 27 August 2020) Treasurer Mr Anthony Smith (appointed 12 October 2020) Treasurer Dr Richard Brown (appointed 1 April 2021) Mrs Claire Grove (appointed 1 January 2021)
Chief Executive Officer	Mrs Amanda Barter
Chief Operating Officer	Mrs Victoria Latchford
Independent Examiner	Nortons Assurance Limited Chartered Accountants Highlands House Basingstoke Road Spencers Wood Reading Berkshire RG7 1NT
Bankers	HSBC Bank PLC 26 Broad Street Reading Berkshire RG1 2BU

Report of the Trustees
For the year ended 30 June 2021 (Unaudited)

The Trustees present their report with the financial statements of the charity for the year ended 30 June 2021.

The Trustees confirm that their report and the financial statements of the charity comply with the current statutory requirements of the Charity's governing document and the provisions of the Charities Act 2011, Accounting and Reporting Standard applicable to charities preparing their accounts with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102).

Reference and Administrative Information

The reference and administrative information is detailed on page 2.

Structure, Governance and Management

Governing document

The organisation is a Charitable Incorporated Organisation, registered as a charity on 12th June 2015. The charity was established under a constitution which details the objects and powers of organisation and it is governed by the constitution.

Recruitment and appointment of trustees and directors

The Trustees who have served during the year and since the year end are listed on page 2 and below.

Under the requirements of the constitution, the Trustees must be appointed for a term of three years by a resolution passed at Trustee meetings. Any person retiring as a charity Trustee is eligible for reappointment. A charity Trustee who has served for three consecutive terms may not be reappointed for a (fourth) consecutive term but may be reappointed after an interval of at least one year.

The CEO, and founder of the charity, will serve for 5 years on first appointment (with a maximum of 15 years overall). Future CEO's may be salaried and will be appointed by the Trustees following competition. The Trustees appoint the Chairman. Decisions are taken by a majority of Trustees present at quarterly meetings.

The Chief Executive reports on all aspects of the Charity's operations and is responsible for keeping Trustees informed about charity and other relevant laws and procedures. The Trustees, Chief Executive and Operations manager attend relevant courses and seminars, to maintain the required skills for the proper governance and financial controls of the Charity.

Trustees Induction and training

New Trustees are provided with a copy of the charity's constitution and latest Annual Report and Statement of Accounts.

Trustees are appointed based on their skills, knowledge and experience that are considered to be appropriate for the charity's activities.

New Trustees undergo briefings on the vision of the charity, its charitable objectives, current activities and financial status and forecasts. They are provided with a copy of the Charity Commission "The Essential Trustee" (CC3) document, and are required to sign our Code of Conduct. Trustees are supported by the Chair of Trustees on an ad-hoc basis for their role and responsibilities, introduced to all other trustees and committee members, and invited to all trustee meetings.

Trustees

Trustees who served during the period and up to the date of this report are set out below.

Mr Colin Maclean OBE
Dr Jane Barrett OBE
Mrs Amanda Barter
Ms Alison Grleve
Mr Robert Goddard
Mrs Ruth Lysons
Professor Ann Sheen OBE
Ms Lynn McLeish
Mrs Christine Smith (passed away 27 August 2020)
Mr Anthony Smith (appointed 12 October 2020)
Dr Richard Brown (appointed 1 April 2021)
Mrs Claire Grove (appointed 1 January 2021)

Report of the Trustees - continued
For the year ended 30 June 2021 (Unaudited)

Objectives and Activities

Background

During the year our service has been significantly disrupted by the Covid 19 epidemic which has caused the Royal Berkshire Hospital to close down access to their buildings for all support services, resulting in the cessation of our 'face to face' services in the hospital sites. The charity responded by developing on-line services via Zoom for mindfulness training and the training online for home implementation of aspects of acupuncture and aromatherapy, where appropriate to provide some benefit to patients. During the year we also added arts therapy to our portfolio as a 'virtual' service. As a result we changed our objectives to those shown below and commenced a search for an office and treatment centre away from the Royal Berkshire Hospital, ensuring that we maintained our excellent relations the hospital and its staff.

Objectives

The objectives of the Charity are 'For the public benefit, the relief and support of people with a diagnosis of cancer in the Berkshire and surrounding area and, where appropriate, on-line throughout the UK by (a), the provision of complementary therapies in acupuncture arts therapy, reflexology, massage and relaxation techniques; (b) providing facilities for the practice of yoga, Tai Chi and mindfulness training and (c) the provision of advice and information.

Activities

The principal long term aim of the charity, and ongoing objectives of the Trustees, is now to offer complementary therapies to any patient in Berkshire who has recently been diagnosed with cancer, with a 'face to face' service and to provide an on-line complementary therapy service to cancer patients anywhere in the UK, on request, and to develop a dedicated centre of excellence for the service. We continue to confine our offering of adult patients recently diagnosed with cancer.

Mrs Victoria Latchford, our Chief Operating Officer, continues to develop the administration and governance of the charity, with the CEO and, with the support of our new treasurer and some IT and clinical governance consultants, we are comfortable that our governance is satisfactory, with trustees informed about the risks we face. We have made good progress with IT systems to improve our admin overall, with some professional support.

Led by the CEO and Trustees, the service is delivered by managers and volunteers. We continue to work closely with the Royal Berkshire Hospital, particularly the Berkshire Cancer Centre, and the other charities of relevance in the support of cancer patients and with those organisations that can help us to find and retain sufficient volunteers to develop the service.

We have, during the year, continued to operate at a private clinic adjacent to the chemotherapy unit at the West Berkshire Community Hospital, providing a skeleton service as Covid lock down rules allowed, although as part of our search for dedicated facilities we are searching for an alternative unit in West Berkshire.

