



TRUSTEE REPORT

2023- 2024

Trustees and Members

The Members of the charity are its Trustees for the purpose of the Foundation Model Charitable Incorporated Organisation or CIO and who, throughout this report, are collectively referred to as the Trustees.

Trustees who have held office since the initial charity registration on 3rd December 2015:

- Mrs Rachel Irwin
- Mrs Laura Finnigan
- Lyndsay Smith (appointed 1/8/24)
- Elizabeth Macdonald (appointed 1/2/23- stepped down 1/7/24 due to family illness)

In accordance with the charity's constitution, all Trustees shall retire from office after a period of 2 years but shall be eligible for re-election. All Trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in the notes to the accounts. Although there have not been any changes, new Trustees are given a formal induction covering the charity's aims, objectives and challenges, funding strategy and an overview of how the charity's services and activities are carried out.

Legal Structure and Governance

The registered head office is St Maries, Lugsdale Road, Widnes, WA8 6DB.

The charity is governed by its constitution which will be reviewed annually and revised if necessary in line with Charity Commission guidance and approval.

The charity is incorporated through the legal status of a Charitable Incorporated Organisation (CIO). This means if the CIO is wound up, the Trustees of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

Third Party Indemnity Insurance

At present, third party indemnity insurance is not provided for the individuals in their capacity as charity Trustees, but the situation will be kept under review.

Organisation

The Board of Trustees is responsible for the administration of the charity. The day-to-day running of the organisation is led predominantly by the CEO, who is the founder of the charity. Supporting the Trustees is an ever-growing number of volunteers who undertake various roles in the charity's regular activities. Current Board members are located throughout Cheshire and Merseyside and meet on a quarterly basis where decisions are made. This year these meetings have taken place face to face at various locations. Occasionally, decisions have been made via group emails, where a discussion has taken place and a decision has been agreed by all Trustees.

Risk Management

The charity currently leases a premises, as of 1st January 2019, at Halton and St Helens Voluntary Action, Lugsdale Road, Widnes, WA8 6DB. The financial risk is very low however, as funding and fundraising continues to be a number one priority. This ensures the charity continues to deliver activities as set out in the constitution. The charity has:

- Public Liability Insurance
- Employers Liability Insurance
- Professional Indemnity Insurance.

These are all at appropriate levels of cover for this stage of the charity's development.

Objectives and Activities

The principal activity of the charity is now the relief of sickness and the preservation and protection of the health of men, women and their families who are affected by a cancer diagnosis by the provision of support, information and advice to help improve their health and recovery. In November 2023 after numerous requests, we decided to make our charity inclusive of men.

Achievements, Performance and Demonstration of Public Benefit

This year has been successful for all involved with the charity. Due to the hard work and dedication given by our staff, we have successfully expanded our services to include a male only group. Whilst this is a slow growing service we excited to become a more inclusive charity. We have continued to operate our services successfully and develop new exciting activities and services. We have surveyed our service users who have joined in our activities 100% felt that we were very good at supporting them when undergoing treatment and 96% said that we had helped to reduce their isolation during their cancer journey. (Sam's Diamonds Survey December 23 – April 24)

Thanks to the Reaching Communities Grant from The National Lottery Community Fund allowing us to employ members of staff to support our work up until September 2023, our team has grown in strength and skillset to further support the growth of the charity and build on the work already achieved. Due to continuous fundraising and grant applications, we are delighted to still have 6 months free reserves (in line with the recommendations of the Charity Commission) and to be presenting this report alongside the healthy financial statement for this stage of the charity's development.

The main focus of the charity during these past 12 months has been:

- Develop our activities and opportunities to meet the needs of the everchanging needs of our service users
- Promoting and increasing the public profile of the charity both online and in the community, by developing more community activities
- Raising much needed funds to sustain the charity's ability to operate
- Continuing to support our service users, with a personal service, to gain self-confidence to continue positively with their lives

Our service users in the group strive to inspire and motivate each other to maintain a positive approach toward life throughout their cancer journey. They embrace positive experiences together, strengthening the support further and presenting a united front to cancer. The age range for the group has expanded as more and more service users show that they are not ready to sit around and wait to see if treatment works. The activities and workshops provided help them to take back control and continue their life with a healthier lifestyle, thereby reducing the risk of reoccurrence.

- Many of our service users are giving back to the charity by volunteering in a variety of roles or becoming public advocates and sharing their experiences, encouraging people to self-check and stay cancer aware. Thanks to the Creative Lives fund we now have a paid member of staff to facilitate and manage this. This has increased our ability to empower our service users and the local community to make an impact and grow in confidence. This has resulted in an increased community feel to our activities.
- Through our progress and achievements over the past 12 months, the charity has grown to support 435 ladies and 3 men across the Northwest.