The Royal Berkshire Hospital also continued to provide clinical facilities at Bracknell Healthspace, whenever lock down rules were eased and, by the year end, we had started to provide 'face to face' there for two days per week. We also negotiated with the Chinese acupuncture centre in Reading to be able to restart our service once 'face to face' clinical services in that speciality were allowed again, maintaining some continuity for 'face to face' services until other sites reopened.

Towards the end of the year we signed legal agreements to lease an office and treatment facility in Charvil, Reading, provided the charity with a new headquarters and admin centre and high quality spaces to deliver all services. This centre became operational just after the year end.

Our fundraising group, some members of which have had some experience with cancer, either personally or in their families, have continued to work extremely hard and have generated enough money, together with some very generous donations to the charity, to fund our planned growth, manage the charity throughout the constraints of the pandemic and increase our reserves sufficiently to be able to fund our services and their planned growth for the next two years, despite the pressure we face from the Covid 19 pandemic.

Volunteers

The charity continues to be supported by willing volunteers in meeting its objectives and some of its administrative activity and the trustees would like to take this opportunity to say how much they appreciate their continuing and valuable support. Many of these people have been unable to carry out their work for us during the pandemic and we have done our best to keep them informed and motivated during the lockdown. We owe them a real debt. The Trustees consider that no measurable value can be placed on their contribution for the purpose of our accounts but in practical terms, they are invaluable.

Achievements and Performance

Our valuable relationship, with the Directors of the Royal Berkshire Hospital and the consultant oncologists, clinical nurse specialists, management and administrative staff at the Royal Berkshire NHS Foundation Trust, continues to develop, with mutual support being evidenced on both sides. We are learning to manage and maintain those good relationships through various staff changes that have occurred in the Hospital. The Hospital Trust still donates the use of rooms to deliver our service in the Cancer Centre at the Royal Berkshire Hospital and at the Bracknell Healthspace. However, we have now opened an office and treatment centre in Charvil to house our management and administration and to provide facilities for some of our clinical services.

**Report of the Trustees - continued
For the year ended 30 June 2021 (Unaudited)**

Achievements and Performance (continued)

The Trust continues to provide training of the therapists in the NHS 'cancer pathway', enabling the MCMC services to be tailored to patient need. We now have 21 volunteer therapists and 15 volunteers to meet and greet people who wish to access the service. It is our objective to recruit 4 more therapists in the next financial year and to achieve a total of 150 appointments each month. Our operations manager, supported by the admin officer, with the help of the CEO and trustees, several volunteers and some paid consultants continue to develop the administration systems to run the charity and support our planned growth, and with the appointment of a lead therapist and some professional help we are building a clinical governance resource that will satisfy the trustees that we have a comprehensive and fully effective approach.

Despite the very challenging Covid 19 lockdowns, by the year end, we have provided 731 therapies both virtually and face to face and delivered 12 courses in Mindfulness, Yoga and Art Therapy. The proportion of our clients that are male increased too a little above 20%, following some effort to stimulate interest from men, by the podcast funded by Reading Lions. We also ran courses in mindfulness training, Tai Chi and on-line therapy treatments.

The patient feedback remains strong, despite the pandemic, indicating that the demand for our services remain strong and the addition of the on-line services has shown that demand for such services is also high, indicating a further area of growth for the charity, even when 'face to face' services return to normal. This feedback continues to confirm that there is a very big demand for the service and that, within the limits of our present resource, we are delivering an offering that effectively relieves pain and reduces side effects which are associated with some cancer treatments, while helping the patient come to terms with their illness and regain and maintain some control of their lives.

Future Plans

Our immediate plans are about continuing to restart all our normal 'face to face' services in our new Centre in Charvil, to extend our service offering to 2 days per week in the Bracknell Healthspace, to transfer our service in West Berkshire to a new site in Deanwood Park Therapy Centre and to continue to develop our on-line services to a wider geographical area.

It is our long term plan to build services across Berkshire, delivered from 4 centres. Although we still do not have tenure for the rooms we use at any of the Royal Berkshire NHS Foundation Trust sites, the support we have received from the Royal Berkshire Hospital and the accepted need for us to deliver services close to the Hospitals cancer services, indicates that tenure is no longer a major risk, partly because we have moved our offices to a new site in Charvil and started delivering our clinical work for there and one other new site.

Our biggest challenge is to find ways to: a) enhance our clinical governance competence to ensure we provide a consistently safe and excellent service b) to ensure that there is continuity of management of the charity when the CEO retires in two years' time and c) to enhance our planning and fundraising capacity to safely deliver our planned growth.

We plan to employ a Lead therapist to lead the planning of our clinical offerings and to ensure our clinical governance provides a consistently safe service for patients and staff. We are also employing some expert contract services to help us ensure our IT is state of the art for our type of organisation and to develop our clinical governance until the new Lead therapist is in post. To deliver this increase in staffing and property resource to capitalise on the demand for our services, we need to enhance our already successful fundraising capability and have appointed a new chair of fundraising and employing a professional company to guide our fundraising work. Our fundraising team have delivered an income of £60,000 in the 2020-21 financial year, which more than covers our financial needs, but we need to enhance this to fund our plans.

We also have plans to increase the number of volunteer therapists and 'meeter-greeters' to support the enlarged service.

Public benefit

The Trustees confirm that they have complied with their duty under the section 17 of the Charities Act 2011. They have considered the public benefit guidance published by the Charity Commission and believe they have followed it.

Financial Review

Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the Charity has adequate resources in operational existence for the foreseeable future, for this reason they continue to adopt the going concern basis in preparing the financial statements.

Financial position

Incoming resources for the period are £60,541 (2020: £77,107) of which £50,627 (2020: £77,107) was unrestricted income and £9,914 (2020: £nil) was restricted income. Resources expended were £55,364 (2020: £50,599) of which £49,830 (2020: £50,599) was from the unrestricted fund and £5,535 (2020: £nil) was from the restricted fund. There is an overall surplus for the period of £5,176 (2020: £26,508) with £797 (2020: £26,509) being unrestricted funds and £4,379 (2020: £nil) restricted funds. The total reserves carried forward of £182,345 (2020: £177,169) are split between £177,966 (2020: £177,169) of unrestricted funds and £4,379 (2020: £nil) of restricted funds.

My Cancer My Choices
(A Charitable Incorporated Organisation)

Charity number: 1162165

Report of the Trustees - continued
For the year ended 30 June 2021 (Unaudited)

Financial Review (continued)

Reserves Policy

Due to the risks posed by the Covid 19 pandemic, it is the charity's policy to retain unrestricted reserves equivalent to 12 months normal expenditure to safeguard against significant loss of sources of income. This equates to £50,000. In addition, as a relatively new charity, which still needs to extend its services to cover the whole of Berkshire and to expand its service offering, the trustees have been building up sufficient funds of £90,000 per annum, which have been designated to grow the charity further over the next three years, increase the number of staff it employs (currently two) and funding its new office and treatment centre. This policy will be reviewed on a regular basis and the trustees are confident about the financial stability of the charity.

Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the financial statements in accordance with applicable law and regulations.

The Trustees are required to prepare financial statements for each financial year that give a true and fair view of the financial activities of the charity and its financial position at the end of the period. In preparing those financial statements the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees have taken all steps that they ought to have taken in order to make themselves aware of any information relevant to the independent examination and to ensure that the independent examiner is aware of all relevant information. As far as each Trustee is aware, there is no relevant information of which the charity's independent examiner is unaware.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008, the SORP 2005 and provisions of its registration. They are also responsible for safeguarding the assets, for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the charity and financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report was approved by the Trustees on16th March 2022..... and signed on its behalf

ON BEHALF OF THE TRUSTEES:



.....
Colin Maclean OBE
Chairman

Statement of Financial Activities (Including Income and Expenditure Account)
For the year ended 30 June 2021 (Unaudited)

		2021	2021	2021	2020	2020	2020
		Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
		Funds	Funds	Funds	Funds	Funds	Funds
Income	Notes	£	£	£	£	£	£
<i>Income from donations and legacies:</i>							
Donations and legacies	2	31,299	9,914	41,213	42,044	-	42,044
<i>Income from other trading activities:</i>							
Other activities	3	18,754	-	18,754	33,230	-	33,230
Investment income	4	574	-	574	1,833	-	1,833
Total Income		50,627	9,914	60,541	77,107	-	77,107
Expenditure:							
Expenditure on raising funds:							
Fundraising and other activities	5	-	-	-	8,424	-	8,424
Expenditure on charitable activities:							
Cost of charitable activities	6	2,815	1,684	4,499	5,555	-	5,555
Support costs	7	42,916	3,851	46,767	34,940	-	34,940
Governance costs	8	4,099	-	4,099	1,680	-	1,680
Total Expenditure		49,830	5,535	55,365	50,599	-	50,599
Net income (expenditure) and net movement in funds for the year		767	4,379	5,176	26,508	-	26,508
Reconciliation of funds							
Total funds brought forward	16	177,169	-	177,169	150,661	-	150,661
Total funds carried forward		177,966	4,379	182,345	177,169	-	177,169

The statement of financial activities includes all gains and losses for the period. All incoming resources and resources expended derive from continuing activities.

**My Cancer My Choices
(A Charitable Incorporated Organisation)**

Charity number: 1162165

**Balance Sheet
As at 30 June 2021 (Unaudited)**

	Notes	2021 £	2020 £
CURRENT ASSETS			
Debtors	13	451	647
Cash at bank		<u>185,126</u>	<u>178,202</u>
		185,577	178,849
CREDITORS			
Amounts falling due within one year	14	<u>(3,232)</u>	<u>(1,680)</u>
		182,345	177,169
NET CURRENT ASSETS			
		<u>182,345</u>	<u>177,169</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>182,345</u>	<u>177,169</u>
FUNDS			
Unrestricted funds	16	177,966	177,169
Restricted funds	16	<u>4,379</u>	<u>-</u>
		182,345	177,169

The financial statements were approved and authorised for issue by the Trustees on 16th March 2022 and were signed on their behalf by:



.....
**Colin Maclean OBE
Chairman**

Notes to the Financial Statements
For the year ended 30 June 2021 (Unaudited)

1 ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared in accordance with the 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 2015) – (Charities SORP (FRS 102)) and, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The Charity's functional and presentational currency is GBP and the financial statements have been rounded to the nearest whole £.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are to be used in accordance with specific restrictions set out by the donor. See notes 16 and 17.

Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity is entitled to the income amounts have been received. The following specific policies are applied to particular categories of income:

- Donations and fundraising income are recognised in the accounts as and when receivable. Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of donation.
- Grant income is recognised in the accounts as and when receivable. Where entitlement occurs before income is received the income is accrued.
- Investment income is credited to income when it is receivable, and the amount can be measured reliably by the charity; this is normally upon notification of the interest being paid or being payable by the bank.

Resources expended

Expenditure is recognised on an accrual basis as a liability incurred. Expenditure includes any VAT and is reported as part of the expenditure to which it relates:

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Fundraising costs are those incurred in seeking voluntary contributions.
- Governance costs include those costs associated with meeting the constitutional requirements of the charity and include the accountants fees and costs linked to the strategic management of the charity.

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered.