Over past 12 months, we have been able to deliver and facilitate:

- * 3 coffee, support and chat meet ups online *for those who can not attend due to distance or ill health.*
- * 5 face-to-face group meet ups for a coffee and chat – private, safe space chat as a group
- * 36 face to face fitness rehab activities – walks, challenges, fitness classes
- * 9 online Workshops - *(moving forward/ mental health)*
- * 6 book clubs – *to encourage cognitive rehabilitation*
- * 12 social activities/trips -
- * 1 Annual Getaway full of workshops, support and rehabilitation
- * 32 Art / craft clubs
- * 3 family events/ activities
- * 20 group meeting wellbeing events
- * 2 big challenge opportunities for self development
- * 2 mental health courses
- * YouTube channel posts

- * Sign posting and information sharing
- * 100 chemo pamper bags delivered to patients in 3 hospitals
- * 2 large community events
- * 2 large Public speaking events (raising awareness of symptoms of cancer and Sam’s Diamonds)

Over the past year, Sam’s Diamonds Cancer Support has continued to make a meaningful impact on the lives of individuals affected by cancer. Through a diverse range of activities and services, we have supported our Diamonds by fostering resilience, community, and positivity during challenging times. This report outlines the quantitative and qualitative outcomes of our efforts and highlights the incredible achievements of the charity in 2023/2024.

Quantitative Impact In 2023/2024, we conducted a total of 136 activities, attended by 1,125 Diamonds. These activities catered to a variety of interests, promoting mental well-being, physical health, and social connection. Below is a monthly breakdown of our activities and attendance:

Month	Number of Activities	Diamonds Attended
April 2023	7	54
May 2023	11	155
June 2023	10	79
July 2023	19	84
August 2023	11	57
September 2023	8	85
October 2023	12	96
November 2023	16	138 (plus 130 public)
December 2023	11	57
January 2024	17	103
February 2024	14	94
March 2024	10	93 (plus 80 public)

Qualitative Impact Our activities are designed to enrich the lives of Diamonds by fostering creativity, reducing isolation, and building a supportive community. Key highlights include:

1. **Promoting Creativity and Resilience:**
 - o Art Club and Craft Club sessions were consistently well-attended, with participants expressing increased confidence and pride in their creations.
 - o Special workshops such as the History of Women’s Cancers Exhibition allowed Diamonds to connect with broader audiences, raising awareness while fostering a sense of purpose. It allowed them to be accepting of their bodies and being proud of themselves on the journey they were completing.
2. **Community and Social Support:**

- o Coffee meet-ups and events such as "Cup of Tea, Safe Space for Me" provided safe environments for Diamonds to share experiences, worries, concerns and build friendships.
 - o The annual getaway and social activities like meals and cake-making workshops strengthened bonds within the community, local businesses, charities and organisations
3. **Physical and Mental Well-Being:**
- o The APE Fit programme and Nordic walking sessions emphasised physical activity and cancer prevention, benefiting both physical and emotional health.
 - o Wellness Club and facial therapy sessions offered relaxation and stress relief, with participants reporting improved mental well-being through various approaches, treatments and discussions around health.
4. **Educational and Fundraising Milestones:**
- o Cancer Education Stations in Halton and St Helens reached a total of 57 Diamonds and raised awareness among the public.
 - o The Hero Awards and Christmas Fair collectively raised £1,400 through raffles, furthering the sustainability of our programmes.

Testimonials *"Sam's Diamonds has been a lifeline for me. The activities and support have given me hope and courage to face my journey."*

"Attending the Art Club brought back my love for painting. It's therapeutic and has helped me connect with others who understand my experience."

Our Aims

Sam's Diamonds supports patients as they go through treatment and the rehabilitation of the body and mind post treatment. We aim to keep our service users feeling like they are not alone and maintaining a positive and motivated mindset, helping to avoid the slip and slide into depression. Sam's Diamonds does not discriminate between different cancers, because cancer is cancer. Cancer leaves us all in need of support, both physically and mentally. Unfortunately, the journey doesn't end when treatment does. Therefore, it is so important that we continue our work in the community as well as online, so that we can support our community and reduce health inequalities. We will continue to develop fresh new ideas to keep our service users developing and strengthening their bodies and minds and as a result looking forward to their future.