Cash at Bank and In hand

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

Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount if it has received in advanced payments for the goods or services it must provide.

Financial instruments

The charity only has financial assets and financial liabilities that qualify as basic financial instruments. Basic financial instruments recognised at transaction value and are subsequently measured at their settlement value.

Notes to the Financial Statements - continued
For the year ended 30 June 2021 (Unaudited)

1 ACCOUNTING POLICIES (CONTINUED)

Taxation

The charity is exempt from tax on income and gains of S256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to charitable objects. No UK corporation tax charges have arisen in the charity for the year ended 30 June 2021 due to the charity's charitable status.

Pensions

Defined contribution pension plan

The Charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the Charity pays fixed contributions into a separate entity. Once the contributions have been paid, the Charity has no further payment obligations.

The contributions are recognised as an expense in the Statement of Financial Activities when they fall due. Amounts not paid are shown in accruals as a liability in the Balance Sheet. The assets of the plan are held separately from the Charity in independently administered funds.

2 INCOME FROM DONATIONS AND LEGACIES

	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
	2021	2021	2021	2020	2020	2020
	£	£	£	£	£	£
Donations	25,826	-	25,826	35,177	-	35,177
Gift Aid	5,473	-	5,473	3,617	-	3,617
Grants	-	9,914	9,914	3,250	-	3,250
Total Income	31,299	9,914	41,213	42,044	-	42,044

3 INCOME FROM OTHER TRADING ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
	2021	2021	2021	2020	2020	2020
	£	£	£	£	£	£
Fundraising	18,754	-	18,754	33,230	-	33,230

4 INVESTMENT INCOME

	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
	2021	2021	2021	2020	2020	2020
	£	£	£	£	£	£
Bank Interest Received	574	-	574	1,833	-	1,833

5 EXPENDITURE ON RAISING FUNDS

	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
	2021	2021	2021	2020	2020	2020
	£	£	£	£	£	£
Fundraising costs	-	-	-	8,424	-	8,424

Notes to the Financial Statements - continued
For the year ended 30 June 2021 (Unaudited)

6 CHARITABLE ACTIVITIES COSTS

	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	Funds	Funds	Funds	Funds	Funds	Funds
	2021	2021	2021	2020	2020	2020
	£	£	£	£	£	£
Therapy costs, training and supplies	2,815	1,684	4,499	5,555	-	5,555

7 SUPPORT COSTS

	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	Funds	Funds	Funds	Funds	Funds	Funds
	2021	2021	2021	2020	2020	2020
	£	£	£	£	£	£
Telephone and fax	1,328	400	1,728	2,369	-	2,369
Trustee expenses	-	-	-	814	-	814
Wages	29,967	978	30,945	23,421	-	23,421
Subscriptions	457	-	457	88	-	88
Insurance	99	-	99	522	-	522
Office expenses	1,418	1,168	2,586	2,759	-	2,759
Sundry expenses	1,327	1,230	2,557	1,691	-	1,691
Refurbishment costs	460	-	460	1,491	-	1,491
Marketing & Promotions	815	75	890	1,785	-	1,785
HQ set up costs	7,045	-	7,045	-	-	-
	<u>42,916</u>	<u>3,851</u>	<u>46,767</u>	<u>34,940</u>	<u>-</u>	<u>34,940</u>

All support costs relate to charitable activities.

8 GOVERNANCE COSTS

	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	Funds	Funds	Funds	Funds	Funds	Funds
	2021	2021	2021	2020	2020	2020
	£	£	£	£	£	£
Accountancy fees	3,035	-	3,035	1,680	-	1,680
Legal & Professional fees	1,064	-	1,064	-	-	-
	<u>4,099</u>	<u>-</u>	<u>4,099</u>	<u>1,680</u>	<u>-</u>	<u>1,680</u>

9 TRUSTEES' REMUNERATION AND BENEFITS

During the year end 30 June 2021, no trustees received any remuneration.
During the year end 30 June 2021, no trustees received any benefits in kind.
During the year £nil (2020: £814) of travelling expenses were reimbursed to one Trustee.

Notes to the Financial Statements - continued
For the year ended 30 June 2021 (Unaudited)

10 STAFF COSTS

	Total 2021 £	Total 2020 £
Salaries and wages	30,063	22,755
Pension	882	666
	<u>30,945</u>	<u>23,421</u>

The average number of employees during the period, calculated on the basis of full time equivalents, was as follows:

Administrative staff	<u>2</u>	<u>2</u>
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11 PENSION COMMITMENTS

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £882 (2020: £666). Contributions totaling £nil (2020: £nil) were payable to the fund at the balance sheet date.

12 RELATED PARTY TRANSACTIONS

During the period the trustees did not consider there to be any related party transactions, other than the matters within note 9.

13 DEBTORS

	Total 2021 £	Total 2020 £
Other debtors & prepayments	<u>451</u>	<u>647</u>

14 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Total 2021 £	Total 2020 £
Other creditors	1,010	-
Accrued expenses	2,222	1,680
	<u>3,232</u>	<u>1,680</u>

15 ANALYSIS OF NET ASSETS BETWEEN RESERVES

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £
Current assets	181,136	4,441	185,577	178,849	-	178,849
Current liabilities	(3,170)	(62)	(3,232)	(1,680)	-	(1,680)
	<u>177,966</u>	<u>4,379</u>	<u>182,345</u>	<u>177,169</u>	<u>-</u>	<u>177,169</u>

Notes to the Financial Statements - continued
For the year ended 30 June 2021 (Unaudited)

16 MOVEMENT IN FUNDS

	As at 1 July 2020	Incoming resources	Outgoing resources	Transfers	As at 30 June 2021
	£	£	£	£	£
Unrestricted funds	177,169	50,627	(49,830)	-	177,966
Restricted funds	-	9,914	(5,535)	-	4,379
Total funds	177,169	60,541	(55,365)	-	182,345

	As at 1 July 2019	Incoming resources	Outgoing resources	Transfers	As at 30 June 2020
	£	£	£	£	£
Unrestricted funds	150,661	77,107	(50,599)	-	177,169
Restricted funds	-	-	-	-	-
Total funds	150,661	77,107	(50,599)	-	177,169

17 RESTRICTED FUNDS

	Coronavirus Charity Support Fund	Newbury Cancer Care	St Laurence In need relief Trust	Total Restricted Funds
	£	£	£	£
Balance at 1 July 2020	-	-	-	-
Incoming resources - grants	3,914	5,000	1,000	9,914
Outgoing resources -- cost of charitable activities and support costs	(3,914)	(1,621)	-	(5,535)
Balance at 30 June 2021	-	3,379	1,000	4,379

**Report of the Independent Examiner to the Trustees of
My Cancer My Choices**

I report to the trustees on my examination of the accounts of the charity for the year ended 30 June 2021 which are set out on pages 7 to 12.

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this period under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to an audit and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

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

Independent examiner's statement

In connection with my examination, no matter has come to my attention which gives me reasonable cause to believe that in any material respect

- the accounting records were not kept in accordance with Section 130 of the 2011 Act; and
- the accounts did not accord with the accounting records or:
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

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 to enable a proper understanding of the accounts to be reached.



Anthony Campbell FCA
Nortons Assurance Limited
Chartered Accountants
Highlands House
Basingstoke Road
Spencers Wood
Reading
Berkshire
RG7 1NT

Date: 21 March 2022

MY CANCER MY CHOICES

England & Wales - Charity number 1162165

Accounts

Report of the Trustees and
Financial Statements
For the year ended 30 June 2020
(Unaudited)
for
My Cancer My Choices
(A Charitable Incorporated Organisation)

Charity number: 1162165

My Cancer My Choices
(A Charitable Incorporated Organisation)

Charity number: 1162165

Contents of the Financial Statements
For the year ended 30 June 2020 (Unaudited)

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My Cancer My Choices
(A Charitable incorporated Organisation)

Charity number: 1162165

Charity information
For the year ended 30 June 2020 (Unaudited)

Charity name:	My Cancer My Choices	
Charity registration number:	1162165	
Registered Office	1 Southridge Farm Cottages Streatley Reading Berkshire RG8 9SJ	
Trustees	Mr Colin Maclean OBE Dr Jane Barnett OBE Mrs Amanda Barter Mrs Susan Evans (passed away 18 June 2020) Ms Alison Grieve Mr Robert Goddard Mrs Ruth Lyons Professor Ann Sheen OBE Ms Lynn McLeish Mrs Christine Smith (passed away 27 August 2020) Mr Anthony Smith (appointed 12 October 2020)	<i>Chairman</i> <i>Founder</i> <i>Treasurer</i> <i>Treasurer</i>
Chief Executive Officer	Mrs Amanda Barter	
Operations Manager	Mrs Victoria Latchford	
Independent Examiner	Norton Assurance Limited Chartered Accountants Highlands House Basingstoke Road Spencers Wood Berkshire RG7 1NT	
Bankers	HSBC Bank PLC 26 Broad Street Reading Berkshire RG1 2BU	

**Report of the Trustees
For the year ended 30 June 2020 (Unaudited)**

The Trustees present their report with the audited financial statements of the charity for the year ended 30 June 2020.

The Trustees confirm that their report and the financial statements of the charity comply with the current statutory requirements of the charity's governing document and the provisions of the Charities Act 2011, Accounting and Reporting Standard applicable to charities preparing their accounts with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102).

Reference and Administrative Information

The reference and administrative information is detailed on page 2.

Structure, Governance and Management

Governing document

The organisation is a Charitable Incorporated Organisation, registered as a charity on 12th June 2015. The charity was established under a constitution which details the objects and powers of organisation and it is governed by the constitution.

Recruitment and appointment of trustees and directors

The Trustees who have served during the year and since the year end are listed on page 2 and below.

Under the requirements of the constitution, the Trustees must be appointed for a term of three years by a resolution passed at Trustee meetings. Any person retiring as a charity Trustee is eligible for reappointment. A charity Trustee who has served for three consecutive terms may not be reappointed for a (fourth) consecutive term but may be reappointed after an interval of at least one year.

The CEO, and founder of the charity, will serve for 5 years on first appointment (with a maximum of 15 years overall). The Trustees appoint the Chairman. Decisions are taken by a majority of Trustees present at bi-monthly meetings.

The Chief Executive reports on all aspects of the Charity's operations and is responsible for keeping Trustees informed about charity and other relevant laws and procedures. The Trustees, Chief Executive and Operations manager attend relevant courses and seminars, to maintain the required skills for the proper governance and financial control of the Charity.

Trustee induction and training

New trustees are provided with a copy of the charity's constitution and latest Annual Report and Statement of Accounts.

Trustees are appointed based on their skills, knowledge and experience that are considered to be appropriate for the charity's activities.

New Trustees undergo briefings on the vision of the charity, its charitable objectives, current activities and financial status and forecasts. They are provided with a copy of the Charity Commission, "The Essential Trustee" (CC3) document, and are required to sign our Code of Conduct. Trustees are supported by the Chair of Trustees on an ad-hoc basis for their role and responsibilities, introduced to all other trustees and committee members, and invited to all trustee meetings.

Trustees

Trustees who served during the period and up to the date of this report are set out below.