Fundraising and Raising the Charity's Public Profile

The charity had sufficient funds in the bank at the start of this year, but thanks to our staff team and our volunteer team we have managed to maintain a healthy amount of income, both restricted and unrestricted. We have achieved this by running several community events this year, also increasing the profile of the charity

Membership and awareness through our social media pages have again dramatically increased, thanks to our new website and a consistent presence on various social media platforms.

Volunteers

Our volunteers have been keen to get involved this year. We now have a volunteer team and a volunteer committee. We thank them for their time and efforts for the charity, supporting our events and helping us to reach as many service users as possible.

As the charity continues to grow, the role of volunteers will be regularly reviewed to ensure the charity continues to carry out activities which meet the overall purpose. We also want our volunteers to get a meaningful experience from their volunteer role, to feel as valued and appreciated as they are.

Financial Review

The statement of financial activities provides a summary of our income and expenditure from 31st March 2023 to 4th April 2024.

Financial Overview This year, Sam's Diamonds Cancer Support maintained fiscal responsibility while maximising impact. Our fundraising events, including the Hero Awards and Christmas Fair, supplemented grants and donations, enabling us to continue offering free and subsidised activities to Diamonds. Detailed financial accounts will be submitted separately in compliance with the Charity Commission's requirements.

Please see separate sheets for signed-off accounts as requested by The Charity Commission.

Financial Outlook

The Board continues to support the facility to take online donations and organise ticket sales. This has proven to be a great success, allowing for greater security and better communication for our supporters. We have managed to organise many online fundraising initiatives and events using this medium, increasing our reach to a National level. With our supporter base growing both publicly and commercially and greater corporate links being made, we feel comfortable about our ability to gain future funding.

Future Plans

The charity aims to take some time to consolidate and review more of its policies and practices in the next financial year of 2024/25. Searching for opportunities for us to expand the work we do and continuing to offer a quality service to our beneficiaries. We will be supporting our service users with a closer, more personal service, assessing individual needs and delivering the appropriate support. We will also be continuing to look in to developing our men's group and online services to allow more interaction from our users, as we support their physical and mental health.

Future Goals In the coming year, we aim to:

- Expand outreach through innovative workshops and digital resources.
- Increase public awareness of cancer prevention and support.
- Strengthen partnerships to ensure the sustainability of our mission.

Acknowledgements We extend our heartfelt gratitude to our volunteers, donors, and partners who have contributed to our success. Together, we continue to empower individuals and foster a supportive community for those affected by cancer.

Conclusion Sam's Diamonds Cancer Support has made significant strides in delivering compassionate, impactful support to our Diamonds over the past year. We look forward to building on this foundation and achieving even greater outcomes in the future.

Prepared by: Sam Lewis, Director, Sam's Diamonds Cancer Support

Date: 14/1/25

Signed  Rachel Irwin Trustee 14 / 1 / 25

Signed  Laura Finnigan Trustee

Sam's Diamonds
Unaudited Accounts for year ended
31 March 2024

Accounts for the year ended 31 March 2024

Charity name: Sam's Diamonds

Registered charity number: 1164671

Charity's principal address:
St Maries
Lugdale Road
Widnes
WA8 6DB

Names of the charity trustees who manage the charity:

Name
L M Finnigan
R L Irwin
A R Lewis (resigned 01/08/2024)
L Smith (appointed 01/08/2024)

Sam's Diamonds Independent Examiner's Report to the trustees of the charity

Report of the Independent Examiner to the trustees on the accounts of the Charity for the year ended 31 March 2024

I report on the financial statements of the Charity for the period ended 31 March 2024 which are set out on pages 4 to 5.

Respective responsibilities of trustees and examiner

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

It is my responsibility to:

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

Basis of independent examiner's 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 accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