Mr Colin Maclean OBE
Dr Jane Barrett OBE
Mrs Amanda Barter
Mrs Susan Evans (passed away 18 June 2020)
Ms Alison Grieve
Mr Robert Goddard
Mrs Ruth Lysons
Professor Ann Sheen OBE
Ms Lynn McLeish
Mrs Christine Smith (passed away 27 August 2020)

Trustees appointed after the year end are set out below:

Mr Anthony Smith (appointed 12 October 2020)

Report of the Trustees - continued
For the year ended 30 June 2020 (Unaudited)

Objectives and Activities

Objectives

The objects of the Charity are 'For the public benefit, the relief and support of people with a diagnosis of cancer, and their carers, in Berkshire and surrounding area by (a), the provision of complementary therapies in acupuncture, aromatherapy, reflexology, massage and relaxation techniques; (b) providing facilities for the practice of yoga and Tai Chi and (c) the provision of advice and information'.

Activities

The principal long term aim of the charity, and ongoing objective of the Trustees, is to provide complementary therapies to any patient in Berkshire who has recently been diagnosed with cancer, and to their carers where requested and develop a dedicated centre of excellence for the service. At this stage of our development we have confined our offering to patients who have recently been diagnosed with cancer. Mrs Victoria Latchford, our Chief Operating officer continues to develop the administration and governance of the charity, with the CEO, and we are now comfortable that our governance is satisfactory, with Trustees informed about the risks we face. We have made good progress in further improving our IT systems to improve our administrative efficiency overall. Led by the CEO and Trustees, the service is delivered by our managers and volunteers. We continue to work closely with the Royal Berkshire Hospital, particularly the Berkshire Cancer Centre, and the other charities of relevance in the support of cancer patients and with those organisations that can help us to find and retain sufficient volunteers to develop the service.

We have, during the year, developed and operated a clinic at a private facility in West Berkshire, alongside the new chemotherapy unit in West Berkshire Community Hospital. We are still awaiting confirmation from the RBH Cancer Unit that they will provide space in the new chemotherapy unit from which we are able to deliver our services.

In the year on which we are reporting we have concentrated on developing and training our people, building our infrastructure, employing a new admin officer, creating appropriate relationships and generating the funds necessary to fund the planned growth while ensuring that the quality and administration of the service remain excellent and we have achieved all of our planned targets to date.

Our Fundraising group, some members of which have had some association with cancer, either personally or in their families, have continued to work extremely hard and have generated enough money, together with other very generous donations made to the charity, to fund our planned growth and increase our reserves sufficiently to be able to fund our services and their planned growth for the next two years, despite the pressures we face from the Covid 19 epidemic.

However the last 3 months of the year have been dominated by the Covid 19 pandemic. This caused us to close our face to face patient services on the 20th March. We then replaced some of these services by developing virtual services, where appropriate, via Zoom, for acupuncture, aromatherapy, and mindfulness training.

Volunteers

The charity continues to be supported by willing volunteers in meeting its objectives and some of its administration activities and the trustees would like to take this opportunity to say how much they appreciate their continuing and valuable support. Many of these people have been unable to carry out their work for us during the pandemic and we have done our best to keep them informed and motivated during the lockdown. The trustees consider no measurable value can be placed on their contribution for the purpose of our accounts but in practical terms, they are invaluable.

Achievements and Performance

Our valuable relationship with the Directors of the Royal Berkshire Hospital and the consultant oncologists, clinical nurse specialists, management and administrative staff at the Royal Berkshire NHS Foundation Trust, continues to develop, with mutual support being evidenced on both sides. We are learning to manage and maintain these good relationships through various staff changes that have occurred in the Hospital. The Hospital Trust continues to donate the use of rooms to deliver our services in the Cancer Centre at the Royal Berkshire Hospital and at the Royal Berkshire Healthspace in Bracknell and we continue to deliver our management and administration effectively from an office gifted by the Trust in the centre in Bracknell.

The Trust continues to provide training of the therapists in the cancer pathway, enabling the service to be tailored to patient need. We now have 34 volunteer therapists and 11 volunteers to meet and greet people wishing to access the service. It is our objective to recruit 5 more therapists in the next financial year. Our Operations Manager, supported by the new admin Officer, with the help of the CEO and Trustees and several of the volunteers, continues to develop the administration systems needed to run the charity and support our planned growth, and, with the CEO, has now developed our governance and risk management systems into a competent mechanism.

By the year end we had provided 870 therapies to patients, with 63% receiving acupuncture and 37%, reflexology and massage. We also ran 10 courses in mindfulness training and Tai Chi. The proportion of our clients that are male has hovered around 20% and, during the year we produced a pod cast, kindly funded by the Reading Lions Clubs, to improve this proportion. This was well received. The patient feedback on the quality and value of our service and the demand for our services without any promotion continues to be extremely encouraging indicating that the way we are working is meeting a real need appropriately.

Report of the Trustees - continued
For the year ended 30 June 2020 (Unaudited)

Achievements and Performance (continued)

Patient feedback continues to confirm that there is a very big demand for the service and that within the limits of our present resource we are delivering an offering that effectively relieves pain and reduces the side effects which are associated with some cancer treatments, while helping the patient to come to terms with their illness and to regain and maintain some control of their lives.

In March we had to close the services due to the Covid 19 pandemic. After serious consideration and feedback for patients and some volunteers we created a Virtual service providing acupuncture, aromatherapy and mindfulness training using videos and the use of Zoom services. This has been well received and, when we can resume normal face to face services again, these services may continue for some patients.

Future Plans

Our immediate plans are about how we might restart normal face to face services following the Covid 19 pandemic, without risk to our patients, volunteers and staff.