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

- 1 which gives me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

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

Wayne King FCA
Chartered Accountant

The Examiner's relevant professional qualification or body: ICAEW

35 Ashby Close
Wellingborough
Northants
NN8 5FH

The date upon which my opinion is expressed is :-
13 December 2024

Sam's Diamonds

Accounts for the year ended 31 March 2024

Receipts and Payments Account

	Unrestricted funds £	Restricted funds £	Total 2024 £	Prior year 2023 £
INCOME				
Donations and fundraising	18,655	-	18,655	23,719
Grant - Albert Hunt	-	-	-	5,000
Grant - Halton & St Helens VCSE	-	-	-	9,250
Grant - Rathbone		1,500	1,500	3,000
Grant - St James Place charity foundation	2,500	-	2,500	-
Grant - RC Northwest Region	-	21,071	21,071	78,866
Grant - Other	-	47,827	47,827	-
Total receipts	21,155	70,398	91,553	119,835
EXPENDITURE				
Cost of charitable activities	32,298	-	32,298	13,806
Rent	6,650	-	6,650	9,663
Insurance	776	-	776	929
Training and staff welfare	500	-	500	55
Uniforms and other garments	433	-	433	720
Payroll fees	651	-	651	718
Accountancy fees	576	-	576	576
Bank and card fees	720	-	720	720
Advertising	-	-	-	200
Printing, postage and office expenses	2,297	-	2,297	250
Wages and salaries (including pension)	55,068	33,088	88,156	67,549
Total expenditure	99,969	33,088	133,057	95,186
Net receipts / (payments)	(78,814)	37,310	(41,504)	24,649
Cash funds brought forward	7,143	60,521	67,664	43,015
Cash funds carried forward	(71,671)	97,831	26,160	67,664

Sam's Diamonds

Accounts for the year ended 31 March 2024

Statement of Assets and Liabilities

	Unrestricted funds	Restricted funds	Total 2024	Prior year 2023
	£	£	£	£
Cash funds				
Cash at bank	(72,410)	97,831	25,421	66,571
Petty cash	-	-	-	354
Paypal account	739	-	739	739
Total cash funds	(71,671)	97,831	26,160	67,664

These accounts were approved by the Board of Trustees and signed on their behalf by:

.....Rachel Ingham.....

.....Laura Finnegan.....

Date: 14/1/25.....

Sam's Diamonds
Unaudited Accounts for year ended
31 March 2024

Accounts for the year ended 31 March 2024

Charity name: Sam's Diamonds

Registered charity number: 1164671

Charity's principal address:
St Maries
Lugdale Road
Widnes
WA8 6DB

Names of the charity trustees who manage the charity:

Name
L M Finnigan
R L Irwin
A R Lewis (resigned 01/08/2024)
L Smith (appointed 01/08/2024)

Sam's Diamonds Independent Examiner's Report to the trustees of the charity

Report of the Independent Examiner to the trustees on the accounts of the Charity for the year ended 31 March 2024

I report on the financial statements of the Charity for the period ended 31 March 2024 which are set out on pages 4 to 5.

Respective responsibilities of trustees and examiner

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

It is my responsibility to:

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

Basis of independent examiner's 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 accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

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

- 1 which gives me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

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

Wayne King FCA
Chartered Accountant

The Examiner's relevant professional qualification or body: ICAEW

35 Ashby Close
Wellingborough
Northants
NN8 5FH

The date upon which my opinion is expressed is :-
13 December 2024

Sam's Diamonds

Accounts for the year ended 31 March 2024

Receipts and Payments Account

	Unrestricted funds £	Restricted funds £	Total 2024 £	Prior year 2023 £
INCOME				
Donations and fundraising	18,655	-	18,655	23,719
Grant - Albert Hunt	-	-	-	5,000
Grant - Halton & St Helens VCSE	-	-	-	9,250
Grant - Rathbone		1,500	1,500	3,000
Grant - St James Place charity foundation	2,500	-	2,500	-
Grant - RC Northwest Region	-	21,071	21,071	78,866
Grant - Other	-	47,827	47,827	-
Total receipts	21,155	70,398	91,553	119,835
EXPENDITURE				
Cost of charitable activities	32,298	-	32,298	13,806
Rent	6,650	-	6,650	9,663
Insurance	776	-	776	929
Training and staff welfare	500	-	500	55
Uniforms and other garments	433	-	433	720
Payroll fees	651	-	651	718
Accountancy fees	576	-	576	576
Bank and card fees	720	-	720	720
Advertising	-	-	-	200
Printing, postage and office expenses	2,297	-	2,297	250
Wages and salaries (including pension)	55,068	33,088	88,156	67,549
Total expenditure	99,969	33,088	133,057	95,186
Net receipts / (payments)	(78,814)	37,310	(41,504)	24,649
Cash funds brought forward	7,143	60,521	67,664	43,015
Cash funds carried forward	(71,671)	97,831	26,160	67,664

Sam's Diamonds

Accounts for the year ended 31 March 2024

Statement of Assets and Liabilities

	Unrestricted funds £	Restricted funds £	Total 2024 £	Prior year 2023 £
Cash funds				
Cash at bank	(72,410)	97,831	25,421	66,571
Petty cash	-	-	-	354
Paypal account	739	-	739	739
Total cash funds	(71,671)	97,831	26,160	67,664

These accounts were approved by the Board of Trustees and signed on their behalf by:

.....*Rachel Inman*..... Rachel Inman

.....*Laura Finnegan*..... Laura Finnegan

Date: *14/1/25*.....