It is our long term plan to build the service across Berkshire, probably delivered from 4 centres. Although we still do not have security of tenure for the rooms we occupy at both the Royal Berkshire Cancer Centre in Reading and the Bracknell Healthspace, the support we receive from the Royal Berkshire NHS Foundation Trust and the accepted need for us to deliver services very closely to the hospital's cancer services, indicates that tenure is no longer a major risk, although the pandemic has caused some rethinking about where the clinical and office space promised by the Trust will be found.

Our biggest challenge is to find ways to restart our normal services, when safe to do so, following the pandemic and to position the newly created virtual services, within our overall offering, to continue to ensure that we can create the flow of funds necessary to fund the existing service, and our planned growth and to find the appropriate number of volunteer therapists and 'meeter greeters' to continue the growth to which we aspire.

However, it is clear that demand for our services is still very strong. Further, our Fundraising team has delivered an income of about £33,230 in the 2019/20 financial year, which more than covers our financial needs and, because of the good reputation we are building with the therapy professions, we are still confident that we can build the complement of therapists to run the service.

Public benefit

The Trustees confirm that they have complied with their duty under the section 17 of the Charities Act 2011. They have considered the public benefit guidance published by the Charity Commission and believe they have followed it.

Financial Review

Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future, for this reason they continue to adopt the going concern basis in preparing the financial statements.

Financial position

Incoming resources for the period are £77,107 (2019: £61,273) and resources expended of £50,599 (2019: £38,180), leaving an overall surplus for the period of £26,508 (2019: £23,093). Total reserves of £177,169 (2019: £150,661) are unrestricted.

Reserves Policy

Due to the risks posed by the Covid 19 epidemic, it is the charity's policy to retain reserves equivalent to the 12 months normal expenditure to safeguard against significant loss of current sources of income. This equates to £50,000. In addition, as a relatively new charity, which still needs to extend its services to cover the whole of Berkshire and to expand its service offering, the trustees have been building up sufficient funds of £70,000, which have been designated to grow the charity further over the next 3 years and increase the number of staff it employs (currently two). This policy will be reviewed on a regular basis and the trustees are confident about the financial stability of the charity.

Report of the Trustees - continued

Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the financial statements in accordance with applicable law and regulations.

The Trustees are required to prepare financial statements for each financial year that give a true and fair view of the financial activities of the charity and its financial position at the end of the period. In preparing those financial statements the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

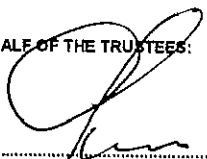
The Trustees have taken all steps that they ought to have taken in order to make themselves aware of any information relevant to the independent examination and to ensure that the independent examiner is aware of all relevant information. As far as each Trustee is aware, there is no relevant information of which the charity's independent examiner is unaware.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008, the SORP 2005 and provisions of its registration. They are also responsible for the safeguarding the assets, for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the charity and financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report was approved by the Trustees on 14.01.2021 and signed on its behalf.

ON BEHALF OF THE TRUSTEES:


.....
Colin Maclean OBE
Chairman

Statement of Financial Activities (Including Income and Expenditure Account)
For the year ended 30 June 2020 (Unaudited)

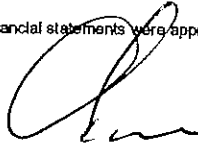
	Notes	2020 Unrestricted funds £	2020 Total funds £	2019 Unrestricted funds £
Income:				
<i>Income from donations and legacies:</i>				
Donations and legacies	2	42,044	42,044	53,189
<i>Income from other trading activities:</i>				
Other activities	3	33,230	33,230	7,253
Investment income	4	1,833	1,833	831
Total income		77,107	77,107	61,273
Expenditure:				
<i>Expenditure on raising funds:</i>				
Fundraising and other activities	5	8,424	8,424	717
<i>Expenditure on charitable activities:</i>				
Cost of charitable activities	6	5,555	5,555	6,871
Support costs	7	34,940	34,940	28,972
Governance costs	8	1,680	1,680	1,620
Total expenditure		50,599	50,599	38,180
Net income/(expenditure) and net movement in funds for the year		26,508	26,508	23,093
Reconciliation of funds				
Total funds brought forward	16	150,661	150,661	127,568
Total funds carried forward		177,169	177,169	150,661

The statement of financial activities includes all gains and losses for the period. All incoming resources and resources expended derive from continuing activities.

Balance Sheet
As at 30 June 2020 (Unaudited)

	Notes	2020 £	2019 £
CURRENT ASSETS			
Debtors	13	647	-
Cash at bank		178,202	152,281
		<u>178,849</u>	<u>152,281</u>
CREDITORS			
Amounts falling due within one year	14	(1,680)	(1,620)
		<u>177,169</u>	<u>150,661</u>
NET CURRENT ASSETS			
		<u>177,169</u>	<u>150,661</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>177,169</u>	<u>150,661</u>
FUNDS			
Unrestricted funds	16	177,169	150,661
TOTAL FUNDS		<u>177,169</u>	<u>150,661</u>

The financial statements were approved and authorised for issue by the Trustees on 14.01.2021 and were signed on their behalf by:



Colin Maclean OBE
Chairman

Notes to the Financial Statements
For the year ended 30 June 2020 (Unaudited)

1 ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared in accordance with the 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 2016) - (Charities SORP (FRS 102)) and, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The Charity's functional and presentational currency is GBP and the financial statement have been rounded to the nearest £.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity is entitled to the income and the amounts have been received. The following specific policies are applied to particular categories of income:

- Donations and fundraising income are recognised in the accounts as and when receivable. Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of the donation.
- Grant income is recognised in the accounts as and when receivable. Where entitlement occurs before income is received the income is accrued.
- Investment income is credited to income when it is receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest being paid or being payable by the bank.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT and is reported as part of the expenditure to which it relates:

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Fundraising costs are those incurred in seeking voluntary contributions.
- Governance costs include those costs associated with meeting the constitutional requirements of the charity and include the accountants fees and costs linked to the strategic management of the charity.

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered.

Cash at Bank and in hand

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

Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received in advanced payments for the goods or services it must provide.

Financial instruments

The charity only has financial assets and financial liabilities that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and are subsequently measured at their settlement value.

Taxation

The charity is exempt from tax on income and gains of S256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to charitable objects. No UK corporation tax charges have arisen in the charity for the year ended 30 June 2020 due to the charity's charitable status.

Notes to the Financial Statements - continued
For the year ended 30 June 2020 (Unaudited)

1 ACCOUNTING POLICIES (CONTINUED)

Pensions

Defined contribution pension plan

The Charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the Charity pays fixed contributions into a separate entity. Once the contributions have been paid, the Charity has no further payment obligations.

The contributions are recognised as an expense in the Statement of Financial Activities when they fall due. Amounts not paid are shown in accruals as a liability in the Balance Sheet. The assets of the plan are held separately from the Charity in independently administered funds.

2 INCOME FROM DONATIONS AND LEGACIES

	Total 2020 £	Total 2019 £
Donations	36,177	47,393
Gift Aid	3,617	4,786
Grants	3,250	1,000
	<u>42,044</u>	<u>53,189</u>

3 INCOME FROM OTHER TRADING ACTIVITIES

	Total 2020 £	Total 2019 £
Fundraising	33,230	7,253

4 INVESTMENT INCOME

	Total 2020 £	Total 2019 £
Bank Interest Received	1,833	831

5 EXPENDITURE ON RAISING FUNDS

	Total 2020 £	Total 2019 £
Fund raising costs	8,424	717

6 CHARITABLE ACTIVITIES COSTS

	Total 2020 £	Total 2019 £
Therapy costs, training and supplies	5,555	6,871

7 SUPPORT COSTS

	Total 2020 £	Total 2019 £
Telephone and fax	2,369	6,306
Trustee expenses	814	1,161
Wages	23,421	16,749
Subscriptions	88	105
Insurance	522	496
Office expenses	2,759	2,731
Sundry expenses	1,691	953
Refurbishment costs	1,491	-
Marketing & Promotions	1,785	471
	<u>34,940</u>	<u>28,972</u>

All support costs relate to charitable activities.

Notes to the Financial Statements - continued
For the year ended 30 June 2020 (Unaudited)

8 GOVERNANCE COSTS

	2020 £	2019 £
Accountancy fees	1,680	1,620

9 TRUSTEES' REMUNERATION AND BENEFITS

During for the year ended 30 June 2020, no trustees received any remuneration.

During for the year ended 30 June 2020, no trustees received any benefits in kind.

One Trustee received reimbursement of travelling expenses amounting to £814 (2019: £1,161).

10 STAFF COSTS

	Total 2020 £	Total 2019 £
Salaries and wages	22,765	16,380
Pension	666	369
	<u>23,431</u>	<u>16,749</u>

The average number of employees during the period, calculated on the basis of full time equivalents, was as follows:

Administrative staff	<u>2</u>	<u>1</u>
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11 PENSION COMMITMENTS

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £666 (2019: £369). Contributions totally £nil (2019: £nil) were payable to the fund at the balance sheet date.

12 RELATED PARTY TRANSACTIONS

During the period the trustees did not consider there to be any related party transactions, other than the matters within note 9.

13 DEBTORS

	Total 2020 £	Total 2019 £
Other debtors	<u>647</u>	<u>-</u>

14 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Total 2020 £	Total 2019 £
Accrued expenses	<u>1,680</u>	<u>1,620</u>

15 ANALYSIS OF NET ASSETS BETWEEN RESERVES

	Unrestricted funds 2020 £	Total funds 2019 £
Current assets	178,849	152,281
Current liabilities	(1,680)	(1,620)
	<u>177,169</u>	<u>150,661</u>

Notes to the Financial Statements - continued
For the year ended 30 June 2020 (Unaudited)

16 MOVEMENT IN FUNDS

	As at 1 July 2019	Incoming resources	Outgoing resources	Transfers	As at 30 June 2020
	£	£	£	£	£
Unrestricted funds	150,661	77,107	(50,599)	-	177,169
Total funds	<u>150,661</u>	<u>77,107</u>	<u>(50,599)</u>	<u>-</u>	<u>177,169</u>

	As at 1 July 2018	Incoming resources	Outgoing resources	Transfers	As at 30 June 2019
	£	£	£	£	£
Unrestricted funds	127,568	61,273	(38,180)	-	150,661
Total funds	<u>127,568</u>	<u>61,273</u>	<u>(38,180)</u>	<u>-</u>	<u>150,661</u>

My Cancer My Choices
(A Charitable Incorporated Organisation)

**Report of the Independent Examiner to the Trustees of
My Cancer My Choices**

I report to the trustees on my examination of the accounts of the charity for the year ended 30 June 2020 which are set out on pages 7 to 12.

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this period under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to an audit and is eligible for Independent examination, It is my responsibility to:

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

Basis of Independent examiner's report

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

Independent examiner's statement

In connection with my examination, no matter has come to my attention which gives me reasonable cause to believe that in any material respect

- the accounting records were not kept in accordance with Section 130 of the 2011 Act; and
- the accounts did not accord with the accounting records or;
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

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 to enable a proper understanding of the accounts to be reached.



Anthony Campbell FCA
Nortons Assurance Limited
Chartered Accountants
Highlands House
Basingstoke Road
Spencers Wood
Berkshire
RG7 1NT

Date: 21 January 2021